

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



Are more likely to stay with the company



ChronicDiseasePrevention.mt.gov

What can we do for you?

- Provide evidence-based information on healthy lifestyle choices and work-life balance.
- Provide technical assistance from a local Health Promotion Specialist for up to 36 months.
- Work with leadership to develop employee wellness programs with measurable outcomes.
- Assist in implementing sustainable, evidence-based health and productivity interventions and programs.
- Help create diverse wellness teams among employees.
- Support development of a healthy work culture.
- Provide data collection tools to evaluate the health needs of the employees.
- Access to free resources from the Centers for Disease Control and Prevention (CDC) regarding workplace wellness.



Utilizing the CDC's Workplace Health Model

1. **Workplace Health Assessment**
Individual, Organizational, Community
2. **Planning the Program**
Leadership Support, Management, Workplace Health Improvement Plan, Dedicated Resources, Communications
3. **Implementing the Program**
Programs, Policies, Benefits, Environmental Support
4. **Determine Impact through Evaluation**
Worker Productivity, Healthcare Costs, Improved Health Outcomes, Organizational Change, "Culture of Health"



For More Information

Call or Visit our Website

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dphhs.mt.gov/PublicHealth/WorksiteWellness

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