

WORKPLACE WELLNESS PROGRAMS EXAMPLES

WORKPLACE WELLNESS PROGRAMS EXAMPLES: BOOSTING EMPLOYEE HEALTH AND HAPPINESS

FEELING BURNT OUT? STRESSED OUT? YOU'RE NOT ALONE. MANY EMPLOYEES STRUGGLE WITH WORKPLACE PRESSURES IMPACTING THEIR PHYSICAL AND MENTAL WELL-BEING. BUT WHAT IF YOUR WORKPLACE ACTIVELY INVESTED IN YOUR HEALTH? THAT'S WHERE ROBUST WORKPLACE WELLNESS PROGRAMS COME IN. THIS COMPREHENSIVE GUIDE DIVES INTO PRACTICAL EXAMPLES OF SUCCESSFUL WORKPLACE WELLNESS PROGRAMS, EXPLORING STRATEGIES TO BOOST EMPLOYEE MORALE, PRODUCTIVITY, AND OVERALL WELL-BEING. WE'LL GO BEYOND THE BASICS, OFFERING ACTIONABLE INSIGHTS AND INSPIRING EXAMPLES YOU CAN IMPLEMENT IN YOUR OWN WORKPLACE, NO MATTER THE SIZE OR INDUSTRY. GET READY TO DISCOVER HOW TO CREATE A HEALTHIER AND HAPPIER WORK ENVIRONMENT FOR EVERYONE.

UNDERSTANDING THE IMPORTANCE OF WORKPLACE WELLNESS PROGRAMS

BEFORE DIVING INTO SPECIFIC EXAMPLES, LET'S ESTABLISH WHY WORKPLACE WELLNESS PROGRAMS ARE CRUCIAL IN TODAY'S DEMANDING WORK LANDSCAPE. THESE PROGRAMS AREN'T JUST ABOUT OFFERING FREE FRUIT; THEY'RE A STRATEGIC INVESTMENT IN YOUR WORKFORCE. THE BENEFITS ARE MULTIFACETED:

INCREASED EMPLOYEE ENGAGEMENT AND PRODUCTIVITY: HEALTHY EMPLOYEES ARE HAPPIER AND MORE ENGAGED. WHEN EMPLOYEES FEEL VALUED AND SUPPORTED, THEY'RE MORE LIKELY TO BE PRODUCTIVE AND COMMITTED TO THEIR WORK.

REDUCED HEALTHCARE COSTS: BY PROMOTING HEALTHY HABITS, COMPANIES CAN REDUCE EMPLOYEE ABSENTEEISM, PRESENTEEISM (BEING AT WORK BUT NOT FULLY PRODUCTIVE DUE TO ILLNESS), AND OVERALL HEALTHCARE COSTS.

IMPROVED EMPLOYEE RETENTION: EMPLOYEES ARE MORE LIKELY TO STAY WITH A COMPANY THAT PRIORITIZES THEIR WELL-BEING, REDUCING COSTLY EMPLOYEE TURNOVER.

ENHANCED COMPANY CULTURE AND REPUTATION: A COMMITMENT TO EMPLOYEE WELLNESS FOSTERS A POSITIVE AND SUPPORTIVE WORK ENVIRONMENT, ENHANCING THE COMPANY'S REPUTATION AS AN EMPLOYER OF CHOICE.

BOOSTED MORALE AND REDUCED STRESS: WELLNESS PROGRAMS OFFER EMPLOYEES TOOLS AND RESOURCES TO MANAGE STRESS, IMPROVE MENTAL HEALTH, AND BUILD RESILIENCE.

WORKPLACE WELLNESS PROGRAMS EXAMPLES: A DIVERSE APPROACH

THE KEY TO A SUCCESSFUL WORKPLACE WELLNESS PROGRAM IS TAILORING IT TO YOUR SPECIFIC WORKFORCE'S NEEDS AND PREFERENCES. THERE'S NO ONE-SIZE-FITS-ALL SOLUTION. LET'S EXPLORE DIVERSE EXAMPLES CATEGORIZED BY THEIR FOCUS:

1. PHYSICAL WELLNESS PROGRAMS:

ON-SITE FITNESS CENTER/GYM SUBSIDIES: OFFERING A SUBSIDIZED GYM MEMBERSHIP OR AN ON-SITE FITNESS CENTER ENCOURAGES REGULAR EXERCISE. SOME COMPANIES EVEN OFFER FITNESS CLASSES DURING LUNCH BREAKS OR AFTER WORK.

