



**HEALTHY
ATTENDANCE
MATTERS!**
for Staff

Employee Wellness Program

DID YOU KNOW, THAT...
AS AN NHPS EMPLOYEE, YOU CAN GET FREE

- stress management and positive coping strategies sessions which include chair massage?
- nutrition counseling and a weight management program tailored to your needs?
- blood pressure, cholesterol and glucose screenings?
- walking programs or fitness classes during a workday?
- smoking cessation services?

These and many other services are available to all NHPS employees as a part of the Employee Wellness Program.

It is delivered by Yale New Haven Health System experts.



NEW HAVEN PUBLIC SCHOOLS

**City of New Haven
Employee Wellness
Program**

Anthem[®]

How to access EWP?

**PLEASE CONTACT LINDSAY MARONE,
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AT (203) 500-2237 OR LINDSAY.MARONE@YNHH.ORG**

WWW.NHPS-WELLNESS.NHBOE.NET/WORDPRESS