

## **Wellness: Shifting to Positive Incentives for Public Safety Workers to Promote Healthful Living**

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The concept of wellness and positive incentives for public safety employees results in a win/win situation for both the employees and the public they serve. The current wellness plans are failing to meet the needs of the general population. Promoting wellness for public safety employees will benefit departments and the community since the employees will be available and better able to perform their duties. There are already many successful programs nationwide that can be designed or redesigned to meet the needs of any department. In addition to city agencies, insurance companies and other health-related agencies are getting involved in the promotion of the wellness program.