



Municipalities building a  
stable insurance future.

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**RESOLUTION NO. 015-2014 - RESOLUTION URGING MEMBER MUNICIPALITIES TO  
ADOPT A WELLNESS POLICY**

MOVED by Mr.Cook, seconded by Mr. Frachia, and unanimously adopted by voice vote  
by members present.

Whereas, claims are approximately 93% of the expenses of the GTCMHIC, and

Whereas, claims costs are currently increasing at an average of 8.85% per year which is  
unsustainable in the municipal environment, and

Whereas, claims cost increasing faster than inflation is the result of the new health care  
technologies, costs of service providers, and possibly behaviors of covered lives, and

Whereas, of these three causes, only health and life style choices that reduce the need  
for medical care and prescriptions particularly high risk diseases are within our collective control,  
and

Whereas, employers implementing a wellness policy that supports and raises awareness  
of wellness choices is in the best interest of both the employers and employees, and

Whereas the GTCMHIC's Own Your Own Health Committee stands ready to support,  
inform, and find opportunities for collaboration in Wellness planning and implementation, now  
therefore be it

Resolved, on recommendation of the Owinging Your Own Health Committee, That the  
GTCMHIC Board of Directors urges its member municipalities to adopt a wellness policy (an  
example is attached that has been vetted by the Own Your Own Health Committee) before the  
end of calendar year 2014,

Resolved, further, That the GTCMHIC Board of Directors urges the member  
municipalities to direct representatives of their respective Wellness Committees, to regularly  
attend the GTCMHIC's Own Your Own Health Committee to share questions, accomplishments,  
and strategies for developing a culture of wellness awareness.

\* \* \* \* \*

STATE OF NEW YORK    )  
  ) ss:  
COUNTY OF TOMPKINS )

I hereby certify that the foregoing is a true and correct transcript of a motion adopted by  
the Greater Tompkins County Municipal Health Insurance Consortium on August 28, 2014.

  
Michelle Pottorff, Administrative Clerk

## **Wellness Policy Resolution Sample**

Whereas, physical health or wellness is a personal asset that frees one to concentrate on work, family and relationships, and hobbies, and

Whereas, wellness is a dynamic process of learning new life skills and becoming aware of and making conscious choices toward a balanced and healthy lifestyle, and

Whereas, wellness cannot be guaranteed by any set of actions, yet wellness can be improved and increased by personal choices, and

Whereas, workplace environment, policies, and incentives can support and provide awareness for wellness choices, and

Whereas, Article 47 of NYS Insurance Law requires and envisions a partnerships between employer and employees in directing their health insurance, and

Whereas, employer and employees are collaborating to fund Health Insurance, and

Whereas, the cost of health insurance and time loss due to illness and injury are both directly reduced when its members are in good health,

Now therefore be it resolved that the (municipality) seeks to become an active partner with staff in raising healthy choice awareness, promoting healthy behaviors by providing information and opportunities, and facilitating wellness action steps

Be it further resolved that the (municipality) creates a Wellness Advisory Committee charged promoting health and wellness of staff and their family through education and program initiatives that:

- Encourage habits of wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health
- Recommend action steps to create a workplace culture that encourages environmental and social support for healthy lifestyle choices

□

Be It Further Resolved that the (municipality) appoints: \_\_\_\_\_ to the Wellness Committee and directs the committee to report back to the (municipality) the status of their deliberations by \_\_\_\_\_.