

Why a Worksite Wellness Program?



The workplace is a great place to implement wellness programs because:

- *Employees are at work 8-10 hours/day*
- *Programs can be tailored to a specific audience*
- *Employees can benefit from social support*
- *Lifestyle choices affect the bottom line*



Wellness Councils work to improve employees' health and well-being through:

- *Activities and programs*
- *Environmental and policy changes*
- *Health awareness and knowledge*
- *Motivation to practice healthy behaviors*



Benefits from workplace health promotion:

- *Better employee morale*
- *Decreased absenteeism*
- *Increased productivity and engagement*



PEHP Wellness can help by:

- *Providing resources*
- *Providing technical assistance to develop Wellness Councils*
- *Providing funding through Mini-Grants and the Work Well-Being Challenge*

“Workplace health promotion programs are effective because people spend a huge portion of their waking hours at work, and great health promotion programs are able to create social cultures and physical environments that make healthy choices the easiest choices.”

*- Michael O'Donnell, MBA, MPH, Ph.D.
Founder of American Journal of Health Promotion*