



Executive Briefing
March 17, 2026

Let's Warm-Up



Let's take a moment
and orient ourselves
to this time together.

Agenda



- 1. Why Wellness Is Important**
- 2. WorkWell NYC Programs**
- 3. How to get involved**
- 4. How to incorporate wellness at your agency**

Welcome



Renee Champion

Commissioner,
Office of Labor Relations

Celebrating 10 Years



- Started in 2016 to help employees live healthy, active lifestyles both in and out of work
- Provides wellness services, programs, and resources for agencies and employees

Why Wellness?



Helen Arteaga

Deputy Mayor, Health and Human Services
City Hall Chief Executive Wellness Sponsor



Julie Su

Deputy Mayor, Economic Justice

Executive Order 2, Section 18

Highlights:

- **Recognize and commit** to the health and well-being of City employees
- **Establish** WorkWell NYC as the worksite wellness program for all City employees
- **Set expectations** for agency-based leadership, programs and resources
- **Engage** with municipal unions and health benefit programs
- **Report** to Deputy Mayor annually

on.nyc.gov/eo2



Executive Order 2, Section 18

Requires agencies to:

1. **Designate** wellness liaisons,
2. **Identify** resources (staff, space, financial),
3. **Engage** staff in wellness initiatives,
4. **Consider** policy and procedure changes to support a culture of health, and
5. **Submit** reports to WorkWell NYC (on programs and milestones).

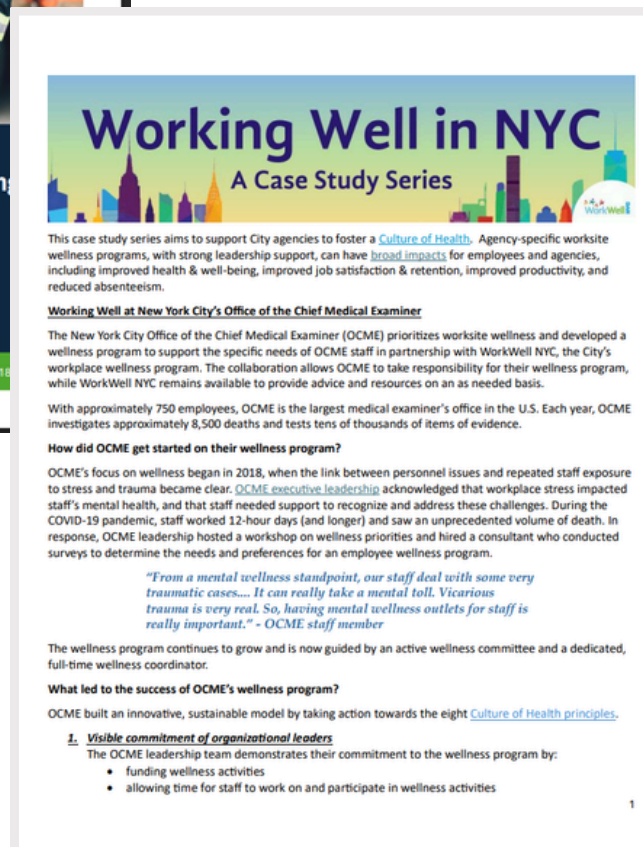
Why Worksite Wellness?



The Case for a Comprehensive Workplace Wellness Initiative for NYC Municipal Employees (NYU College of Global Public Health)
Learn the critical role that workplace wellness plays in supporting employees.



The Business Case for Increased Investment in the Health and Well-Being of New York City Employees (Johns Hopkins Bloomberg School of Public Health)
A must-read outlining the strategic value of investing in employee wellness and how it can yield significant returns for agencies.



Working Well in NYC - A Case Study Series (New York Academy of Medicine)



About WorkWell NYC



Copy link



WorkWell NYC develops accessible health promotion programs in five distinct areas.

