

State of Maine Employee Wellness Center Program

Welcome to the Wellness Center

We're so happy you've chosen to join our gym as a member.

Here are a few things to keep in mind as you use our center.

- Limit your time on the cardio machines to 30 minutes.
- To avoid the spread of germs, please wipe down the equipment after use.
- Do not tamper with the machines in any way.
- Do not bring your own equipment to the center for your use.
- You are welcome to use a locker during your visit. Please take all of your things when you leave.
- Do only what your doctor says you can do. If he/she has put limits on your activity, please adhere to them.
- Please tell us if your health status changes. It is crucial that we know about your progress or your limits. We want to do all we can to support you and help increase your level of wellness.
- Wear shorts, shirts, etc., that limit skin contact with equipment and other surfaces, such as chairs, bench and machine pads and seats.
- Pay attention to the Wellness Center staff. We are here to help you reach your goals and keep you safe.
- Harassment in any form is not allowed. Any member who upsets others with threats, yelling or pressure of any kind, will be asked to leave the center.
- Membership may be revoked if a member threatens or upsets others. Wellness Center and Employee Health & Benefits, staff make these choices.

Please read the above document. Sign and date below, showing that you agree to our terms. This also means that you know that it is your duty to comply with our center guidelines. Thank you!

Name _____

Date _____

Witness _____

Bangor (207) 941-4419
Augusta (207) 287-4278
FAX (207) 621-7501

The State of Maine Employee Wellness Center
Program is brought to you by the Maine
Division of Employee Health & Benefits and
Workers' Compensation

