

Move More, Stress Less: Your Workout Break Is Waiting!

(Yes, it's a real thing. And yes, it's on the clock!)

Hey Gainesville, Miramar, Southfield, Caguas, and Lawrenceville teams—we see you! Balancing work, life, and health is no small feat, which is exactly why the Healthy By Choice Workout Policy exists.

ProCare Rx wants you to thrive—not just at your desk, but in your body too. So here's the deal: if you're a full-time employee participating in the Healthy By Choice program, you can get paid time to move your body. (Yep, for real!).

What You Get:

- 3 workout sessions a week = 30 paid minutes each.
- That's 1.5 hours per week—on the clock—just for moving your body
- Work out on-site or nearby, indoors or outside, using company fitness equipment or just your feet!



What You Need to Do:

- Work out 3x/week for at least 30 minutes at a moderate or higher intensity.
 - Get your manager's written approval before you begin.
 - Schedule your workout time with your manager's OK—during, before, or after your workday.
 - Log your workout time on the [HBC website!](#)
1. Select "Workout"
 2. Choose your office location
 3. Enter your workout location, date, and time

4. Hit Submit

(No log = no credit. So don't skip it!)

- Stick to your plan—this isn't your phone break or extra snack time.

Don't Risk Losing It

Managers are here to support you—but if you're not meeting the minimum or misusing the time, they can revoke the benefit. (*Don't make us send HR your playlist.*) But if you feel you've been denied unfairly, no worries, you can appeal to HR.



Special Note:

Can't participate due to a medical condition? You can submit an alternate exercise plan to HR. We believe wellness should be flexible and inclusive for everyone.

Walk, Run, Row, Lift, or Stretch— Just Move!

This is your time to refresh, reset, and refuel. Not only is it good for your body, but it's also great for your mind, mood, and motivation.

Let's be real: Most of us can scroll less and sweat a little more. This is your chance to do it, and get paid while you're at it!

So grab your sneakers, set your timer, and move like your energy depends on it—because it kind of does.
