

www.livewellsbc.org/workplace-wellness

HEAL Resources for Workplace Wellness

Employee wellness programs can improve staff productivity, decrease employee absenteeism, and decrease employee health care costs.



CALIFORNIA FIT BUSINESS KIT!

- The Worksite Program: The Worksite Program developed this suite of tools and resources to help employers develop and implement a workplace culture and environment that support healthy eating and physical activity among workers.
 - www.cdph.ca.gov/programs/cpns/pages/worksitefitbusinesskit.aspx
- Making small changes to your workplace and company policies is a great way to start, and it's where you can make the biggest impact. <u>businesshealth.kaiserpermanente.org/thrive/index</u>
- Be a City with a Healthy Workforce: Policy and programs to promote employee health are described in the Campaign's factsheet.
 www.healcitiescampaign.org/employee_wellness.html



HEALTHY MEETINGS & EMPLOYEE WELLNESS PROGRAMS

- *Healthy Meeting Toolkit:* This toolkit is intended for anyone that holds meetings and conferences. The guidance addresses four topic areas: nutrition, physical activity, tobacco-free, and sustainability. <u>cspinet.org/resource/healthy-meeting-toolkit</u>
- ✓ Employee wellness programs can keep your staff healthy, decrease sick days, lower insurance costs, and increase employee retention. <u>www.healthiergeneration.org/take_action/</u> <u>schools/employee_wellness</u>



PROJECT ACT

- Project ACT is a collaborative effort to use the workplace as a venue for acquiring and sharing healthy lifestyle behaviors.
 <u>project-act.com</u>
- Find workforce health case-making and resources to help move your employee wellness strategy. <u>thrivingschools.kaiserpermanente.org/wellness-resources/</u> <u>school-employee-wellness/</u>
- ✓ dhpe.site-ym.com/members/group_content_view asp?group=87568&id=124831



www.healcitiescampaign.org

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