

# Workplace Wellness

*Resources for Programming & Initiatives*



**Health & Human  
Services Collaborative**

*Researched and Collated by The Health & Human Services  
Collaborative Health Work Group's Sub-Group on  
Workplace Wellness & Healthy Berkeley*

# WHY WORKPLACE WELLNESS...



## WHAT'S IN IT FOR THE WORKPLACE?

- *Increased productivity*
- *Employee satisfaction*
- *Decreased absenteeism*

In other words... financial savings PLUS, happier, healthier, more loyal employees.

*“Employers have moved from just a programmatic focus to actually creating a view of health as a strategic value to the organization.”*

*Johnson, Modern Healthcare, 2014*

# RESOURCES to build and enhance Workplace Wellness

## GETTING STARTED:

**American Heart Association Playbook :**  
[playbook.heart.org/](http://playbook.heart.org/)

### Pillars of Workplace Health:

“key elements of effective workplace health and well-being programs in seven pillars.” (F)

**Centers for Disease Control (CDC):**  
[www.cdc.gov/workplacehealthpromotion/index.html](http://www.cdc.gov/workplacehealthpromotion/index.html)

**Worksite Health Scorecard:**  
A tool to help you assess and plan. (F)

**American Cancer Society: Workplace Solutions**  
[www.acsworkplacesolutions.com/index.asp](http://www.acsworkplacesolutions.com/index.asp)

**Meeting Well:**  
Suggestions and guidebooks for increasing activity, providing healthy food choices and offering smoking cessation at work. (F)

## FOOD:

**American Heart Association Workplace Wellness Food and Beverage Toolkit:** A step by step guide to improving what is available and provided to employees by way of food and beverages.  
[www.heart.org/HEARTORG](http://www.heart.org/HEARTORG) (F)

**From the CDC:**  
Tips for offering healthier food and incorporating more activity:  
[www.cdc.gov/obesity/downloads/tips-for-offering-healthier-options-and-pa-at-workplace.pdf](http://www.cdc.gov/obesity/downloads/tips-for-offering-healthier-options-and-pa-at-workplace.pdf) (F)

**Choose My Plate:**  
Many recipes and teaching tools for improving nutrition.  
[choosemyplate.gov](http://choosemyplate.gov)

**Super Tracker** is a great planning tool for employees: [www.supertracker.usda.gov/](http://www.supertracker.usda.gov/) (F)

**Talk to local restaurants that offer healthier lunch options** in your locale and see if they would be willing to deliver to your organization. (F, L)



Participate in local walking programs

## EXERCISE:

**American Heart Association Walking program:**  
Guides, resources including posters and great ideas. Get your employees walking! Can be found at:  
[www.heart.org/HEARTORG](http://www.heart.org/HEARTORG) (F)

**Healthy Berkeley:**  
Healthy Berkeley is a local initiative that organizes and promotes physical activity and healthy eating.  
[www.healthyberkeleywv.com](http://www.healthyberkeleywv.com)  
[www.facebook.com/HealthyBerkeleyWV](https://www.facebook.com/HealthyBerkeleyWV) (L, F, \$)

## STRESS & MENTAL HEALTH

Many **Employee Assistance Programs (EAPs)** offer counseling and substance abuse assistance as well as discounts and other services that could assist with increasing wellness. Do you offer one? (F, \$)

**Resources for employees with drug or alcohol issues:**  
Help them find a local meeting of Alcoholics Anonymous: [www.aaww.org](http://www.aaww.org)  
or Narcotics Anonymous: [www.naws.org/meetingsearch](http://www.naws.org/meetingsearch) (F, L)

**Berkeley County Recovery Resource Center:**  
Can direct employees to resources they need for alcohol or drug addiction recovery  
400 W. Stephen St., Martinsburg  
304-264-1923 x8133; (L)

## WELLNESS RESOURCES:

### Smoking Cessation:

1-800-QUITLINE offers free programs, counseling and nicotine replacement therapy.

[www.dhhr.wv.gov/wvdtp/cessation/Quitline/Pages/default.aspx](http://www.dhhr.wv.gov/wvdtp/cessation/Quitline/Pages/default.aspx) (F)

**Regional WV Tobacco Prevention Coordinator** can come teach tobacco cessation classes at your facility.

[www.tobacco-free-wv-regiond.com](http://www.tobacco-free-wv-regiond.com) (F, L)

**The Wellness Center @ Berkeley Medical Center** in Martinsburg does screenings and workplace wellness programming. (\$, L)

**The Society for Human Resources Management (SHRM)** has a lot of information and resources for wellness programming and development. Find a local chapter.

[www.shrm.org](http://www.shrm.org) (\$, L)

### American Cancer Society Workplace Solutions

**Cancer Resource Network:** “Trained Cancer Information Specialists help ease cancer burden by connecting (employees) with the help they need.” 800-ACS-2345, [www.cancer.org](http://www.cancer.org) (F)

### Shenandoah Community Health Center:

Shenandoah Community Health Center offers assistance with ACA health insurance enrollment, accepts private insurance, Medicaid, Medicare and has a sliding scale for un-insured, low-income patients. (\$, L)

## COMMUNITY PROGRAMS:

### Google these in your area!

**Managing Chronic Diseases of employees has clear ROI benefits.** CDSMPs (Chronic Disease Self Management Programs) can benefit both health and bottom line. Call the Berkeley County Health Department: 304-263-5131. (F, \$)

### Maintain Don't Gain programming.

Maintain Don't Gain helps people maintain their weight through the holiday season. The WVU Extension Service – Berkeley County offers a free program. Contact them at [Berkeley.ext.wvu.edu](mailto:Berkeley.ext.wvu.edu) or 304-264-1936 in the Fall. (F)


### “Dining with Diabetes”

“Dining with Diabetes” and other cooking classes offered to the public and can come to you. [berkeley.ext.wvu.edu/families\\_health](http://berkeley.ext.wvu.edu/families_health) (F, \$, L)

**WVU Extension Service – Berkeley County offers 2 free courses:** a 5 week course called ‘Stress Less with Mindfulness’ and the course ‘RELAX’ (which focuses on anger management). Instructors can come to your workplace! Contact [Berkeley.ext.wvu.edu](http://Berkeley.ext.wvu.edu) or 304-264-1936. (F)

**Try This WV** – links to programs and instructions for starting programs, many health related and easy to do.

[trythiswv.com/challenge-the-community-to-walk](http://trythiswv.com/challenge-the-community-to-walk) (F, \$)



Have a “standing” meeting or provide wellness workshops for your team.

## GUIDE

(F) Free

(\$) Some cost

(L) Local to the Eastern Panhandle