



## **BKC**Cares *Workplace* **Wellness**

At BKC, our employees are our most valuable asset and we acknowledge the importance of a Healthy Workplace.

### **Walk, Stand, Stretch!**

Employees are encouraged to get their blood circulating by making a conscious effort (time permitting) to walk to coworkers (instead of emailing), standing when reading, stretching, taking walks on lunch breaks or have “walking meeting”, and more. Refer to our *infographics* in the kitchen for quick & easy, effective stretches to prevent body aches & carpal tunnel. Also participate in BKC’s Charity events throughout the year including walks for Rotary’s Bark in the Park, CEA Turkey Trot, and Warner’s Wheelers Bike for MS.

### **Flu Shots & Blood Pressure Checks**

Be proactive about your health. Each Fall, BKC schedules our local pharmacist to visit our offices, and offer employees Flu Shots & Blood Pressure Checks. *Proof of Insurance Required.*

### **Healthy Eating**

Too busy to get out of the office? Grab one our healthy snack alternatives, stocked in our kitchen, including Bananas, Apples, Nuts, Popcorn, Oatmeal, Raisins, Protein Bars and more. Refer to our nutritional posters and articles to learn more about healthy portions & weight management tips.

### **Healthcare**

Through BKC’s Health and Dental coverage, discounts are available to members through [Blue 365](#) and the [Aetna Discount Program](#). Discounts include Gym Memberships, Fitness Products & Apparel, Healthy Eating Programs, Hearing, Dental & Vision Products, Natural Products & Services, etc. If you have other insurance, independent of BKC, we encourage you to explore their discounts.

### **Stressed Out?**

Tax season deadlines can be tough... Relax with a shoulder massage from our local professional licensed massage therapist, compliments of BKC, in our office, typically the 3<sup>rd</sup> Saturday in March.

### **Professional Guidance**

Learn more about maintaining a healthy lifestyle. BKC coordinates periodic in-office presentations from healthcare professionals regarding topics such as Ergonomics, Stress Management, Nutrition, and more.