



## **Worksite Wellness:** *Promoting Healthy Lifestyles at Your Business*

### **Why worksite wellness?**

A well-designed worksite wellness program can help your company control rising health care costs. That's why today, more than 81 percent of American businesses with 50 or more employees have some form of health promotion program. The most popular are exercise programs, smoking cessation classes, back care programs and stress management sessions. Effective worksite health promotion is not a Band-Aid™ solution but rather a long-term approach to keeping your employees healthy.

### **How do we introduce a worksite wellness program to our employees?**

Marshfield Clinic's Healthy Lifestyles Program developed an "employer toolkit" specifically designed to promote healthy lifestyles within your workplace. It gives you the tools you need to build a healthy worksite environment that encourages your employees to make wise lifestyle choices.

The toolkit is an interactive resource for you to use in various ways. Share the information with your employees about healthy eating and active living. Work with your vending machine supplier using our suggestions about healthy snacks and drinks. Consider

adopting our suggested formal and informal policies, and make use of our evidence-based and environmental change strategies.

It's up to you to commit to creating an environment that consistently supports making healthy choices.

### **Is there a support group available to help us?**

More than 40 businesses now participate in Marshfield Clinic's healthy lifestyles toolkit user groups, dedicated to promoting healthy workforces. Representatives from businesses meet quarterly to discuss materials and tools they find useful. This user group model has proven effective for small to mid-size businesses that are just starting a wellness program, or need extra support. Marshfield Clinic is pleased to host regional healthy lifestyles toolkit user groups throughout Wisconsin. Contact us to find one near you.

### **To learn more:**

Contact Darcy Vanden Elzen, Center for Community Outreach, Healthy Lifestyles program manager at 715-221-8424 or [vandanelzen.darcy@marshfieldclinic.org](mailto:vandanelzen.darcy@marshfieldclinic.org).