Watch on YouTube

Our Approach



A culture of health is a comprehensive approach to employee health and well-being that creates a shared value of health in the workplace



Wellness programs are designed to meet employees wherever they are on their health journeys

WorkWell NYC by the Numbers



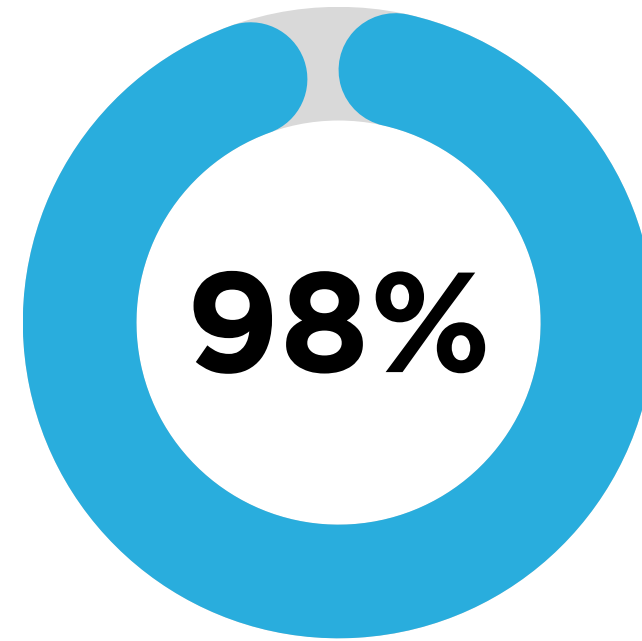
- Supports over 350,000 City of New York employees across thousands of worksites
- Registration grew from 40,000 to 64,500 per year since FY22
- 1400 program sessions and events held in FY25 alone
- 58,000+ mailing list subscribers
- 93% agency engagement

WorkWell NYC by the Numbers



97%

rated WWNYC programs
good, very good or
excellent



willing to recommend
WorkWell NYC programs
to their colleagues

82%

increased engagement
in healthy lifestyle
behaviors through
WorkWell NYC

Source: FY25 WorkWell NYC Survey Data

2024 Pulse Survey Data

City agencies are prioritizing wellness

34%



VS

84%



Employees recognized leadership's commitment to health and well-being.

Executive leaders affirmed their agency prioritizes wellness.



**What do you think is going on at your agency?
What is contributing to the disconnect?**





Pulse Survey

Coming September 2026!

Worksite Wellness



Julie Friesen

Deputy Commissioner of Administration



Worksite Wellness Program

Julie Friesen

Deputy Commissioner, Division of Administration

NYC Department of Health & Mental Hygiene

WorksiteWellness@health.nyc.gov

10 Years of Wellness!

2015-2016

- Employee Wellness plans set in motion Citywide by Mary Bassett & Bob Linn (OLR)
- Agency conducts first staff interest survey
- WorkWell NYC and DOHMH Worksite Wellness become more formalized
- Fresh Food Box with GrowNYC launched
- Dedicated Wellness staff member hired
- Treadmill walkstations installed
- Fitness program established
- Built network with staff ambassadors across the agency
- Julhydration Launched
- Launched first walking challenge
- Installed walking routes
- Implemented first worksite flu clinics (*for non-Article 28 sites*)

2017

- Developed & implemented Nutrition Program with CHECW
- Wellness Ambassador Program launches
- Created designated email for Worksite Wellness
- Created Wellness Intranet Page
- Big Apple Crunch
- Installed Blood Pressure Kiosk at Gotham Center
- Expanded lunchtime workshop series to include more wellness topics
- Partnered with Injury Prevention Program to host Domestic Violence and Sexual Assault Awareness programs
- Built partnership with Employee Lactation Program to increase staff awareness and education

2018-2019

- First Wellness Open House
- Launched Stairwell Music
- Spirit Week
- Created Wellness Committees at multiple worksites
- Partnered with Parks Department (*ShapeUpNYC*) to grow fitness Program
- Launched resilience trainings with Mental Hygiene
- Developed Employee Heart Health Program with CHECW
- Collaborate with neighborhood vendors to bring programming to staff
- Created walking clubs across sites

2020-2022

- COVID-19 Mental Health Survey
- Create COVID-19 Wellness Hub
- Provided COVID-19 updates for City staff
- Conducted Annual Wellness Surveys
- Developed agency-wide wellness committee
- Developed staff wellness recommendations for leadership
- Launch Beyond Wellness podcast series
- Headspace App offered to support staff mental health

2023-Present

- Created wellness vision statement for the agency
- Wellness team expanded to include more fulltime staff
- Launched *Let's Talk, NYC Health!* mental health campaign
- Relaunched Employee Heart Health Program at over 10 worksites
- Launched a new Fresh Food Box with Corbin Hill Food Project
- Developed an integrated system to collect wellness data and create reports
- ASCEND Initiative launched
- Around 640 programs hosted on average per year, with 3,881 unique participants in 2025!

