

WILDCAT WELLNESS RESOURCES FOR STAFF



Gardner Public Schools

As an employee of Gardner Public Schools, you can access the benefits below and more!

We CARE about your health and well-being and want to ensure that all staff, and their families, fully understand the benefits offered to employees of GPS. Some information below depends on insurance levels, but most resources are accessible to all staff.



Options for Wellness



Gardner Public Schools has access to FREE mental health and substance use healthcare coordination for staff and their families through Care Solace. This confidential service is available 24/7/365 to match providers to your needs through a self-serve site: www.caresolace.org/gardnerk12



Gardner's Employee Assistance Program can provide guidance and resources on many topics for staff and their families, including but not limited to mental health, marital and couples counseling, financial decision-making, child care, elder care, grief, and more.

Benefits of City of Gardner Insurance

Did you know that if you enroll in the City of Gardner Blue Cross Blue Shield insurance, you can access:

- Reimbursement for up to 3 consecutive months or up to 10 fitness classes for EACH MEMBER of the insurance plan;
- Reimbursement of up to \$200 for an individual or \$400 for a family for a qualified weight loss program OR home gym equipment;
- Unlimited outpatient mental health and substance use treatment (outpatient co-pay of \$15 per session);
- Low-cost acupuncture services (up to 12 annually, outpatient co-pay of \$35 per session); and, so much more!

Even without insurance, both Fitness Concepts and Mount Wachusett Community College offer GPS employees discounts on fitness memberships!

For more detailed information about these programs, and other benefits of being a Gardner Wildcat, visit www.gardnerk12.org/872/Staff-Resources to find the Employee Wellness Drive.