WELLNESS CHALLENGES AND COMPETITIONS: ORGANIZE TEAM-BASED FITNESS CHALLENGES (STEP COUNTS, CYCLING DISTANCES) TO FOSTER CAMARADERIE AND HEALTHY COMPETITION. OFFER PRIZES FOR PARTICIPATION AND ACHIEVEMENT.

ERGONOMIC ASSESSMENTS AND WORKPLACE ADJUSTMENTS: PROVIDING ERGONOMIC ASSESSMENTS AND MAKING ADJUSTMENTS TO WORKSTATIONS CAN PREVENT MUSCULOSKELETAL INJURIES AND PROMOTE COMFORT.

HEALTHY FOOD INITIATIVES: OFFER HEALTHY SNACKS AND LUNCHES IN THE BREAKROOM, SUBSIDIZE HEALTHY MEAL OPTIONS, OR EVEN ORGANIZE HEALTHY COOKING CLASSES.

2. MENTAL WELLNESS PROGRAMS:

EMPLOYEE ASSISTANCE PROGRAMS (EAPs): EAPs PROVIDE CONFIDENTIAL COUNSELING AND SUPPORT SERVICES FOR EMPLOYEES DEALING WITH STRESS, ANXIETY, DEPRESSION, OR OTHER MENTAL HEALTH CHALLENGES.

MINDFULNESS AND MEDITATION PROGRAMS: OFFER WORKSHOPS, ONLINE RESOURCES, OR EVEN GUIDED MEDITATION SESSIONS DURING THE WORKDAY TO HELP EMPLOYEES MANAGE STRESS AND IMPROVE FOCUS.

STRESS MANAGEMENT WORKSHOPS: PROVIDE WORKSHOPS ON STRESS REDUCTION TECHNIQUES, INCLUDING TIME MANAGEMENT, RELAXATION EXERCISES, AND COPING MECHANISMS.

MENTAL HEALTH AWARENESS CAMPAIGNS: RAISE AWARENESS ABOUT MENTAL HEALTH ISSUES THROUGH EDUCATIONAL MATERIALS, GUEST SPEAKERS, OR AWARENESS EVENTS.

3. FINANCIAL WELLNESS PROGRAMS:

FINANCIAL LITERACY WORKSHOPS: OFFER WORKSHOPS ON BUDGETING, SAVING, INVESTING, AND DEBT MANAGEMENT TO HELP EMPLOYEES IMPROVE THEIR FINANCIAL WELL-BEING.

RETIREMENT PLANNING ASSISTANCE: PROVIDE RESOURCES AND GUIDANCE ON RETIREMENT PLANNING, INCLUDING ACCESS TO FINANCIAL ADVISORS.

DEBT MANAGEMENT RESOURCES: OFFER RESOURCES AND SUPPORT FOR EMPLOYEES STRUGGLING WITH DEBT.

4. SOCIAL WELLNESS PROGRAMS:

TEAM-BUILDING ACTIVITIES: ORGANIZE TEAM-BUILDING ACTIVITIES TO FOSTER CAMARADERIE AND IMPROVE COMMUNICATION AMONG EMPLOYEES.

SOCIAL EVENTS: HOST SOCIAL EVENTS, SUCH AS HOLIDAY PARTIES, SUMMER PICNICS, OR HAPPY HOURS, TO ENCOURAGE SOCIAL INTERACTION AND BUILD RELATIONSHIPS.

VOLUNTEER OPPORTUNITIES: ENCOURAGE EMPLOYEES TO VOLUNTEER FOR CHARITABLE ORGANIZATIONS TO PROMOTE A SENSE OF PURPOSE AND COMMUNITY.

IMPLEMENTING YOUR WORKPLACE WELLNESS PROGRAM: KEY CONSIDERATIONS

SUCCESSFULLY IMPLEMENTING A WORKPLACE WELLNESS PROGRAM REQUIRES CAREFUL PLANNING AND EXECUTION. CONSIDER THESE KEY FACTORS:

NEEDS ASSESSMENT: CONDUCT A SURVEY OR FOCUS GROUP TO UNDERSTAND YOUR EMPLOYEES' HEALTH AND WELLNESS NEEDS AND PREFERENCES.

PROGRAM DESIGN: BASED ON YOUR NEEDS ASSESSMENT, DESIGN A PROGRAM THAT ADDRESSES SPECIFIC NEEDS AND INTERESTS.

COMMUNICATION AND PROMOTION: EFFECTIVELY COMMUNICATE THE PROGRAM TO EMPLOYEES AND PROMOTE PARTICIPATION.

EVALUATION AND MEASUREMENT: TRACK PARTICIPATION RATES, EMPLOYEE FEEDBACK, AND PROGRAM EFFECTIVENESS TO MAKE ADJUSTMENTS AS NEEDED.