Celebrating 10 Years of the Worksite Wellness Program!

Vision Statement & Overview

Protect and promote the health of all New Yorkers while creating a thriving workforce that is diverse, inclusive, and supports employees' health, well-being and personal and professional development.



Wellness Program Highlights



Mental Health

Resilience Workshop Series
Comfort Dogs
Wellness Suites
Let's Talk, NYC Health!



Healthy Eating

Nutrition Workshop Series
Onsite Farm Share
Cooking Demos



Physical Activity

Weekly In-Person and Virtual Fitness Classes
On-Demand Virtual Classes
Fitness Discounts



Work-Life Support

ASCEND Initiative
Employee Resource Groups
Employee Lactation Program



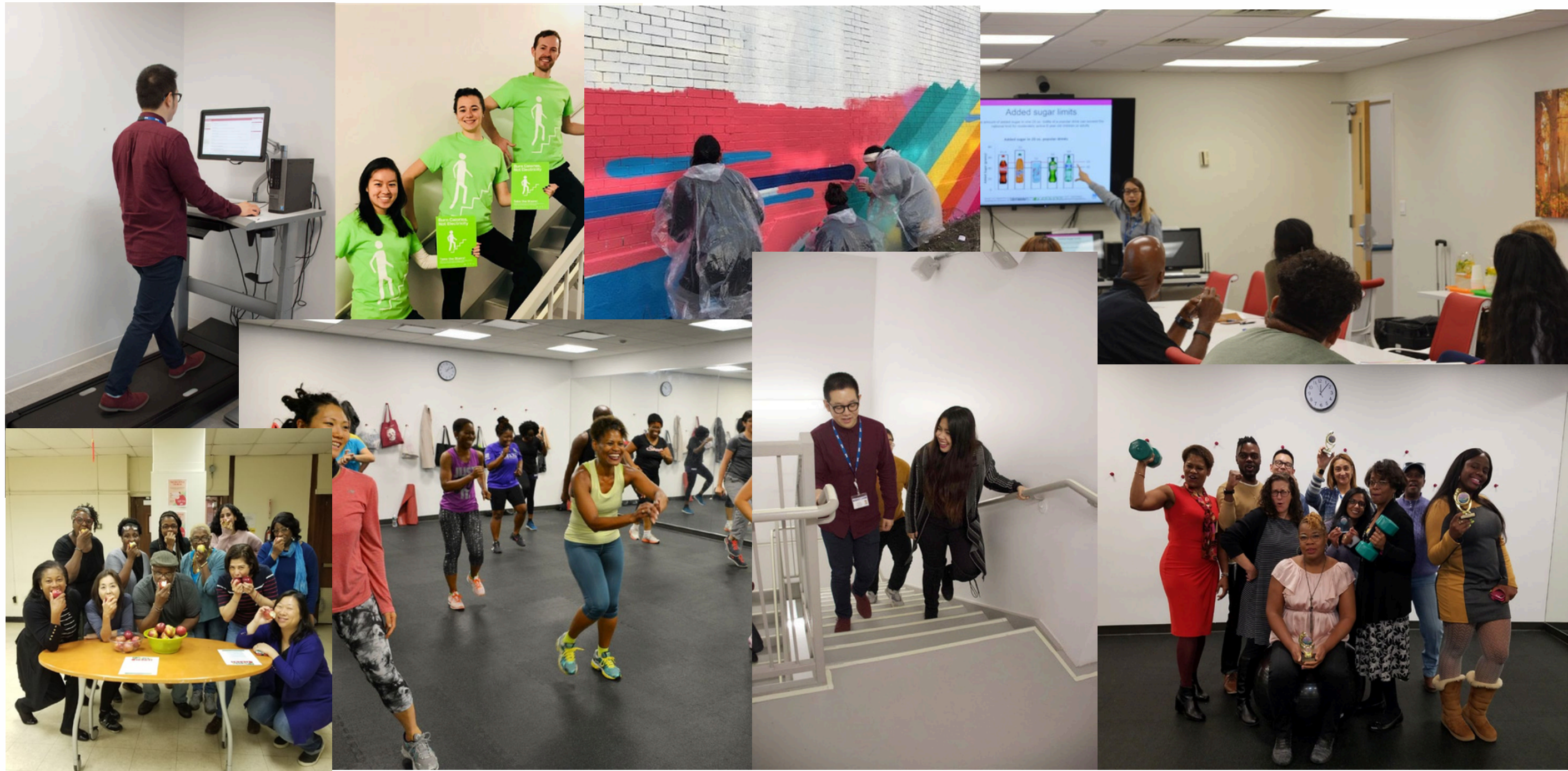
Financial Wellness

Public Service Loan Forgiveness Support
Money Smart Workshops



General Health & Prevention

Flu Clinics
Cancer Screening & Awareness
Diabetes Prevention Program (NDPP)
Employee Hypertension Program



Worksite Wellness

NYC DCAS
Citywide Administrative Services

Roman Paprocki

Deputy Commissioner Administration





Wellness At Work

Making it Happen

Wellness Liaisons



60

Executive Wellness Sponsors (EWS) provide and cultivate visible leadership support that models the way for staff.



628

Ambassadors promote and coordinate wellness programs, and identify opportunities to foster a culture of health.



533

Champions share their passion for wellness and serve as worksite health influencers.

Making it Happen

Wellness Liaisons



60

Executive Wellness Sponsors (EWS) provide and cultivate visible leadership support that models the way for staff.



628

Ambassadors promote and coordinate wellness programs, and identify opportunities to foster a culture of health.



