Employee Wellness



We recognize that Brevard County's ***most valuable resource is our employees***, and that the health and wellbeing of our employees has a direct impact upon the continued success of our organization. Throughout the year, we offer several educational initiatives and a variety of lifestyle programs **designed to help you establish healthy habits**. Below are a few of our wellbeing offerings available to you:

Both UMR and Cigna Member's get discounted gym membership!
See the next page for details

- Group Fitness Classes, including Yoga and Spin
- 1 :1 in-person and online Health Coaching
- Onsite Biometric Screenings and Health Fairs
- Financial Wellbeing Seminars
- Campaigns and Challenges, such as the Global Fitness Challenge, Mission SLIMpossible, Mindfulness Series, and more!

Mental Health Benefits

Mental wellbeing includes mental health but **goes far beyond treating mental illness**. Your mental wellbeing includes how you think, act and feel. It also helps you cope with stress, relate to others and make decisions. At Brevard County, we understand that **mental health plays a large role in overall wellbeing** that's why we offer convenient, confidential, and high-quality resources to support you and your family.

Click here to access our Mental Health Benefits Toolkit

Both Cigna and UMR members have access to in person AND virtual:

- Counseling
- Psychiatry visits
- Lifestyle coaching
- Stress management programs



Brevard County's Wellness Program is completely voluntary and available to all employees enrolled in a medical insurance plan. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease. Please consult with your doctor before starting a new exercise or nutrition regimen.

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[1] Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

[2] Monthly fees are subject to applicable taxes.

[3] Costs for premium exercise studios exceed $28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

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