SUSTAINABILITY: ENSURE THE PROGRAM IS SUSTAINABLE IN THE LONG TERM BY SECURING BUY-IN FROM LEADERSHIP AND ALLOCATING ADEQUATE RESOURCES.

CONCLUSION: INVESTING IN YOUR EMPLOYEES' WELL-BEING

IMPLEMENTING A WORKPLACE WELLNESS PROGRAM IS A STRATEGIC INVESTMENT THAT YIELDS SIGNIFICANT RETURNS IN TERMS OF IMPROVED EMPLOYEE HEALTH, PRODUCTIVITY, AND RETENTION. BY OFFERING A DIVERSE RANGE OF PROGRAMS TAILORED TO YOUR WORKFORCE'S NEEDS, YOU CAN CREATE A HEALTHIER, HAPPIER, AND MORE PRODUCTIVE WORK ENVIRONMENT FOR EVERYONE. REMEMBER, A THRIVING WORKFORCE STARTS WITH A COMMITMENT TO THEIR OVERALL WELL-BEING. START SMALL, CHOOSE A FEW INITIATIVES THAT RESONATE WITH YOUR EMPLOYEES, AND GRADUALLY EXPAND YOUR PROGRAM OVER TIME.

FAQs

1. HOW MUCH DOES IT COST TO IMPLEMENT A WORKPLACE WELLNESS PROGRAM?

THE COST VARIES WIDELY DEPENDING ON THE SIZE AND SCOPE OF YOUR PROGRAM. YOU CAN START WITH LOW-COST

INITIATIVES LIKE PROMOTING HEALTHY EATING HABITS OR OFFERING MINDFULNESS RESOURCES BEFORE INVESTING IN MORE EXPENSIVE OPTIONS LIKE ON-SITE FITNESS CENTERS.

1. HOW DO I MEASURE THE SUCCESS OF MY WORKPLACE WELLNESS PROGRAM?

TRACK KEY METRICS SUCH AS EMPLOYEE PARTICIPATION RATES, HEALTHCARE COSTS, ABSENTEEISM RATES, EMPLOYEE SATISFACTION SCORES, AND PRODUCTIVITY LEVELS. REGULAR EMPLOYEE FEEDBACK IS CRUCIAL FOR IDENTIFYING AREAS FOR IMPROVEMENT.

1. WHAT IF MY COMPANY IS SMALL AND DOESN'T HAVE A LARGE BUDGET?

EVEN SMALL COMPANIES CAN IMPLEMENT EFFECTIVE WELLNESS PROGRAMS. FOCUS ON LOW-COST INITIATIVES LIKE WALKING MEETINGS, HEALTHY POTLUCKS, AND ACCESS TO ONLINE MINDFULNESS RESOURCES.

1. HOW DO I GET BUY-IN FROM LEADERSHIP FOR A WORKPLACE WELLNESS PROGRAM?

HIGHLIGHT THE RETURN ON INVESTMENT (ROI) OF A WELLNESS PROGRAM, EMPHASIZING REDUCED HEALTHCARE COSTS, INCREASED PRODUCTIVITY, AND IMPROVED EMPLOYEE RETENTION.

1. WHAT ARE SOME COMMON MISTAKES TO AVOID WHEN IMPLEMENTING A WORKPLACE WELLNESS PROGRAM?

AVOID A "ONE-SIZE-FITS-ALL" APPROACH. FAIL TO ADEQUATELY COMMUNICATE THE PROGRAM TO EMPLOYEES. NOT TRACKING RESULTS AND MAKING ADJUSTMENTS AS NEEDED. NOT SECURING LEADERSHIP BUY-IN. NEGLECTING TO CONSIDER EMPLOYEE FEEDBACK.

📖 **workplace wellness programs examples: Corporate Wellness Programs** Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

workplace wellness programs examples: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

workplace wellness programs examples: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools

they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, *Workplace Wellness That Works* skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

workplace wellness programs examples: *Young Adults in the Workplace* Jeremy W. Bray, Deborah M. Galvin, Laurie A. Cluff, 2011-02-28 The Substance Abuse and Mental Health Services Administration funded the multisite Young Adults in the Workplace (YIW) initiative to study the effectiveness of diverse approaches to workplace-based prevention of substance abuse. Six teams adapted evidence-based programs to target young employees and then implemented the programs in retail, restaurant, health care, construction, skilled trade, and transportation industry workplaces. This book describes the programs, the adaptation and implementation processes, and the YIW cross-site evaluation.

workplace wellness programs examples: *Fostering Wellness in the Workplace* Bobbi L. Newman, 2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care; real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

workplace wellness programs examples: *Next-Generation Wellness at Work* Stephenie

Overman, 2009-09-15 Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. Next-Generation Wellness at Work tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

workplace wellness programs examples: The Stop & Go Fast Food Nutrition Guide

Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

workplace wellness programs examples: Workplace Wellness Rose Karlo Gantner Ed.D.,

2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

workplace wellness programs examples: Workplace Health Promotion Programs Carl I.

