



Approval of the Professional Services Agreement for Wellness Services with W. Solutions, Inc. for the Police Department

City Council Meeting
June 23, 2020

Eric Litchfield
Police Captain, Santa Rosa Police Department

PROPOSED

- 5-year agreement for a wellness program for the Police Department with one five-year renewal option

BENEFIT

- This program has proven to save money in work related injuries over the 16 years it has been in place.
- The Wellness program will include:
 - On-site wellness professional (24hrs/wk)
 - Blood screening with consultations
 - Fitness/wellness assessments and testing
 - Functional movement screening
 - Offer a variety of exercise classes

BENEFIT

- Exercise prescription
- Nutrition-weight management
- Behavioral coaching
- Coordination of health promotion programs with incentives
- Health seminars
- Coordinate a Wellness Committee
- Instruction on proper use of fitness equipment

RECOMMENDATION

- It is recommended by the Police Department, that the Council, by resolution, approve the professional services agreement with W. Solutions, Inc. for an amount not to exceed \$500,000 over the next five years for wellness services for the Police Department.
- Questions?