



LETTER TO THE COMMISSION

LTC No: 26-012

TO: Honorable Mayor and Members of the Fort Lauderdale City Commission
FROM: Rickelle Williams, City Manager *RW*
DATE: January 16, 2026
SUBJECT: New Well-Being Solution – Sworkit Health Application

The purpose of this Letter to the Commission (LTC) is to advise the City Commission of a new total well-being solution being provided for employees.

On January 1, 2026, the Sworkit Health Application (Sworkit) was implemented as a new initiative of the City's wellness program. Sworkit provides simplified access to resources that support employees' total well-being, including physical activity, mindfulness, meditation, nutrition, and musculoskeletal health. It offers thousands of customizable workout plans, tailored to fit individual needs, along with access to certified trainers who can help develop custom workout plans and identify the best exercises for certain health conditions.

Sworkit also enables the City to offer seasonal citywide fitness challenges led by Sworkit trainers, as well as customized challenges for employees to connect with colleagues within their department. The first challenge being offered is the January Jumpstart, which launched on January 12, 2026, and will run through January 31, 2026.

The official launch email was sent by Sworkit to eligible employees on January 5, 2026. Eligibility is based upon enrollment in one of the medical plans offered by the City, as the expense for this initiative is covered through the annual Health Improvement Funds provided by Cigna as a cost containment provision under the City's 2022 Health Plan Administration Agreement.

For additional information, please contact Mikki Sampo, Benefits Manager, at msampo@fortlauderdale.gov or (954) 828-5436.

c: Shari McCartney, City Attorney
David R. Soloman, City Clerk
Patrick Reilly, City Auditor
City Manager's Office
Department Directors