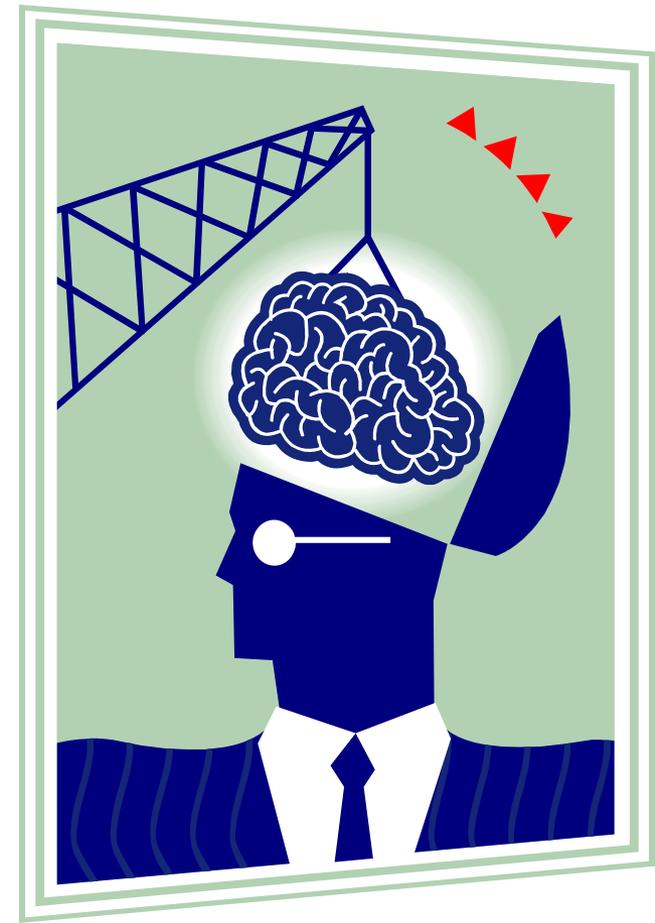


# Worksite Wellness



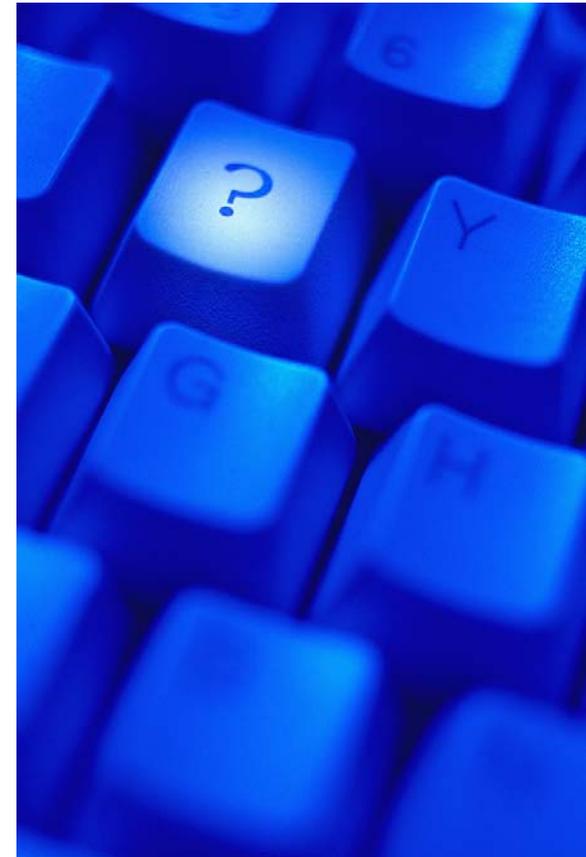
# ***Comprehensive worksite wellness approach....***

- build and sustain a results-oriented wellness program
- maintain or improve the overall health and quality of life of individuals
- delay or prevent disease through health promotion and early detection



# ***Why Worksite Wellness?***

- Improve Employee Morale
- Reduce Turnover
- Increase Recruitment Potential
- Reduce Absenteeism
- Health Care Cost Containment
- Improve Employee Health



# *Where do we start?*

**Healthy North Dakota** Worksite Wellness Consultants have been trained to help businesses plan, implement, and evaluate worksite wellness programs.

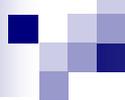




**Mission:** Provide resources for worksite wellness consultants and promote wellness in worksites.

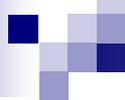
**Vision:** To improve the health and quality of life for individuals through worksites.

**Website:** [www.workwellness.net](http://www.workwellness.net)



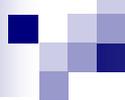
# ***Key Elements for Successful Comprehensive Worksite Wellness Programs***

- Acquire senior leadership and support
- Create cohesive wellness teams
- Collect data to direct strategic wellness plan
  - Baseline data
  - Employee and manager interest surveys
  - Health risk assessments and screenings with follow-up



# ***Key Elements for Successful Comprehensive Worksite Wellness Programs***

- Design strategic wellness plan
  - Health education and risk reduction programs
  - Support for lifestyle behavior changes
  - Choose appropriate interventions
  - Identify incentives to motivate change
- Integrate wellness program into the organization's structure and mission



# ***Key Elements for Successful Comprehensive Worksite Wellness Programs***

- Establish links between existing in-house and community health-related programs
- Create a work environment that supports healthy behaviors
- Evaluate program effectiveness and health outcomes
- Establish effective communication systems

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