

Administrative Regulations
City of Iowa City
Title: City of Iowa City Wellness Policy
A.R. Number: Effective Date: 8/1/2013 Page: 1 of 1
Supersedes: A.R. Dated:



I. Purpose

The City of Iowa City has been designated a Blue Zones demonstration site by the Healthways Blue Zones Project. The Blue Zones project prescribes specific wellness initiatives and activities that promote physical and mental wellness to extend the health and quality of life of those in Iowa City. The City of Iowa City has set the goal of becoming a Blue Zones worksite and creating an environment conducive for better physical and mental wellness for those who work for the City.

II. Policy

The City of Iowa City establishes the City Wellness Committee in pursuit of better overall physical and mental wellness for City of Iowa City employees.

The initiatives of the Wellness Committee shall address the primary components of a healthy lifestyle including healthy eating, physical activity, mental wellness, tobacco use cessation, and stress management.

The Wellness Committee shall report to the Director of Human Resources or his/her designee.

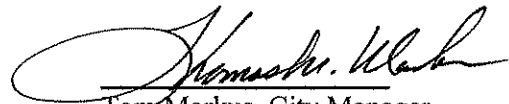
III. Responsibility

The initiatives of the Wellness Committee and implementation of the wellness policy shall be the responsibility of the Director of Human Resources or his/her designee.

VI. Regulation Update

This policy supersedes all previous related policies and shall be updated by the City Manager or his/her designee.

Approved:


Tom Markus, City Manager