

Worksite Wellness Resource List

Policies to Support Healthy Eating

- Nutritious Vending Options
- Healthy Cafeteria Options
- Price Adjustments for Healthy Foods
- Policy for Advertising of Only Healthy Cafeteria/Vending Options
- Healthy Options at Company Events
- Food Donations by Vendors
- Food Donations by Employees
- Mobile Food Truck/No Solicitation
- Company Potluck Guidelines
- Water Available at Meetings
- Fundraising Using Unhealthy Foods as Rewards or for Purchase

Environmental Supports for Healthy Eating

- Nutritious Vending Options
- Healthy Cafeteria Options
- Price Reductions for Healthy Foods
- Company Farmers Markets
- Community Supported Agriculture
- Fruit Basket Program
- Refrigerator, Microwave and Sink
- Tobacco-Free Outdoor Eating Area
- Healthy Eating Lunch and Learns
- Onsite Nutrition Classes
- Healthy Recipe Sharing

Policies to Support Physical Activity

- Flexible work schedule for physical activity.
- 30 minutes of activity “on the clock”
- Guaranteed Ride Home Program for employees that use alternative transportation
- Policy to allow “Walking Meetings”
- Active Volunteerism (Habitat House, Big Sweep, Park and Rec Volunteer)
- Charity Walk/Run Support

Environmental Supports for Physical Activity

- Onsite Fitness Classes
- Fitness Center or Corner
- Company Sports Teams
- Connect to Parks & Greenways
- Bike/Bus to Work
- Stairwell Makeovers
- Take the Stairs Signs
- Walking Group Challenge
- Map out Walking Paths
- Hold a Walking Meeting
- Stretching at Work
- Treadmill Workstations
- Basketball hoop outside
- Provide Showers and Changing Area



Resources & Sample Policies

FitCityChallenge.org
ActiveLivingbyDesign.org
AmericanHeart.org
EatSmartMoveMoreNC.com
CDC.gov/LEANWorks

Promoting and Advertising Health Information

- Wellness Newsletters
- Weekly Wellness E-mails
- Home Mailings
- Health Texts to Mobile Employees
- Wellness Intranet Site
- Health Screen Savers
- Meeting Health Minute
- Home Mailings
- Bulletin Boards
- Flyers in Break-rooms, Elevators and Restrooms
- Fitness Magazines in Break-rooms
- Health Information Center

Support for General Health

- Worksite Wellness Company Statement of Support
- Tobacco Free Workplace Policy
- Tobacco Free Policy, Company Vehicles
- CPR Certification for some employees
- AED Machine and Certification
- Breastfeeding Supportive Environment
- Health Coaching or Webinars for Disease Management

Insurance Benefits Coverage for Wellness

- Preventative Care Coverage at Minimal or No Cost to Employee
- Tobacco Cessation Classes, Coaching and/or Medications Coverage
- Discounts for Non-Tobacco Users
- Low Cost or Free Preventative Medications Coverage
- Offer Employee Assistance Program
- HRA Completion for Benefits Renewal

Getting Started: Simple Changes Can Have a Big Impact

1. Start a Fruit Basket
2. Print and Post "Take the Stairs" Signs
3. Start a Lunchtime Walking Group
4. Map and Post Walking Routes
5. Give out Pedometers and Begin a Steps Challenge
6. Start a Afternoon Stretch Break
7. Start a Fitness Video Lending Library
8. Place Fitness and Healthy Cooking Magazines in the Break-room
9. Promote a Healthy Holiday Potluck
10. Provide Copies of Healthy Recipes
11. Adopt a No Unhealthy Food Donations Policy for Employees and Vendors
12. Suggest Increasing Healthy Options in Vending Machine
13. Adopt a Healthy Vending Policy
14. Advertise Healthy Food Choices in Cafeteria
15. Post Website Links to Reliable Health Information on Intranet
16. Bring in Fitness Bands and Print Sample Exercises to Share
17. Organize Trips to the Farmer's Market
18. Create a Health Information Center
19. Post a Wellness Bulletin Board
20. Hold a Walking Meeting

For more information e-mail:
WorkingWell@MecklenburgCountyNC.gov

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