

"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

- [Breast & Cervical Cancer Screening](#) is available for uninsured women with limited incomes.
- [Breastfeeding Friendly Workplace](#) Learn the benefits for both mothers and employers.
- [Healthy Vending Guide](#) Simple changes can make a big difference.
- [National Prevention Strategy](#) provides comprehensive smoke-free and tobacco-free workplace policies.
- [Stair Prompts](#) located near elevators encourage employees to use the stairs.

### Health Education Materials

- [Asthma Control Program](#)
- [Breastfeeding Promotion and Support](#)
- [Diabetes Education Program](#)
- [Drug and Alcohol Prevention Services](#)
- [Health Promotion/Worksite Wellness](#)
- [Obesity Prevention Program](#)
- [Occupational Health Surveillance Program](#)
- [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  
<http://www.dhhs.nh.gov/dphs/nhp/worksite/>



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 BRFSS

## 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](#)
- [Breastfeeding/Pumping room](#)



### Moderate

- [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

- [Bicycle parking](#)
- [Cafeteria changes](#)
- [Comprehensive tobacco-free policy](#)
- Conferences that include [physical activity](#) and [healthy food](#)
- Employee kitchen and appliances
- [Flu shot clinic](#)
- [Healthy foods and beverages for meetings and events](#)
- Reimbursements and/or discounts offered as benefit package options: fitness equipment, gym membership, wellness classes, and lactation support services
- [Scent-free policy](#) to improve indoor air quality
- [Walking club](#) and/or [walking maps](#)
- Wellness events

Step up to a healthier lifestyle



Sample Stair Prompt



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