



Rutherford County, Tennessee

# GetRutherFit Wellness Program

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## Non-covered Employee Wellness Benefits:

**\*Lifeservices-Employee Assistance Program** is open for ALL employees use. They provide confidential counseling with six free sessions per issue. They also have a wide array of assistance for everyday use. Such as, concierge services that will help you find kids' camps, pet sitters, and volunteer opportunities in your area. They can also help with adoptions and college planning. These topics are found under the work life balance section of the website. They send webinars and newsletters throughout the year through employee email. Their services also include: 24/7 emergency response line, legal and financial guidance, and services for employees and dependents dealing with any type of personal matter. Wellness seminars for employees and supervisors on topics such as team building, communicating, and conflict resolution are provided as well. Log onto website at [www.lifeserviceseap.com](http://www.lifeserviceseap.com) with:

Work Life Balance Username: **Rutherford** Password: **employee**

Financial Username: **lseap** Password: **legal**

**\*Employee Appreciation** is October 23<sup>rd</sup> from 10-2p at Lane Agri Park-Join us for food, fun, and lots of giveaways!!

**\*Join the free Start! Walking program**

**\*CPR training**

**\*Gym discounts listed in exercise section of the website:**

<http://www.rutherfordcountyttn.gov/insurance/wellness.htm>

**\*Tennessee Tobacco Quit Line: For ALL Tennessee Residents: 1-800-Quit-Now**

NO insurance required. This FREE program includes a workbook and a Quit Coach. After 12 months, 25% of participants are tobacco-free. For more information go to:

<http://health.state.tn.us/tobaccoquitline.htm>

**\*Free Weight Management-**

[www.sparkpeople.com](http://www.sparkpeople.com) [www.freedieting.com](http://www.freedieting.com) [www.jillianmichaels.com](http://www.jillianmichaels.com)

Get weight loss tips, meal plans, exercise programs, free samples, calorie calculators and more.

**\*Wellness Discount Card-**Perks card expires 12/31/10. You must go online to activate these. New discount cards will be delivered to each school by the end of the year.

Please let me know if I can be of any assistance.

Kelli Perrien  
Rutherford County Government  
Wellness Coordinator  
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