533

Champions share their passion for wellness and serve as worksite health influencers.



13

Agencies ready to take wellness to the next level join the Partners Program for intensive support and resources to build their culture of health.

Making it Happen

Communication



nyc.gov/workwellnyc



Citywide
Email Blast &
Upcoming
Events



Ambassadors &
Champions



@WorkWellNYC
on.nyc.gov/linkedin
on.nyc.gov/vimeo
on.nyc.gov/youtube

Meeting employees where they are



DIGITAL FITNESS

LIVE

April - June

CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates ●●●● 9:00 AM - 9:45 AM INSTRUCTOR: ARIELLE Calisthenics ●●●●● 10:00 AM - 10:45 AM INSTRUCTOR: DANNY	Dance Cardio ●●●●● 6:30 AM - 7:15 AM INSTRUCTOR: JULIA Deskercise ●●●●● 1:00 PM - 1:45 PM INSTRUCTOR: VETTE Stretching ●●●●● 7:00 PM - 7:45 PM INSTRUCTOR: ALICIA	Hatha Yoga ●●●●● 7:00 AM - 7:45 AM INSTRUCTOR: MARIA Dance & Tone ●●●●● 12:00 PM - 12:45 PM INSTRUCTOR: JULIA Chair Workout ●●●●● 6:30 PM - 7:15 PM INSTRUCTOR: SURAYA	Zumba ●●●●● 6:00 AM - 6:45 AM INSTRUCTOR: SHAMSUN Meditation ●●●●● 12:30 PM - 1:15 PM INSTRUCTOR: DOROTHY Kickboxing ●●●●● 8:00 PM - 8:45 PM INSTRUCTOR: SANTANA	Vinyasa Yoga ●●●●● 6:30 AM - 7:15 AM INSTRUCTOR: CHRISTINE Total Body ●●●●● 1:00 PM - 1:45 PM INSTRUCTOR: JULIA Stretch & Recovery ●●●●● 6:15 PM - 7:00 PM INSTRUCTOR: JULIA	HIIT ●●●●● 6:15 AM - 7:00 PM INSTRUCTOR: NINA Chair Yoga ●●●●● 12:45 PM - 1:15 PM INSTRUCTOR: DOROTHY Pilates ●●●●● 7:00 PM - 7:45 PM INSTRUCTOR: KATHLEEN	Chair Barre ●●●●● 8:00 AM - 8:45 AM INSTRUCTOR: MADELINE Dance Fitness ●●●●● 9:00 AM - 9:45 AM INSTRUCTOR: ILANA

Click each class name to register.

Cardio

Improves your endurance and stamina as well as the health of your heart, lungs, and circulatory system.

+

Strength

Makes everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries.

+

Balance

Helps prevent injuries and falls, a common problem in older adults that can have serious consequences.

+

Flexibility

Routinely stretching the muscles increases your range of motion and reduces pain and the risk for injury.

KEY: ● CARDIO ● STRENGTH ● BALANCE ● FLEXIBILITY




Commissioner Champion
Flu Clinics

Wellness At Work



Vision Board Workshop
Craftnoons at NYCEM

DJ Power Hour
Office of the Mayor



No Sit November
Step Challenge, LPC

Wellness 1:1 at Work
P721K Brooklyn NY



Speed Networking at the
Teachers Retirement System



Ambassador
Program
Report

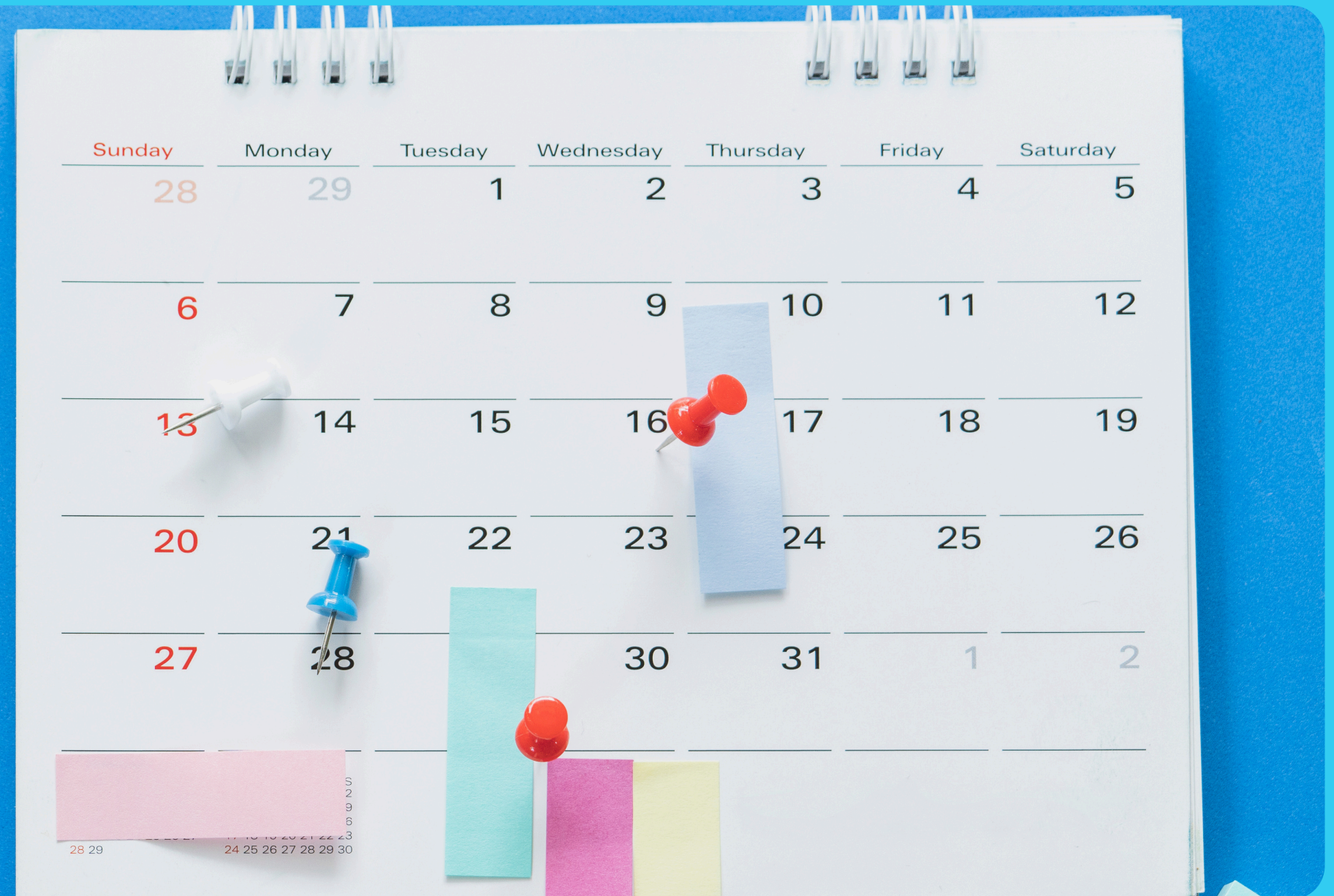


Discussion

- What questions and ideas do you have?
- What motivates you to prioritize employee wellness?



Upcoming Events



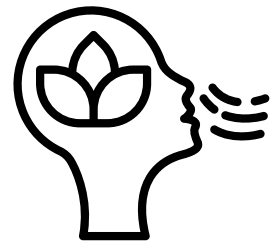
on.nyc.gov/upcomingevents

Preview of Upcoming Programs



March 26 @ 7 pm and March 27 @ 12 pm

- Community Forum: Share, Connect and Support



May 18 - Breathe and Be (5-day meditation challenge)



June - Art is Life (City employee artist performances and exhibition)

- performances on 6/10
- gallery exhibition 6/16-6/18

Preview of Upcoming Programs



July - Julydration (Summer Hydration event)

September



- WWNYC Block Party / Health Fair
- Let's Move NYC (movement challenge)
- Worksite flu clinics



October - WorkWell NYC Pulse Survey

Celebrating 10 Years

Celebrate 10 years of wellness by playing bingo!



Celebrate 10 Years of Wellness with WorkWell NYC!

1. Complete and check off at least five 2026 activities in a row, column, or diagonal line to get a Bingo
2. Visit on.nyc.gov/10yearbingo to submit your card
