

# Great Lakes Bay Unstaffed Fitness Center FAQ

## **Q. Is there a charge for using the unstaffed fitness centers?**

A. No, membership at any of Dow's Great Lakes Bay Unstaffed Fitness Centers is FREE for employees working at that facility location. Additional services may be available at a cost – contact the [Dow Wellness Centers](#) for questions.

## **Q: I have a membership at Dow Midland Wellness Centers (East End & SSC). Do I still need to fill out this paperwork?**

A: Yes, Employees working at the locations of the unstaffed fitness centers, interested in using an unstaffed center, need to complete a [membership application](#). This application form starts the process for Security to allow you to have badge access to the facility

## **Q: Where does the paperwork need to be submitted?**

A: Prospective members can eFAX their completed form to Midland Occupational Health, at 866-275-6441.

## **Q: I'm having trouble faxing my facility application, is there another method to send it?**

A: Transmission of Personal/Sensitive Data is strongly discouraged. If data must be transmitted by email, the preferred method is encrypted attachment. Encrypt and password protect attachments using [Corel WinZip](#) to protect sensitive information from being intercepted in transit. For more information, please see Dow Keyword = **Encryption** and/or **Data Protection**

An encrypted, password protected file of the facility application can be emailed directly to [funstfd@Dow.com](mailto:funstfd@Dow.com)

## **Q. Can spouses/dependents/retirees access these unstaffed facilities?**

A. No, employees working at the location of the unstaffed fitness centers is eligible to use that center. Spouses/dependents/retirees are welcome to use our staffed facilities. [Click here](#) to see our membership options at East End and SSC Wellness Center.

## **Q. Can contractors join unstaffed facilities?**

A. At this time, employees only can utilize the unstaffed facilities. Because each facility aligns to either Midland Area Corporate Facilities or Michigan Operations, the site's leadership makes that operational decision. If that decision is changed based on utilization and capacity, then Occupational Health will support leadership on facilitating the process. Contractors who's [company has a signed agreement](#) with Dow are still able to access our STAFFED facilities at East End and SSC Wellness Center

## **Q. What if I need a physician approval?**

A. The Occupational Health Wellness Specialist informs the potential member and ensures that he/she has a copy of the standard physician clearance letter.

**Q. Why does the enrollment process take so long?**

A. Occupational Health and ES&S have partnered to manage the enrollment process for Dow's Unstaffed Fitness Centers. We'll do our best to expedite the process for our workforce!

**Q. Are there going to be Group Exercise Classes at the unstaffed facilities? Do these classes cost money?**

A. Group Exercise Classes will be held at the Dow Central Campus Site. Employees wanting to participate in the group exercise classes offered at Dow Central Campus must have a membership to both Dow Central Campus Unstaffed Fitness Center and the Dow Midland Wellness Centers (East End and SSC). [Click here](#) for more information on membership options. Classes are FREE with your \$16.00 per month [membership](#) to the Dow Midland Wellness Centers.

**Q. What are the hours of operation for the Dow Central Campus Center?**

A. Open 7 days a week from 4am-11pm. Closed on holidays.

**Q. What type of equipment does the MIOps Fitness Center have?**

A. This unstaffed fitness center has primarily strength training equipment (free weight and machine) and some cardiovascular equipment that is all owned and operated by the site (MiOps). Site leadership has asked Occupational Health to help manage the enrollment and health screening for the site, but leadership manages the equipment and any improvement plans related to the facility.

**Q. Are there locker rooms available at the MIOps Fitness Center?**

A. Yes. There are locker rooms/change areas for users.

**Q. What are the hours of operation for the MIOps Fitness Center?**

A. Open 7 days a week. CLOSED Monday—Friday from 8:30 am to 10:30 am for cleaning. Badge access will be restricted during these hours.

**Q. I am a MIOps West Site employee, I've tried watching the video—why won't the link play?**

- A. Your Windows Media Player may need to be updated—this is common with employees. Be sure you are using internet explorer.
- B. You may not have access to the file share. This could be for a variety of issues. For example, if you are a former Dow east employee working on the west side of Saginaw Rd. now, and sit in another building/area and don't have access based on your settings, etc....
- C. Direct links are very dependent on where the user is in the system and therefore not always reliable. If you have Diamond Learning open, or it has expired or if you are not in DL, all things act differently with a direct link. Users are better off opening Diamond Learning and then searching for the item. Here is the course title: **DOW\_506003 MIOps MPT Unstaffed Fitness Center Safety Orientation**