



## Town of Ipswich Employee Wellness Information

Ipswich is an Equal Employment Opportunity Community

---

The Town of Ipswich is committed to the wellness of our employees. Below you will find a brief overview of wellness activities supported by the Town. For additional information on any of the programs/benefits outlined below please contact Jen Breaker, [maryg@ipswichma.gov](mailto:maryg@ipswichma.gov).

### **MIIA Sponsored Fitness Programs and Seminars:**

Starting in September of each year the Town offers a variety of fitness programs and seminars for employees to participate in. Programs range from Yoga to Bootcamp and Nutrition seminars. Classes are typically held either at the Town Hall or Ipswich High/Middle School and are open to all employees and spouses. Priority is given to MIIA members. Information on classes is emailed to all employees. The current or upcoming brochure can be found in your new employee packet.

### **Blue Cross Wellness Benefits & Resources** - Including but not limited to:

- Free 24-hour nurse phone-line- call 1-888-247-BLUE (2583)
- Fitness Benefit - up to \$150 annual reimbursement for health club membership
- Weight Loss Benefit - up to \$150 annual reimbursement for participation in an approved weight loss program.
- Naturally Healthy Rewards- 5-25% discount on approved nutritionists, acupuncturists and massage therapists.
- On-line resources at: [www.bluecrossma.com](http://www.bluecrossma.com); [www.ahealthyme.com](http://www.ahealthyme.com); [www.blue-365.com](http://www.blue-365.com); [www.mybluehealthma.com](http://www.mybluehealthma.com)
- Free Apps: Available @ [www.bluecrossma.com/goal-getter](http://www.bluecrossma.com/goal-getter)
  1. Goal Getter - Pedometer, GPS mapping, measures progress on every screen.
  2. EatBetter - Tracks intake and calories, calculates calories burned with exercise, measures water intake.
  3. Blue National Doctor and Hospital Finder - Locates urgent care centers, doctors, and hospitals.

### **Fitness Clubs:**

At participating fitness clubs, you can receive a discounted membership rate if you let them know you are a Town Employee. Local participating fitness clubs include the Ipswich YMCA. Fitness clubs will often run specials for Town employees. This information is emailed to employees when available.



Town of Ipswich  
**Human Resources Office**

Ipswich Town Hall, 25 Green Street, Ipswich, Massachusetts 01938  
Tel: 978-356-6609 Fax: 978-356-6616

---

**Town of Ipswich**  
**Employee Wellness Information**

Ipswich is an Equal Employment Opportunity Community

---

**EAP (Employee Assistance Plan):**

As a Town employee, you and members of your household are entitled to confidential counseling and referral service. You can receive 3 confidential in-person or phone counseling sessions for various topics, including: Managing Anxiety/Depression; Adjusting to Demands of Work; Resolve Relationship Conflict; Becoming a Better Communicator; and many other topics. You can receive legal assistance --- one free 30-minute office or telephone consultation per legal matter (not including job-related legal issues), such as: Divorce; Child Custody; Car Accidents; Real Estate/Landlord/Tenant Issues. Also available is one free 30 minutes telephone consultation per financial issue, such as: Financial Planning; Credit Card Debt; College Planning; Tax Advice; and Retirement Consultation.