



STATE OF WASHINGTON
DEPARTMENT OF RETIREMENT SYSTEMS

PO Box 48380 • Olympia WA 98504-8380 • (360) 664-7000 • Toll Free 1-800-547-6657

December 9, 2013

Washington State Health Care Authority
Washington Wellness
PO Box 42684
Olympia, WA 98504

Dear Washington Wellness Program:

The Department of Retirement Systems (DRS) requests membership in the Washington Wellness Team WorkWell program.

Wellness initiatives are a mainstay of the agency Safety and Wellness Committee, and at DRS we have had a designated Wellness Coordinator for over eight years. The Wellness Coordinator, along with two Executive Sponsors, are primary resources to the Safety & Wellness Committee. The Committee is committed to improving the health and wellness of DRS team members through programs, health assessments, classes, workshops, and lectures directed at addressing health concerns and providing participants with the skills, knowledge, and opportunity to sustain a healthy lifestyle. DRS will work collaboratively with Washington Wellness to support PEBB initiatives in improving the health of Washington State Employees.

The eight Team WorkWell standards have been reviewed by the committee and will be addressed when finalizing a comprehensive and sustainable wellness plan for team members at DRS. Many of these standards are already in place here at DRS. Our Wellness Coordinator is a member of the agency Human Resources team and she will continue to be an active resource to the Safety & Wellness Committee. She will be tasked with maintaining statistics on participation, marketing, and assessment measures as well as providing ideas and assistance in wellness event planning and execution. We also commit that she will provide regularly scheduled reports to, and communicate directly with, the Washington Wellness program.

Sincerely, -

Marcie Frost
Director

cc: Christina Pourarien, Agency Wellness Coordinator

