



*The Healthy Track  
...where employees and wellness come together!*

**Mission: To improve the health and well being of City of New Bern employees**

**Why offer The Healthy Track Wellness Program?**

- Increase employee productivity
- Improve morale and job satisfaction
- Provide a tangible benefit that will attract and retain top-talent
- Lower employer and employee health care costs
- Empower employees with health education and skills that will enable them to live a more healthy life

**What is offered in The Healthy Track Wellness Program?**

- Gym Reimbursement Membership Program
- Health Challenges (Team and Individual)
- Running/Walking Programs
- Disease Management Programs (Cholesterol, Weight Loss, Diabetes, High Blood Pressure and more)
- Flu Shot Clinics

**Who do I contact for more information regarding the program and its offerings?**

A Wellness Committee was formed upon the creation of The Healthy Track Wellness Program. The committee meets once per month and is comprised of representatives in each department. Please see the list below of current members.

**How do I learn about the program offerings and when they occur?**

Information will be disseminated via email throughout the year and committee members will be able to provide information to you. For those without city email addresses, notifications will be posted on your department bulletin board.

If you prefer you may also contact Human Resources directly, 252-639-7571.