WorkWell Missouri
Worksite Wellness Toolkit

http://extension.missouri.edu/healthylife/
Developed through a Partnership with...

http://extension.missouri.edu/healthylife/
Worksite Wellness Toolkit

What it’s designed to do ..... 
• Creating a comprehensive worksite wellness plan
• General description of program components and links to best resources
• Identify the strengths and weaknesses
• Develop an action plan to implement or improve your program
• Provide a multi-faceted payback on your investment
• Focus is on chronic disease prevention

What it doesn’t do ...
• Detailed content on “programming”
• Focus on safety & injury prevention

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6 Easy Steps to a Worksite Wellness Program

Step 1: Why have a worksite wellness program?
Step 2: How to get started
Step 3: Assessing your worksite
Step 4: Content programming for your worksite
Step 5: Making decisions-where to focus your efforts
Step 6: Evaluating my programming

Appendices: Additional resources

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Step 1: Why have a worksite wellness program?

Benefits of an employee wellness program and the return on investment

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Step 2: How to get started

Includes management buy-in and developing a wellness committee

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Step 3: Assessing your worksite

Tool to assess worksite environment and employee interests and needs

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Step 4: Programming for my worksite

- List of program components divided into low, medium and high resource needs
- Helps determine what can be quickly implemented and what may take more time or resources

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Step 5: Making decisions - where to focus your efforts

- Helps determine priorities and develop a plan to make them happen
- Describes how to define the goals and objectives for your wellness program

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Step 6: Evaluating my program: Is it doing any good?

Overview of what to evaluate in your program and how to do it

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Appendices

Appendix A: Disease specific resources
  • Arthritis
  • Cancer
  • Diabetes
  • Heart disease and stroke
  • Mental health
Appendix B: Worksite assessment checklist (blank sample)
Appendix C: Employee habits and interest survey (blank sample)
Appendix D: Recommendation table (blank sample)
Appendix E: Action plan (blank sample)
Appendix F: Wellness at home
Appendix G: Sample policies
Appendix H: Coordinator’s guide

Additional resources to assist in worksite wellness program

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WorkWell Missouri

The WorkWell Missouri toolkit guides you through the process of developing a worksite wellness program from initial assessment to implementation and evaluation.

**Worksite Wellness Programs:**
- can reduce employer health care costs
- improve productivity
- reduce absenteeism and improve morale

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