

GMHEC EMPLOYEE WELL-BEING RESOURCE GUIDE

What is well-being?

Well-being is “the combination and interaction between our love of what we do each day, the vibrancy of our physical health, the security of our finances, the quality of our relationships and the pride we take in what we have contributed to our communities” (Rath & Harter, 2010). High levels of well-being are what enable each of us to flourish and bring our best selves to life and work every day. At GMHEC, the well-being of our employees is a top priority and is what enables the Consortium to fulfill its mission to serve our customers with energy, enthusiasm and creativity.

Investing in our employees

To support our employees the Green Mountain Higher Education Consortium offers a wide range of resources to support all five domains of well-being: career, physical, financial, social and community. On the following pages you will find a list of these resources. We encourage you to take advantage of all that we have to offer and thank you for all you do to support our member colleges, your coworkers and the community at large.

Get moving and get support to make healthy choices



Daily programming and events. See [calendar](#) for details. Password is GMHECWell-Being or sign up for the GMHEC Well-Being Facebook group.

Discounted individual and family membership to [The Edge](#)

[MVP Well-being Rewards](#): Earn up to \$600 annually

MVP Telemedicine “[My Visit Now](#)”

MVP [Care Management](#) and 24 hour [nurse advice line](#)

Free, online yoga classes offered through [True Center Yoga](#)

Annual GMHEC employee hike

Free, local [tobacco cessation](#) support offered through the Vermont Department of Health

Take advantage of your benefits



Comprehensive [benefits](#) package including medical dental, disability, retirement, life insurance, HSA and FSA

Tax deferred [investment plan](#) for all employees who are scheduled to work 20

hours per week or more including 403b consulting [Employee Family Assistance Program](#)

Annual employee flu clinic available in October at Middlebury College: Contact Rebecca Schubert at Rebecca.schubert@gmhec.org in September for details.

Stay connected

[Support groups](#) to manage chronic conditions and [other](#) health and social challenges

Eldercare support, referral and respite available through [AgeWell](#)

Volunteer opportunities available through [United Way of Northwest Vermont](#)

[Addison Community Action](#) offers fuel assistance, free tax preparation, matched savings program, Growing money program, financial futures program, and weatherization services for income qualified individuals

[Addison County HOPE](#) improve the lives of low income people in Addison County, Vermont by working with individuals to identify and secure the resources needed to meet their basic needs

