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Town of Bradley  
Wellness Program

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**Overview:** The mission of the Town of Bradley Wellness Program is to promote and support the well-being of our employees and families by providing resources and services that:

- Increase awareness of factors contributing to well-being
- Increase awareness of available resources
- Provide opportunities for wellness-related programs and activities
- Promote personal and professional productivity
- Inspire individuals to take responsibility for their own health

**Services and Resources:**

Comprehensive healthcare coverage, paid vacation, sick and holiday time.

Provide health reimbursement for deductible and out-of-network health insurance claims.

Encourage appointments for health-related care by allowing a flexible work scheme in which management will provide work coverage.

A relaxed work atmosphere in which employees are encouraged to frequently step away from the work area. Employees are also encouraged to step outside and walk around the municipal parking lot, fire station parking lot, and driveways daily.

Wellness Works Quartey Newsletters-The newsletter features articles on various articles on health topics, nutritious recipes, and updates on Maine Municipal Employees Health Trust

Employee Assistance Program (EAP)

**Ongoing Assessment:** Continued monitoring of the wellness program is promoted. The Town Manager will review the program in January of each year. This review will include requests from employees and volunteers on how the program can improve and what the Town could do better.



**MAINE MUNICIPAL  
EMPLOYEES HEALTH TRUST**

# Did You Know?

Did you know your medical plan provides coverage for the following services:

- Acupuncture
- Breastfeeding support and counseling
- Breast pumps
- Cardiac Rehab Therapy Phase II
- Cardiac Rehab Therapy Phase III
- Health Education
- Hearing Aids
- Immunizations
- Nutritional Counseling
- Pain Clinic Programs
- Prescription contraceptive
- Preventative Colonoscopies
- Preventative labs and X-rays
- Preventative Sigmoidoscopies
- Routine gynecological exams and Pap tests
- Routine mammograms
- Routine preventative eye exams
- Routine/preventative hearing exams
- Routine Physical Exams for adults
- Smoking cessation education programs
- Smoking cessation prescription medications
- Well Child Care

*\*Coverages and member cost-shares vary according to the medical plan you are enrolled in, and some services may require a referral and/or prior authorization.*

*Please call the Health Trust Member Services team at 1-800-852-8300 to get more information about these services.*



