



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. businesshealth.kaiserpermanente.org/thrive/index
- ✓ **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. cspinet.org/resource/healthy-meeting-toolkit
- ✓ Employee wellness programs can keep your staff healthy, decrease sick days, lower insurance costs, and increase employee retention. www.healthiergeneration.org/take_action/schools/employee_wellness



PROJECT ACT

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



www.healcitiescampaign.org