Stress Less this Winter

Other ways to stress less during the winter:

• the upcoming virtual staff wellness day; and
• a 10k
• other ways to reduce stress during the winter.

Well Aware, the MCPS employee wellness program, brings you the resources you need to take care of your physical and mental health. However, it's important to experiment and find out what works best for you!

The Wellness Initiatives are very simple to accomplish. To receive the maximum 2 percent rate reduction from your insurance company, complete a biometric health screening and a health risk assessment through Kaiser Permanente. If you are covered by an MCPS insurance plan, you can learn more about your health and reduce your contributions to insurance costs for 2024. Take the Wellness Initiatives challenge! It is not too early to reduce your share of health care costs for 2024.

Check Out Our Online Health and Wellness Resources

Visit the Well Aware email program calendar for updates on MCPS staff wellness programs. Follow the hashtag #mcpsstaffwellness for more updates on wellness resources.

Join Wellbeats

A Stronger You

As a permanent MCPS employee, you have free access to all Montgomery County (MC) public recreation facilities and programs. Through your MCPS employee wellness program, you can use Wellbeats to boost your physical fitness and mental health.

Wellbeats is the leading provider of on-demand fitness and wellness classes. With Wellbeats, you can choose from a variety of classes with expert instructors, including

- Mobility
- Core workouts
- Yoga
- Toning

Wellbeats has thousands of classes to meet your needs, including Zumba, HIIT Camp, Stretch and Tone, and much more. If you are looking for a well

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