

"This was fun and shows how important it is to eat lots of fruits and vegetables."

"I thought it was a great program and would like to do it again!"

"I enjoy receiving wellness tips!"



Free Resources

The NH Department of Health and Human Services provides resources to help NH worksites promote employee wellness.

How-To Information and Tools

Worksite Wellness Nuts and Bolts

Learn how to promote healthy lifestyles at your workplace.

- [Stair Prompts](#) located near elevators encourage employees to use the stairs.
- [Breastfeeding Friendly Workplace](#) Learn the benefits for both mothers and employers.
- [Healthier Vending Machine and Cafeteria Choices](#) Simple changes can make a big difference.
- [GoodWorks! Kit](#) to help establish a smoke-free campus policy.
- [Breast & Cervical Cancer Screening](#) is available for uninsured women with limited income.

Health Education Materials

- [Asthma Control Program](#)
- [Breastfeeding Promotion & Support](#)
- [Diabetes Education Program](#)
- [Fruit and Vegetable Program](#)
- [Health Promotion/Worksite Wellness](#)
- [NH Alcohol, Tobacco, and Other Drug Prevention](#)
- [Tobacco Prevention and Control Program](#)

NH Department of Health and Human Services
Division of Public Health Services
29 Hazen Drive, Concord NH 03301
1-800-852-3345, Ext.4551
TDD Access: 1-800-735-2964
www.dhhs.nh.gov/DHHS/NHP/worksite

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Worksite
Wellness
Makes
Good
Business
Sense

Research Your Options

Begin your online research here:

- [New Hampshire Department of Health and Human Services](#)
- [Centers for Disease Control and Prevention \(CDC\), Healthier Worksite Initiative](#)
- [WELCOA \(The Wellness Councils of America\)](#)

In 2007, nearly 20% of New Hampshire adults reported having one or more of the following:

- Asthma and other lung diseases
- Heart and kidney problems
- Diabetes
- Weakened immune system from a chronic illness
- Sickle cell and other anemias

Source: 2007 NH BRFS

Why Worksite Wellness?

Health promotion programs in the worksite can be an effective way to spread health, nutrition and physical activity messages. And, they make good business sense.

Return on investment (ROI) for worksite wellness programs is \$4 for every \$1 invested*. ROI usually includes absenteeism, medical and pharmacy costs, presenteeism, workers' comp, and disability time.

Employer Benefits Can Include . . .

- Enhanced employee productivity
- Lowered health care costs
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Improved employee morale

Employee Benefits Can Include . . .

- Less stress
- Improved well-being, self-image, and self-esteem
- Improved physical fitness
- Weight loss
- Improved health

* Aldana SG. Am J of Health Promo 2001; 15(5): 296-320.

Worksite Wellness Strategies

Gather your facts – begin your wellness programming with a [needs assessment](#).

Worksite interventions can vary from ongoing projects to one-time events. The time/cost commitment depends on the nature of the strategy. For more information, click on the hotlinks throughout this brochure.

Level of Time/Cost Commitment

Low

- [Stair prompts](#)
- Health information e-mails
- Paystub health messages
- [Healthy potluck and recipe sharing](#)
- [Newsletters](#)



Moderate

- [Breastfeeding/Pumping room](#)
- [Bulletin board health topics](#)
- Benefit Package Option: [Flexible schedule](#) to allow time for physical activity, flu clinics, check ups, screenings, breastfeeding/pumping, and wellness classes
- [Green cleaning](#) to reduce irritants and improve air quality
- [Vending machine changes](#)
- [Wellness guest speaker](#)

High

- A smoke-free campus
- [Cafeteria changes](#)
- [Bicycle parking](#)
- Employee kitchen and appliances
- [Flu shot clinic](#)
- [Healthy foods and beverages for meetings and events](#)
- Benefit Package Option: Reimbursement or discount for fitness equipment, gym membership, wellness classes, lactation support services
- [Scent-free policy](#) to improve indoor air quality
- [Walking club](#) and/or [walking maps](#)
- Wellness events
- Conferences that include [physical activity](#) and [healthy food](#)

Check with your insurance provider to learn how they can help with free or reimbursable worksite wellness programming.

Step up
to a
healthier
lifestyle



Sample Stair Prompt