3. Get an exclusive prize!

Attended a digital fitness class*	Visited the Art is Life gallery*	Tried a new fruit/vegetable	Did something creative	Got my flu shot**
Followed WorkWell NYC on Instagram*	Attended a WorkWell NYC webinar**	Visited my PCP for an annual physical	Walked outside for 10 minutes	Visited a PARKS recreation center*
Talked to WorkWell NYC staff in-person	Joined Deferred Compensation Plan*	 (Free space!)	Filled out the WorkWell NYC Pulse survey**	Met my worksite's Wellness Ambassador*
Drank 8 cups of water in a day	Meditated for 10 minutes	Registered for Let's Move NYC**	Visited DOT Open Streets*	Followed WorkWell NYC on LinkedIn*
Visited a health fair	Visited a farmers market*	Got 8 hours of sleep	Said something nice about myself	Visited the Let's Talk Toolkit*

  nyc.gov/workwellnyc
 

on.nyc.gov/bingocard



Meeting Recap:

- **Why worksite wellness?**

Because it works; research, data and experience say so.

- **Executive Order 2** recognizes the City's commitment to the health and well-being of City employees.

- **Agency leaders support** wellness initiatives to meet the needs of their staff.

- **WWNYC provides** valuable, high value programming, that is influencing positive changes in employee lifestyles and agency cultures.

Contact Us:

Deborah Friedman, Assistant Commissioner for
Workforce Engagement & Innovation
dfriedman@olr.nyc.gov

Allyna Steinberg, WorkWell NYC Program Director
allyna.steinberg@olr.nyc.gov

Ayana Mbonu, WorkWell NYC Assistant Director of
Outreach & Engagement
ambonu@olr.nyc.gov



workwell@olr.nyc.gov

Next Steps:



- **Prioritize & incorporate employee wellness** at your agency
- **Connect or assign** an Executive Wellness Sponsor
- **Meet** with your agency Ambassadors, Champions & Wellness Committee
- **Attend** wellness events at your agency



Thank you!