

## **125 BROAD CONDOMINIUM**

*125 Broad Street  
New York, NY 10004*

## **Health Programming and Services Protocol**

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SCOPE: This plan applies to full time employees in areas under control of building management, within 125 Broad Condominium located at 125 Broad Street, NY, NY 10004, and covers health programming and continued program access. This plan was updated in June 2022 and is reviewed annually and shall continue indefinitely or until amended and/or replaced by a subsequent policy.

All services and programs outline in this policy are accessible and free of charge to the applicable occupants.

All services and programs are publicized to all eligible employees through following:

- communication material, such as notification emails or newsletters.

### **PROGRAMMING OFFERED**

A minimum of one healthcare service or program is established that:

- is offered a minimum of twice per year (biannually)
- targets increasing access to health care service(s) through educational sessions, vaccination clinics, contagious disease testing, preventive screening, health insurance enrollment events, or another similar program.

A minimum of one stress support service or program is established that:

- is offered a minimum of once per month
- targets increasing access to stress support through meditation classes, mental telehealth services, mental health counseling, yoga sessions, lectures, or another similar program.

A minimum of one fitness or nutrition service or program is established that:

- is offered a minimum of once per month.
- targets one of the following categories:
  - fitness program(s), such as exercise classes, walking groups, running clubs, dance classes, cycling groups, aerobics courses, active commuting programs.
  - nutrition program(s), such as healthy cooking classes/events or gardening workshops.

### **CONTINUITY PLAN**

A continuity plan has been created that details how the identified programs and services will continue in the vent of a long-term closure (2 weeks or more) or significant reduction in occupancy (more than 25%).