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**NEWS
RELEASE**

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City Recognized for Creating a Healthy Workplace

El Paso Earns 2020 Aetna Workplace Well-Being Award

EL PASO, Texas—The City of El Paso has earned the **2020 Making a Difference** Gold-Level Aetna Workplace Well-Being Award for its commitment to creating a healthy workplace for City employees as well as its commitment to health.

“Congratulations to City of El Paso,” said Sally Imig, Market Head of Sales & Service - Public & Labor. “This recognition shows both their wellness program’s positive impact on employees and employees’ willingness to take advantage of these offerings and take charge of their health. We are proud to be partnered with the City of El Paso.”



The City features a well-crafted, comprehensive wellness strategy for employees to live a healthier and more active lifestyle while making wellness its priority.

“It is vitally important to provide a healthy workplace and help our employees be able to find time and energy to focus on their personal health and fitness,” said City Manager Tommy Gonzalez. “Our goal is to empower each employee to live a healthy lifestyle because we know that a healthy employee will make our workforce not only more productive, but overall happier as individuals, as well as happier families.”

The City’s comprehensive workplace wellness program focuses on:

- Creating and maintaining an active lifestyle,
- Mental health awareness and treatment,
- Group and individual exercise programs,
- Incentives for gym memberships,
- No-cost to the employees acute care visits

The City has also put into place the following programs to assist employees reach their health goals:

- Shape It Up Program that rewards employees for attaining certain goals,
- Annual Health Fairs,
- Annual bloodwork events that allows employees and spouses get discounts on the City Health Insurance,
- On-site Wellness Coordinator meetings with employees to discuss individual health needs, such as diabetes, cholesterol management, high blood pressure and other chronic diseases,
- Completion of two City gyms in the past couple of years,
- Free flu shots,
- Monthly Wellness classes that feature various topics such as healthy cooking classes, meal-prep classes, diabetes management, and more.

“We are constantly developing new ways to engage our employees and offer them innovative opportunities to get and stay healthy,” said Mary Michel, Human Resources Assistant Director. “This award belongs to all those success stories and the Benefits staff who work selflessly every day to make our Wellness Program what it is!”

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