

# Sample Programs

## **General Health and Wellness Activities**

### *Awareness*

- ▶ Wellness Lending Library
- ▶ Onsite Biometric Screenings
- ▶ Incorporate healthy messages into meetings

### *Education*

- ▶ Health Newsletter
- ▶ Lunch & Learns
- ▶ Promotional Campaigns

### *Behavior Change*

- ▶ Lifestyle Change Classes
- ▶ Challenges
- ▶ Randomly reward employees for being “caught in the act”

## **Physical Activity**

### *Awareness*

- ▶ May is Physical Activity Month
- ▶ Post signs designating walking routes around the building (inside and out)

### *Education*

- ▶ Provide employees with information about exercises that can be performed in the office

### *Behavior Change*

- ▶ Implement walking groups for employees interested in walking over lunch
- ▶ Pedometers
- ▶ LiveWell Challenge

## **Healthy Eating**

### *Awareness*

- ▶ March is National Nutrition Month
- ▶ September is National Fruits & Veggies More Matters Month
- ▶ Promote healthy eating by posting signs and posters where employees eat

### *Education*

- ▶ Send messages about the benefits of healthy foods to employees through email, payroll stuffers, etc.
- ▶ Host a Lunch & Learn about proper portion sizes or reading food labels

### *Behavior Change*

- ▶ Conduct a challenge encouraging employees to eat recommended amounts of fruits and vegetables every day
- ▶ Facilitate an employee sharing garden during the summer
- ▶ Host Fresh Fruit Fridays, offering free fruit to employees in the break room

## **Tobacco Cessation**

### *Awareness*

- ▶ November is National Lung Cancer Awareness Month; Great American Smokeout

### *Education*

- ▶ Provide information about the dangers of smoking and the benefits of quitting

### *Behavior Change*

- ▶ Create “quit kits” for smoking employees to help them resist the urge to smoke
- ▶ Offer smoking cessation support groups onsite

## **Mental Health and Stress Management**

### *Awareness*

- ▶ Promote the availability of your Employee Assistance Program or free telephone helplines

### *Education*

- ▶ Offer classes on financial management skills
- ▶ Offer presentations by Employee Assistance Program provider on stress reduction, work-life balance, etc.
- ▶ Offer confidential mental health screenings

### *Behavior Change*

- ▶ Offer onsite relaxation or yoga classes
- ▶ Offer onsite massages

## **Preventive Services and Medical Self-Care**

### *Awareness*

- ▶ August is National Immunization Awareness Month
- ▶ Provide a self-care manual to employees

### *Education*

- ▶ Host a “Know Your Numbers” Lunch and Learn
- ▶ Host Lunch and Learn sessions on how to practice proper medical self-care or use a self-care manual

### *Behavior Change*

- ▶ Provide onsite immunizations for employees

## **Safety and Injury Prevention**

### *Awareness*

- ▶ Conduct an Ergonomics assessment at the worksite
- ▶ June is National Safety Month

### *Education*

- ▶ Provide information to employees about seasonal safety topics

### *Behavior Change*

- ▶ Probably best accomplished through policy change