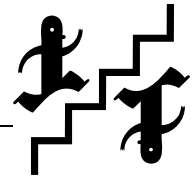


Worksite Wellness

Little Things in Knox County Adding Up...



How Do I Have a Worksite Wellness Program?

A **Worksite Wellness Program** can be implemented and maintained by management staff or through establishment of a Worksite Wellness Committee; it can be simple or elaborate; you can choose options that are of little or no cost to implement options; or those that may involve a cost your business; but possibly, save your company money in the future.

Here are a few ideas to get you started on improving your employees' health, supporting their healthy lifestyle choices, and at the same time potentially reducing health insurance premium costs:

- ↳ Periodically hold a small health fair or offer health screenings at your facility to test cholesterol, blood sugar, and blood pressure.
- ↳ Provide annual flu and pneumonia (every five years) shots for your employees; consider offering it to their immediate family as well.
- ↳ Display health and wellness educational information materials in your employee break room, meeting spaces, on your company's website or in your company newsletter.
- ↳ Periodically enclose wellness education information in pay envelopes; and offer free employee health programs periodically within your facility during staff meetings or after work hours; many are available for FREE.
- ↳ Offer an on-site physical activity programs for staff; or provide group gym rates or a discount to a health club as a benefit to those who adopt healthy lifestyle choices.
- ↳ If you have on-site food services, hold meetings on-site, or have vending machines on the premises, be sure to include healthy food selections to build a healthy workforce, and set a good example for customers and staff.
- ↳ Adopt a tobacco-free campus policy to protect your workers from the dangers of tobacco use and second-hand tobacco smoke; make tobacco cessation programs available to aid those employees who choose to quit entirely, often these are available for you to hold onsite.

So take the steps toward getting your Worksite Wellness Program started today...

1. Talk with the management of your organization;
2. Determine if you want to have a Worksite Wellness Committee;
3. Survey your employees to see what their needs and interests are;
4. Look at your local resources to see what is available to you and at what cost;
5. Decide how you want to implement your Worksite Wellness Program;
6. Determine what options you want to offer your employees, and
7. Jump in and begin your Worksite Wellness Program.



Ask yourself, ask management, ask your people; and ask for help if you need it!