

10 Ideas for Improving Health in the Workplace

1. Implement the FREE Healthiest State Employee Wellness Program in your workplace today!
*Provide your employees with health tools, resources and fun competition and incentives.
Participate in the Healthiest Business Challenge and other Healthiest State Challenges throughout the year to encourage healthy behaviors with fun competitions.*
2. Initiate a Commute Trip Reduction Program to encourage your employees to incorporate physical activity on trips to and from work.
3. Make healthy behaviors easy for employees by offering healthy snacks for free and by offering healthy foods during meetings. Try a Community Supported Agriculture box of fruits and/or vegetables.
*Visit <http://www.localharvest.org/> to find a local farm offering CSA.
Visit http://www.doh.wa.gov/cfh/nutritionPA/pdf_files/Energize-Your-Meetings.pdf for more information on creating healthy meetings in the workplace.*
4. Make healthy behaviors easy for employees by offering in house flu shots, blood pressure testing, cholesterol screens and more.
For more information on on-site health screenings, contact your local hospital visit these websites:
<http://www.globalmd.net/Delivery/Worksite.asp>
<http://www.kronoshealth.com/Kronos.Web.Corporate/Default.aspx?tabid=70>
<http://www.healthwatch.cc/?gclid=CMXa5rOF95QCFQpjnAodvAyEqQ>
5. Examine company policies and how they impact employee health. Flexibility is paramount! Allow employees to seek preventive care during work hours, and alter schedules to incorporate physical activity during lunch hours, on breaks or before/after work. Allow employees to dress casually if possible. Research shows that individuals who dress casually and wear comfortable clothes are more active.
6. Make healthy behaviors easy for employees by offering employees a gym reimbursement or subsidy.
7. Offer a Health Risk Assessment so that employees can learn what they need to improve upon. A free and confidential HRA is available to every employee at www.HealthiestState.org.
8. Make healthy behaviors easy for employees. Ensure that stairwells are attractive, well lit, and safe. Ensure that there are bike racks. Promote areas in which employees can walk during lunch or on breaks.
9. Tell your employees about all the great things you offer to improve their health. Announce these benefits at meetings, include these benefits in paycheck stuffers, post these benefits in staff rooms and around the office. They won't use your benefits unless they know about them.
10. Cover tobacco cessation.