

## **Health and Wellness at Work**

A healthy employee is a happy and productive employee, which should be a goal for every organization. Through our Health and Wellness at Work program your participants will experience the benefits of a healthier lifestyle and workplace.

Our Health and Wellness at Work course will be instrumental in creating a “Culture of Wellness” within your organization. Your participants will touch on common issues such as smoking cessation, nutrition, weight loss, and preventative care. Health and Wellness is the responsibility of everyone in an organization so take the positive step and create a program within your organization.

### **Module One: Getting Started**

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Objectives

### **Module Two: Meaning and Definition of a Health and Wellness Program?**

- What is a Health and Wellness Program?
- Productivity
- Cost of Health Care
- Costs of Absenteeism
- Case Study
- Module Two: Review Questions

### **Module Three: Types of Health Behavior Programs**

- Health Behaviors
- Health Screenings and Maintenance
- Mental Health
- Physical Injuries
- Case Study
- Module Three: Review Questions

### **Module Four: Health Behavior Programs**

- Increasing Physical Activity
- Nutrition & Weight Loss
- Tobacco Cessation
- Substance Abuse Treatment
- Case Study
- Module Four: Review Questions

### **Module Five: Health Screenings and Maintenance Programs**

- Preventative Care Screenings
- Cancer Screenings

### **Module Seven: Evaluate the Need**

- Review Current Health and Wellness Programs
- Environmental Factors
- Identify Common Health Conditions and Procedures
- Review Company Information Pertaining to Employee Health
- Case Study
- Module Seven: Review Questions

### **Module Eight: Planning Process**

- Form a Health and Wellness Team or Committee
- Budget
- Define Goals
- Programs and Policies
- Case Study
- Module Eight: Review Questions

### **Module Nine: Implementation**

- Get Management Support
- Test It
- Get the Word Out
- Incentives
- Case Study
- Module Nine: Review Questions

### **Module Ten: Create a "Culture of Wellness"**

- Accessible Healthy Eating Options
- Give Them a Break
- Alcohol, Drug, and Smoke Free Work environment
- Eliminate Hazards
- Case Study

- Annual Examinations
- Maintenance Programs
- Case Study
- Module Five: Review Questions

**Module Six: Mental Health Programs**

- Stress Management
- Support Groups
- Counseling
- Awareness & Education
- Case Study
- Module Six: Review Questions

- Module Ten: Review Questions

**Module Eleven: Evaluate Results**

- Check the Results
- Employee Satisfaction
- Share Achievements
- Revise Plans as Necessary
- Case Study
- Module Eleven: Review Questions

**Module Twelve: Wrapping Up**

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations