

Healthy Life

NEXT EXIT 



The Health, Wellness, and Benefits Committee focuses on two key areas:

1. Serving as a resource to the IBEW regarding health, wellness, and benefits by becoming informed of, and staying current about, issues related to these areas.
2. Supporting health and wellness activities that will positively impact the members of IBEW Local 37.



In addition to its core programs, the IBEW Local 37 HWBC promotes and supports a variety of other health and wellness initiatives throughout the year.

They're generally offered for a certain length of time, may be workplace specific, and include things like wellness clinics, consultation, fitness activities, fun challenges, as well as education and awareness programs. Initiatives are always geared at motivating and empowering members to make healthy lifestyle choices.

For more information on the Health, Wellness, and Benefits Committee and its programs, please:

- Visit www.ibew37.com
- Send an email to info@ibew37.com
- Call 1-877-437-0037



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International Brotherhood of Electrical Workers
Fraternité internationale des ouvriers en électricité

IBEW Local 37 Health, Wellness, and Benefits Committee

Supporting activities related to health, wellness, and financial planning



IBEW . . . the *right* choice

The IBEW Local 37 Health, Wellness and Benefits Committee

The Health, Wellness, and Benefits Committee (HWBC) supports and encourages the health and wellness of members of IBEW Local 37. It has a mandate to protect and maintain the interests of the IBEW and its members with respect to their health, wellness, and benefits plans.

The HWBC recognizes that health and wellness can mean many things to many people, so it works to develop and promote programs that cover a broad range of topics and interests, intended to promote healthier lifestyles and workplace well-being among members.

Any program the HWBC supports or manages must help promote healthy, active, and sustainable lifestyle choices.



The committee directly manages three major programs:

1. Team Up!

Did you know that the HWBC has a unique funding program in place to help teams of IBEW members participate in charitable fundraising events? Eligible fundraising events must be related to health and wellness and involve physical activity on the part of participants.

Over the years, this program has helped raise tens of thousands of dollars for charities in New Brunswick like the Relay for Life, Run for the Cure, St. Joseph's Hospital Foundation, and Shinerama while promoting camaraderie among members and visibility of IBEW Local 37.

Modest funding is available for eligible events and depends on the needs identified in the application process. Applications are available online or by calling the Local 37 office.

2. Plan Well!

In partnership with the IBEW Local 37 Training Trust Fund, the HWBC co-sponsors workshops to help members make informed decisions about financial planning. These courses are offered throughout the year in various locations, and have helped hundreds of members prepare for a successful retirement.



3. Work Well!

Have you ever thought about starting a walking club at work, organizing a healthy eating class, or getting a piece of fitness equipment for your workplace? The HWBC has a funding program to help members initiate or participate in eligible workplace wellness activities such as fitness classes, food and nutrition workshops, wellness clinics, weight loss clubs, purchase of fitness equipment, etc. Applications are available online or by calling the Local 37 office.