

Well Aware Employee Wellness Program:  
Health and Wellness Resources

[wellness@mcpsmd.org](mailto:wellness@mcpsmd.org)

Follow us on Twitter @mcpswellaware

<https://www2.montgomeryschoolsmd.org/staff/wellness/>

Topic	Resource	Details	Link
Physical Activity	Montgomery County Recreation Pass	MCPS employees have free access to MoCo Rec Centers and Pools	<a href="https://www.montgomerycountymd.gov/rec/howto/employee-wellness.html">https://www.montgomerycountymd.gov/rec/howto/employee-wellness.html</a>
Physical Activity	Well Aware Free Exercise Classes	Join Well Aware for free live and recorded classes 7 days a week! Zumba, HIITCamp, Barre, and more!	<a href="https://www2.montgomeryschoolsmd.org/staff/wellness/toolbox">https://www2.montgomeryschoolsmd.org/staff/wellness/toolbox</a> Join the daily email distribution list for class updates/links/etc.: <a href="https://forms.gle/cMcz5c5sJnsT23iCA">https://forms.gle/cMcz5c5sJnsT23iCA</a> (or email <a href="mailto:wellness@mcpsmd.org">wellness@mcpsmd.org</a> )
Physical Activity	Well Aware Spring/Fall Physical Activity Challenge	Join Well Aware and participate to improve health and win grants for your school/office/depot!	<a href="https://www2.montgomeryschoolsmd.org/staff/wellness/challenges/fall/">https://www2.montgomeryschoolsmd.org/staff/wellness/challenges/fall/</a>
Physical Activity	Kaiser Permanente Member Specific Resources	Kaiser Permanente members have access to many exercise and physical activity resources!	ClassPass via <a href="http://www.kp.org/exercise">www.kp.org/exercise</a> <a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser">https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser</a>
Physical Activity	Cigna Member Specific Resources	Cigna members have access to many exercise and physical activity resources!	<a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/cigna/">https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/cigna/</a>
Physical Activity	Wellbeats	1000s of hours of online fitness and exercises classes via phone, computer, tv, etc. Free for MCPS employees	<a href="https://www2.montgomeryschoolsmd.org/staff/wellness/">https://www2.montgomeryschoolsmd.org/staff/wellness/</a>
Manage Stress	Well Aware Free Stress Management Classes	Join Well Aware for free live and recorded classes 7 days a week! Yoga, Seated Yoga, Mindfulness, Tai Chi, and more!	<a href="https://www2.montgomeryschoolsmd.org/staff/wellness/toolbox">https://www2.montgomeryschoolsmd.org/staff/wellness/toolbox</a> Join the daily email distribution list for class updates/links/etc.: <a href="https://forms.gle/cMcz5c5sJnsT23iCA">https://forms.gle/cMcz5c5sJnsT23iCA</a> (or email <a href="mailto:wellness@mcpsmd.org">wellness@mcpsmd.org</a> )
Manage Stress	Mindful Moment Video Series	MCPS TV has created a series of mindfulness videos to deliver simple and effective tools to help manage anxiety and stress	<a href="https://www.montgomeryschoolsmd.org/mainstory/story/668253/Mindful-Moments/">https://www.montgomeryschoolsmd.org/mainstory/story/668253/Mindful-Moments/</a>
Manage Stress	Cigna Member Specific Resources	Carefirst members have access to many stress management resources!	<a href="http://www.mycigna.com">www.mycigna.com</a> <a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/cigna/">https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/cigna/</a>
Manage Stress	Kaiser Permanente Member Specific Resources	Kaiser Permanente members have access to many stress management resources	<a href="http://www.kp.org">www.kp.org</a> Calm App Video visits for mental health <a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser">Mental Health and wellness Apps</a> <a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser">https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser</a>
Healthy Eating	Well Aware Video Library	Join Well Aware for our healthy eating webinars recorded and archived on the Well Aware webpage	<a href="https://www2.montgomeryschoolsmd.org/staff/wellness/videos/">https://www2.montgomeryschoolsmd.org/staff/wellness/videos/</a>

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Topic	Resource	Details	Link
Healthy Eating	Cooking Demonstration	Join Well Aware and watch our recorded cooking demonstration series	<a href="https://youtube.com/playlist?list=PLJpjQA5SDb6YAa4L_n_plwZHUYjD4dJ6n">https://youtube.com/playlist?list=PLJpjQA5SDb6YAa4L_n_plwZHUYjD4dJ6n</a>
Healthy Eating	Cigna Member Specific Resources	Carefirst members have access to many healthy nutrition resources	Omada Weight Loss Program Health and Nutritional Coaching <a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/cigna/">https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/cigna/</a>
Healthy Eating	Kaiser Permanente Specific Resources	Kaiser Permanente members have access to many healthy nutrition resources	Health and Nutritional Coaching <a href="https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser">https://www2.montgomeryschoolsmd.org/staff/wellness/discounts/kaiser</a>

If you have questions, please email  
[wellness@mcpsmd.org](mailto:wellness@mcpsmd.org)

