

UC Davis Health

WorkStrong Participant Agreement



- I understand that WorkStrong is a voluntary wellness program, and all the services available to participants are completely optional

- I understand that all appointments must be scheduled on my off time (ex. before work, after work, during breaks, or on a day off)

- I understand that WorkStrong appointments can be scheduled any time, Monday to Friday, during off work hours

- I understand that I am asked to give a 24-hour notice if I cannot attend a scheduled appointment either directly with my trainer, or with the WorkStrong Coordinator

- I understand that (2) two No-Call/No-Shows can result in termination from the WorkStrong program

- I have received contact information for my trainer, the WorkStrong Coordinator, Survival Skills Workshop facilitator and the dietician(s)

- I understand that my fitness trainer may give me exercises to do at home, and I will do my best to follow the agreed fitness plan

Participant Name & Signature

Date