



# FITNESS & WELL-BEING

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

The EAP provides professional counselors to full-time and part-time employees and their household members work through challenging life events.

## EMPLOYEE HEALTH SERVICES

The EHS clinic provides work-related health services for employees, including pre-employment and routine physicals, examinations, some immunizations, and care for work-related injuries and illnesses. The clinic also offers nonwork-related health services, including blood pressure and blood sugar checks, smoking cessation support and care for strains, sprains, allergy symptoms, eye problems, and minor abrasions.

## WELLNESS CLASSES

Employees have access to in-person and online classes to enhance their overall well-being.

## FITNESS CLASSES & PROGRAMMING

Employees have access to weekly fitness classes that are led by accredited fitness trainers and available throughout the day to accommodate various work schedules. The trainers also provide coaching and group programming on nutrition and other topics.

## DISCOUNTED GYM MEMBERSHIPS

Employees have access to discounted memberships with some private gyms in the area.

## EQUIPMENT AND FACILITY USE

Employees have access to gyms and fitness equipment at the area recreation centers and the Training Center.






## TEAM HENRICO EVENT DISCOUNTS

Employees can in some community races and other events at a discounted rate.



HENRICO COUNTY  
**HUMAN RESOURCES**  
Engage • Educate • Empower

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