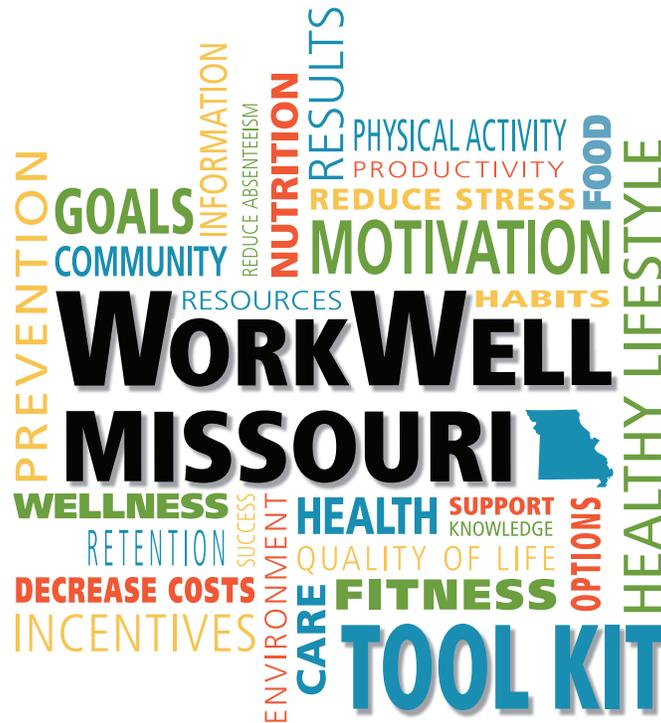


# A Toolkit for Worksite Wellness

## Better Employee Health Is Better Business



### Why Worksite Wellness?

Worksite wellness refers to employer-sponsored education and activities used to promote healthy lifestyles among employees.

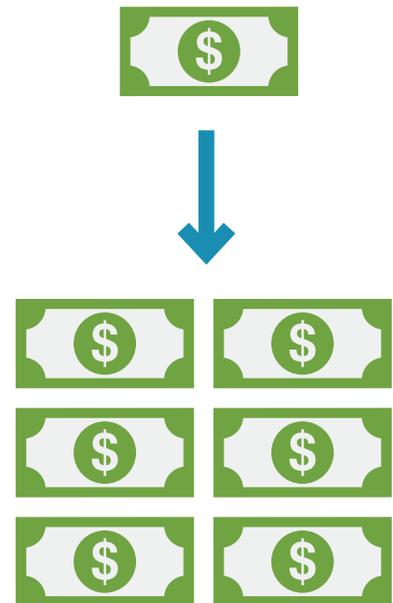
Examples include:

- Health education classes
- Subsidized use of fitness facilities
- Policies that promote healthy behavior

Improving employee health can:

- Increase productivity and morale
- Reduce absenteeism and presenteeism
- Decrease health care costs
- Attract and retain good employees

The return on investment (ROI) for comprehensive, well-run wellness programs can be as high as \$6 for every \$1 invested.



# Healthy employees miss less work.

## Missouri's Priority Topics for Worksite Wellness

Creating worksite wellness efforts that focus on these priority topic areas will move a business on its way to a healthier workforce.



### Physical activity

Example: Support physical activity breaks—like stretching or walking—during the day



### Nutrition

Example: Promote fruits and vegetables in break areas and cafeteria through motivational signs, posters and other materials



### Mental health

Example: Provide mental health and mental illness resources through various means, such as brochures and health fairs



### Tobacco

Example: Provide stop-smoking classes

## For More Info:

## The WorkWell Missouri Toolkit

The WorkWell Missouri Toolkit discusses steps for beginning or improving a worksite wellness process.

### Toolkit outline:

#### Step 1: Purpose

- Toolkit describes the benefits of and ROI from an employee wellness program

#### Step 2: Getting Started

- Provides an overview that highlights gaining management buy-in and forming a company wellness committee

#### Step 3: Assessing

- Contains sample tools to evaluate current efforts, a sample survey and links for gathering data to help plan a program

#### Step 4: Planning

- Offers assistance with determining priorities and developing a plan

#### Step 5: Implementing

- Offers assistance with carrying out and promoting worksite wellness

#### Step 6: Evaluating

- Provides an overview on how to establish a baseline and evaluate worksite wellness

## The WorkWell Missouri Toolkit

is available at <http://extension.missouri.edu/hes/workwell/WorkWellToolkit.pdf>.

Other resources can be found at <http://health.mo.gov/living/wellness/worksitewellness/index.php>.