



Monterey County Schools Insurance Group
Health Promotion Program
Wellness Employee of the Quarter
Nomination Form

The purpose of the Wellness Employee of the Quarter is to recognize employees who are working towards or have succeeded in improving their health, or that of their peers. Employees who make positive lifestyle choices deserve a pat on the back because their efforts contribute to the overall success of our schools by serving as good role models for our students, reducing medical and sick leave costs, and increasing productivity and morale. Good health benefits us all.

Nominee*	
Date	
District	
School	
Job Title	

* Must be an active employee currently enrolled in MCSIG benefits.

I. Nominating Criteria (check all that apply)

- Active participation in school wellness program (role model)
- Facilitates staff wellness by . . .
- Quit smoking
- Lost body fat through more healthful eating and exercise
- Recovered from a major illness and adopted a healthier lifestyle
- Eats nutritious low-fat foods on a daily basis
- Exercises on a regular basis
- Practices stress management techniques
- Other: social, spiritual, physical, mental, emotional, occupational health

II. Please write a brief paragraph explaining why you nominated the above employee.

☞ Continue on back if needed.

III. Return this form to: Neil Hertsch, Health Promotion Coordinator
MCSIG, 76 Stephanie Dr., Salinas, CA 93901 Fax: 755-0172

The winner will be selected by the Employee Wellness Committee made up of certificated, classified and administrative staff members. Previous nominations will be considered. Winners will receive a gift certificate for a dinner for two, a framed certificate, and will be featured in the *Wellness Works!* newsletter.

Nominator

Work Phone