

# WHY WORKSITE WELLNESS?

JUST WHAT YOUR COMPANY HAS BEEN LOOKING FOR.

Worksite Wellness Programs  
Can transform corporate culture and change lives.

## Healthy Employees

- Miss fewer days of work
- Are more productive
- Have lower overall healthcare costs



[ChronicDiseasePrevention.mt.gov](http://ChronicDiseasePrevention.mt.gov)



Montana  
Chronic Disease Prevention  
& Health Promotion Bureau

MONTANA  
DPHHS  
Healthy People. Healthy Communities.  
Partners in Health & Wellness

# What can we do for you?

- Provide evidence-based information on breast, cervical, colorectal cancers; physical activity and nutrition; self-care and stress management; quitting tobacco use; arthritis self-management; and other healthy lifestyle choices.
- Provide technical assistance from a Health Promotion Specialist on a weekly/monthly basis for up to 36 months.
- Work with leadership to develop employee wellness programs.
- Assist in developing a wellness operation plan with measurable outcomes.
- Help create diverse wellness teams among employees.
- Support the wellness team in creating an environment that will increase engagement, boost retention and improve employee well-being.
- Provide technical support and vital data collection tools to target the health needs of the employees.
- Assist in implementing sustainable, evidence-based health and productivity interventions.
- Provide WELCOA Membership that includes online resources and training at no charge. (\$395 value)

# UTILIZING THE 7 WELCOA BENCHMARKS

- Capturing Senior Level Support
- Creating Cohesive Wellness Teams
- Collecting Data to Drive Health Efforts
- Crafting an Operating Plan
- Choosing Appropriate Interventions
- Creating a Supportive Environment
- Consistently Evaluating Outcomes



**For More Information**  
Call Toll Free or Visit our Website

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