



Office of the Mayor
Salvatore J. Panto, Jr.
Mayor

City Hall, City of Easton
One South Third Street
Easton, Pennsylvania 18042

Email: spanto@easton-pa.gov
Telephone: 610-250-6610
Fax: 610-250-6736

To Our Colleagues:

SUBJECT: Worksite Wellness Program Coming

Wellness is an important responsibility for all of us. Our unhealthy lifestyles have led to alarming rates of obesity, nearly epidemic rates of type 2 diabetes, increasing incidences of heart disease and cancer, and unparalleled levels of stress. However, research shows that relatively few of us practice the four common habits recommended for a healthy lifestyle—not smoking, exercising regularly, maintaining a healthy weight and eating a healthful diet.

Many of us are concerned with the cost of healthcare in America today. The City of Easton is looking at the problem of rising healthcare costs very broadly and building what we believe is a long-term solution. Worksite wellness programs can play an important role in helping all of us get on the path to better health and control healthcare costs.

The City of Easton has enlisted the services of High Mark Blue Shield to present our employees with a quality worksite wellness program. Our mission is simple: to provide our employees with the information and means of achieving a healthier lifestyle that will result in improved quality of life; decreased absenteeism, greater productivity, higher morale and lower healthcare costs.

In the upcoming months you will receive more information regarding our wellness program that can earn you incentives. To start, you will need to complete a confidential online Wellness Profile through our health plan's website (www.highmarkblueshield.com). Look for future details on these program options.

We are committed to creating a strong and dynamic worksite wellness program for the City of Easton employees and ask that you join us in supporting this important effort to promote health and wellness in our workplace.

Thank you,

Salvatore J. Panto, Jr.
Mayor