

RESOLUTION 21-09

**A RESOLUTION OF THE CITY OF WHITE HOUSE, TENNESSEE, AUTHORIZING THE ESTABLISHMENT OF A WELLNESS PROGRAM.**

**WHEREAS**, the City recognizes that employee health is related to lifestyle decisions and many illnesses and injuries can be prevented by positive individual health practices; and

**WHEREAS**, the City desires to reduce costs related to medical claims by improving employee participation in health and wellness; and

**WHEREAS**, the City seeks to encourage positive health strategies that assist in controlling medical costs for all parties; and

**WHEREAS**, the City wishes to provide incentives to its employees based on participation in this program.


**NOW, THEREFORE, BE IT RESOLVED** by the Board of Mayor and Aldermen of the City of White House that:

Section 1. That the City of White House is hereby authorized to establish a Wellness Program which includes twelve (12) monthly onsite sessions related to various health, fitness, and nutrition topics.

Section 2. That the City of White House is further authorized to provide the following incentives to full time employees:

- (a) Five (5) hours of personal leave for completion of an annual physical and five (5) of the twelve (12) onsite sessions before June 30, 2022; or
- (b) Ten (10) hours of personal leave for completion of an annual physical and ten (10) of the twelve (12) onsite sessions before June 30, 2022.

Adopted this 17<sup>th</sup> day of June 2021.

  
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Michael Arnold, Mayor

ATTEST:

  
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Derek Watson, City Recorder