Fertman, 2015-10-05 Shine a spotlight on the benefits of promoting health in the workplace Workplace Health Promotion Programs focuses on the incredible value that employee health programs can offer by exploring six key topics: behavioral health, physical health, healthy environments, health education, nutritional health, and physical activity. This in-depth resource explicitly establishes what successful workplace health promotion programs, services, and collaborations are, and then builds upon this foundational understanding by introducing methods and tools for promoting employee health and safety, while emphasizing the skills students need to do so. Through this resource, students will come to understand how to recognize employee health and safety opportunities, and how to think on a larger scale when it comes to workplace health initiatives in small, mid-sized, and larger employers that are comprehensive and fiscally sound. Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process. Health problems are estimated to cost employers in the United States over \$200 billion per year through medical costs, absenteeism, disability, and overall reduced productivity. Improving well-being through effective workplace health

promotion programs can reduce this cost—and create healthier, happier workforces. Discover the design, implementation, and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence-based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs, including health policies, health insurance design, worker safety, employee behavior, etc. Learn how together employers and employees work to create a culture of health and well-being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a resource that guides students and professionals alike in the discovery, development, and execution of successful employee health initiatives.

workplace wellness programs examples: *A Review of the U.S. Workplace Wellness Market* Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

workplace wellness programs examples: *The Psychologically Healthy Workplace* Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

workplace wellness programs examples: *Integrating Employee Health* Institute of Medicine, Food and Nutrition Board, Committee to Assess Worksite Preventive Health Program Needs for NASA Employees, 2005-09-29 The American workforce is changing, creating new challenges for employers to provide occupational health services to meet the needs of employees. The National Aeronautics and Space Administration (NASA) workforce is highly skilled and competitive and employees frequently work under intense pressure to ensure mission success. The Office of the Chief Health and Medical Officer at NASA requested that the Institute of Medicine review its occupational health programs, assess employee awareness of and attitude toward those programs, recommend options for future worksite preventive health programs, and ways to evaluate their effectiveness. The committee's findings show that although NASA has a history of being forward-looking in designing and improving health and wellness programs, there is a need to move from a traditional occupational health model to an integrated, employee-centered program that could serve as a national model for both public and private employers to emulate and improve the health and performance of their workforces.

workplace wellness programs examples: *Global Perspectives in Workplace Health Promotion* Wolf Kirsten, Robert Karch, 2012 Health Behavior, Education, & Promotion

workplace wellness programs examples: *The Healthy Workplace* Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, The Healthy Workplace proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

workplace wellness programs examples: *The Bad Food Bible* Aaron E. Carroll, 2017 Reveals the positive benefits of enjoying moderate portions of vilified ingredients ranging from red meat and alcohol to gluten and salt.

workplace wellness programs examples: ACSM's Worksite Health Handbook American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features:

- An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs
- A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship
- Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning
- A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs
- An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety

The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader

workplace wellness programs examples: The Governor's Council on Physical Fitness

United States. President's Council on Physical Fitness & Sports, 1972

workplace wellness programs examples: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

workplace wellness programs examples: Health and Safety Needs of Older Workers Institute of Medicine, National Research Council, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on the Health and Safety Needs of Older Workers, 2004-03-26 Mirroring a worldwide phenomenon in industrialized nations, the U.S. is experiencing a change in its demographic structure known as population aging. Concern about the aging population tends to focus on the adequacy of Medicare and Social Security, retirement of older Americans, and the need to identify policies, programs, and strategies that address the health and safety needs of older workers. Older workers differ from their younger counterparts in a variety of physical, psychological, and social factors. Evaluating the extent, causes, and effects of these factors and improving the research and data systems necessary to address the health and safety needs of older workers may significantly impact both their ability to remain in the workforce and their well being in retirement. Health and Safety Needs of Older Workers provides an image of what is currently known about the health and safety needs of older workers and the research needed to encourage social policies that guarantee older workers a meaningful share of the nation's work opportunities.

workplace wellness programs examples: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing —

career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

workplace wellness programs examples: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

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environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

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2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive - but to thrive.

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client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the Occupational Therapy Practice Framework: Domain and Process. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

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