

# WorkWell Missouri: A Toolkit for Workplace Wellness

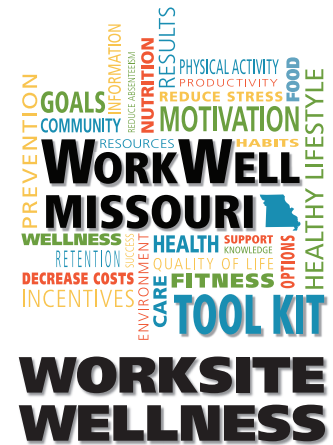
Better Employee Health is Better Business

## The WorkWell Missouri Toolkit

discusses steps for beginning or improving a worksite wellness process.

The toolkit is available at [extension2.missouri.edu/programs/workplace-wellness](http://extension2.missouri.edu/programs/workplace-wellness)

Other resources can be found at [health.mo.gov/living/wellness/worksitewellness/index.php](http://health.mo.gov/living/wellness/worksitewellness/index.php)



## Why Workplace Wellness?

Workplace 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 average return on investment (ROI) for comprehensive, well-run wellness programs is \$3 for every \$1 invested, but can be as high as \$6 for \$1 invested.

## Missouri's Priority Topics for Workplace Wellness

Creating workplace 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 messages through brochures, intranet, health fairs and other means



### Tobacco

Example: Promote stop-smoking classes

For more information, email [workwellmissouri@missouri.edu](mailto:workwellmissouri@missouri.edu)

# Missouri Workplace Wellness Award



## Recognition Available for Worksites Promoting Wellness

University of Missouri Extension (MU Extension) in partnership with the Missouri Department of Health and Senior Services (DHSS) has launched the Missouri Workplace Wellness Award program, which recognizes employers that invest in creating a working environment that supports healthy behaviors. Employers are recognized based on criteria for their level of support: **Gold, Silver and Bronze.**

### Each level includes:

- Policy and education initiatives
- Facilities
- Resources that promote healthy choices

Each level builds on the previous level's requirements

### Minimum Criteria for any Level

- Assessment**
- Planning**
- Implementation**
- Evaluation**

*See a full explanation of the criteria at the website below.*

### Award and Fillable Application:

[extension2.missouri.edu/programs/workplace-wellness/missouri-workplace-wellness-award](https://extension2.missouri.edu/programs/workplace-wellness/missouri-workplace-wellness-award)

