

Healthy employees can contribute more

Research by the Health Management Research Center at the University of Michigan shows that workplace wellness programs save employers money in medical care costs and lead to gains in productivity. These steps can help you promote health in your workplace:

- Decide to promote a healthy activity such as walking with the Blues *Walking Works* program.
- Encourage employees to stop smoking by creating a smoke-free work site and telling them about the free Quit the Nic program.
- Use the ready-to-publish articles in this toolkit if you have a company newsletter. Post the weekly health tips on your intranet site or send to employees via e-mail.
- Require vendors to include healthy food choices in cafeterias and vending machines.
- Provide nutritional information for on-site cafeteria selections.
- Provide space and time for Weight Watchers at Work or other certified programs to support employees who are trying to lose weight and increase fitness.
- Distribute health education materials on site, especially about healthy eating and exercise.
- Sponsor lunch and learn sessions devoted to fitness, healthy lifestyles, stress management and other topics.
- Sponsor an annual health day so employees can get educational materials from visiting nutrition and health professionals.
- Consider providing an employee allowance for participation at local health clubs.
- Create safe walking paths on site and encourage employees to use stairs rather than elevators.