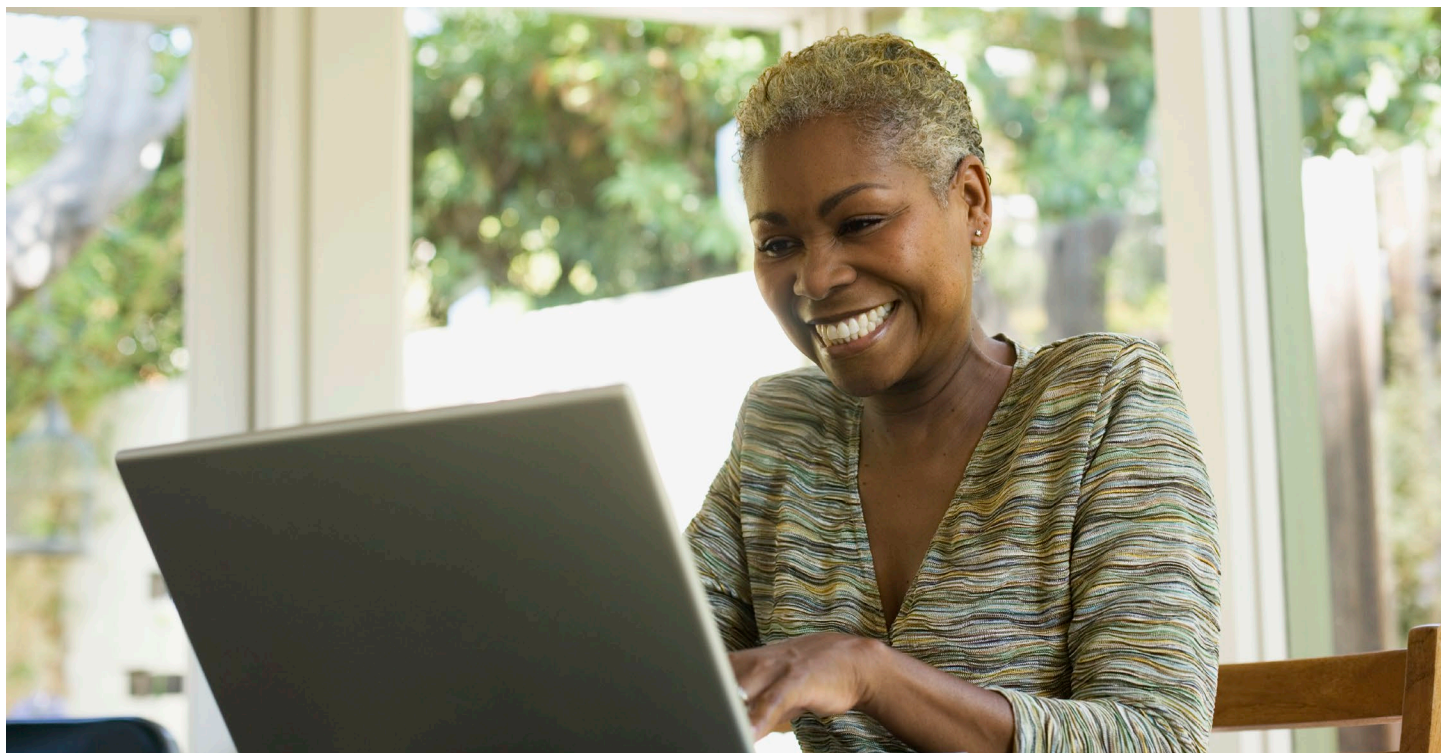


Support for Remote Work Employees and Spouses



The City of Milwaukee's comprehensive health and wellness program offers remote work employees direct access to free care and support services.

For additional information, visit the wellness website www.milwaukee.gov/DER/WYCM



Virtual Care & Support

Injury Prevention – Recommendations on optimizing ergonomics of office and home workstation, pain management education, exercise instruction, injury prevention tips, self-management of symptoms, education on correct posture and body mechanics to perform tasks safely.

Workplace Clinic – Free, convenient and high quality care. Video and telephonic virtual visit options are available through the Workplace Clinic during regular clinic hours.

Health and Nutrition Coaching – Guidance and support to achieve health and wellness goals, better manage stress, get more sleep, increase physical activity or eat more nutritiously.

Virtual Programming

Well Together:

Join Workforce Health every week to have an interactive discussion about wellbeing related topics.

- Connect and chat with fellow City of Milwaukee employees/spouses
- Learn how to work together and build a supportive environment during uncertain times
- Learn about City of Milwaukee resources that are available to you



EAP Support Groups:

A safe and confidential place for participants to discuss personal issues, experiences, struggles and thoughts and an opportunity to share experiences. To register contact Cris Zamora: 414-286-3145 czamora@milwaukee.gov.

- **Parenting** – This group is an opportunity for parents/caregivers to gather and share common parenting problems, experiences and challenges.
- **Remote/Working From Home** – This group is an opportunity for City employees to gather and share common remote working problems, experiences and challenges.
- **Eldercare** – This group is an opportunity for caregivers to gather and share common elder care problems, experiences and challenges.

Ongoing Programs—Visit the Wellness Website for more information:

- Virtual Group Fitness Classes
- Workforce Health Kitchen Live
- Self-Care Series
- Employee Burnout and Resiliency
- Gotta Have Heart
- Journey to a Healthier You
- Your Stress is Showing
- Healthy Living with Diabetes
- Go for Your Goals

Education Sessions & Presentations by Wellness Partners:

Offered in a virtual platform for employees and spouses on a variety of topics. Visit the wellness website www.milwaukee.gov/DER/WYCM and select 'Presentations for Healthy Reward Points'

