



Category	Activity	Details
Leadership	Meet with leadership to discuss goals and objectives of wellness program	Talking to your leadership about your worksite wellness program can help you align your goals with the strategic goals of your organization. Discuss the priority areas your worksite wellness committee has identified as the focus of wellness activities for their feedback, your long-term objectives, and action items to accomplish wellness goals.
Leadership	Obtain buy-in by senior leadership through a written statement	Having a written statement from leadership can help your co-workers feel more confident to participate in wellness activities. A written statement can be simple or more structured and formal, but the main objective is to encourage employees to participate in wellness activities.

<p>Committee</p>	<p>Hold a meeting with your wellness committee to create a strategic plan or view/update your current plan</p>	<p>Meeting with your wellness committee on a regular, scheduled basis can help you turn ideas into action. Don't forget to discuss your long- and short-term goals. For ideas on what to discuss with your wellness committee, use the WorkWell NC Wellness Committee Workbook.</p>
<p>Committee</p>	<p>Review Information on the Centers for Disease Control and Prevention / Workplace Health Promotion website</p>	<p>Use the Centers for Disease Control and Prevention / Workplace Health Promotion website to search for actionable information to help employers launch or expand a workplace health promotion program. Website includes: the workplace health resource center, the workplace health model, the work@health training program and the worksite health scorecard.</p>
<p>Committee</p>	<p>Conduct a worksite assessment</p>	<p>The first step towards making a change is understanding where you are currently. Worksite assessments can help you evaluate areas of strength and weakness in your organization or worksite wellness program. The CDC Health ScoreCard or other comprehensive organizational assessment can help you analyze how the culture of your worksite influences employee behaviors.</p>
<p>Committee</p>	<p>Poll your co-workers</p>	<p>Create a survey and poll your co-workers to see what wellness activities they might be interested in. Provide them with some activities to choose</p>

		from and ask what ideas they have.
Committee	Attend a Wellness Champion webinar	Periodically, we will offer a webinar on a topic that is important to you as a Wellness Champion. Attend the webinar for ideas on next steps and to hear what has worked for other Wellness Champions.
Leadership	Meet with leadership to discuss worksite assessment	After completing a worksite assessment, such as the CDC Health ScoreCard , meet with your leadership to discuss the areas that your worksite scored well in as well as the areas where you would like to improve.
Leadership	Ask leadership to participate in a wellness activity	A great way for your leaders to show support of your worksite wellness program is for them to participate in meetings or activities. Invite your leadership to join in!
Leadership	Deliver an updated report to leadership on wellness activities	Keep your leadership up to date on your worksite wellness program by providing information about program successes or lessons learned. You may want to speak on the barriers you've faced to brainstorm resolutions or let your leadership know how receptive employees have been to your program by reporting the number of participants of a recent activity.

Policy	Review current wellness policies	You may be surprised to find that your organization already has wellness policies that support health at the workplace. Research your organization's policies to see which you can use.
Policy	Promote existing wellness policy	If your organization has existing wellness policies, promote the use of them to your co-workers. There may be policies that exist but are not currently being used for various reasons. See if these policies can be used to promote healthy habits at your worksite.
Policy	Work towards changing a wellness policy	After reviewing your current wellness policies, you may realize that there are aspects that need to be updated or gaps in your organization's policies. Taking the next step to fill the gaps or update your current policies can help support the current and future success of your worksite wellness programs.
Policy	Implement/start using a new policy	Once you've edited or created a wellness policy, it can take some time to incorporate the new policy into action. Start promoting the new policy, its advantages, and modeling its use.
Engagement	Print and post health promotion fliers or printable posters around worksite	Promote a health topic by posting fliers or printable posters around your worksite. These can be on a specific health topic such as diabetes or encourage healthy behaviors, highlight an upcoming wellness event, or

		<p>promote a healthy resource. For example, you could hang fliers by the elevator to encourage co-workers to use the stairs instead of the elevator.</p>
Engagement	Host a health fair	<p>Invite vendors to your health fair that focus on health and wellness. Help your co-workers understand the various resources in your community that support healthy habits. Including benefit information at your health fair from your HR or benefits department can also help employees understand and become more familiar with their benefits.</p>
Engagement	Host an onsite health presentation	<p>There are a variety of health and wellness professionals in your community who would be willing to visit your worksite and talk about their services. For example, you could invite a local dietician to present on what a healthy diet looks like and tips for increasing the nutrients you eat each day.</p>
Engagement	Host a healthy lunch or snacks	<p>Invite co-workers to participate in a healthy lunch or snack time. Have a theme and ask everyone to sign up to bring a healthy item. Decorate for the event to encourage a fun environment. For example, have a Taco Tuesday or a yogurt snack with fruits and crunchy toppings like nuts or granola.</p>

<p>Culture</p>	<p>Invite employees to participate in a health activity (i.e., walking group)</p>	<p>This activity gives you and your co-workers the opportunity to participate in a onetime event. This could range from participating in a cooking class to a walk at lunch time.</p>
<p>Culture</p>	<p>Organize a team to participate in a local health event (i.e., local race or community health day)</p>	<p>Get your co-workers involved in a local health event by organizing a team to participate or attend. This could be organizing a team to participate in a local 5k or getting a group together to attend a World Diabetes's Day event.</p>
<p>Culture</p>	<p>Post nutrition information or facts near vending area/cafeteria</p>	<p>It can be difficult to tell which items in your vending machine or cafeteria are healthy. Help your co-workers make the connection by hanging information about what items in the vending machine are the healthiest, including their nutritional information. Or highlight a healthy item available in the cafeteria.</p>
<p>Culture</p>	<p>Organize a worksite wellness campaign (i.e., Miles for Wellness or a nutrition awareness campaign)</p>	<p>Challenges and campaigns at the worksite are a great way to get your co-workers involved in creating healthy habits while being fun! Organize a challenge or campaign at your worksite. Participate in a Miles for Wellness challenge or use one of the turnkey programs through WorkWell NC.</p>
<p>Culture</p>	<p>Create and organize a health activity to occur regularly (i.e., after work fitness class or cooking class)</p>	<p>Keep your co-workers accountable on their health goals by holding regular health activities. This could range from developing a walking</p>

		group to meeting a few days a week, holding an onsite exercise class once a week, or having a lunch and learn series with a presentation once a month.
Culture	Hang photos of wellness activities in your office / submit a photo from a wellness event to the State Health Plan at sonya.dunn@nctreasurer.com	A picture is worth a thousand words. Hang up pictures of fun wellness activities in the office to encourage camaraderie. Send the State Health Plan a picture of your wellness events for the photo gallery. We may contact you to be featured in our monthly newsletter!