



Promote a **healthy workplace**environment!

Promoting healthier living can start simply by talking about it and helping workers become more aware that it's a part of your organization.

In addition to what you may be doing already to encourage and support your staff to be healthy and well, here are a few other ideas:

- Promote only healthy snacks and treats at meetings or in the workplace
- Map out a ½-mile or 1-mile walking path around the premises and share with staff (use the website www.MapMyRun.com to design a route)
- Host a weekend walk for workers and their families
- Improve or expand exercise facilities (if applicable)
- Provide time at work (and a computer if necessary) to take a health assessment
- Provide time off from work to schedule a preventive screening
- Recognize the efforts of workers on their healthy journey
- Share worker success stories through newsletters or other publications
- Host a biometric screening for workers (screening checks blood pressure, cholesterol, glucose, etc.)
- Organize "lunch & learns" with outside speakers on health-related topics
- Designate a display board for activity fliers (local fun run/walks, biking trails, etc.) and other health information
- Distribute literature about healthy eating and disease prevention
- Start a walking group or host a walking contest (walking contest details can be found at www.ConcordiaPlans.org under the "Health and Wellness" tab)
- Be a role model

Finally, if you're looking for more information about the **Be Well Rewards** program, check out the following:

- The May issue of the *Reporter*, which will feature an insert designed to encourage workers participation in the program.
- A list of frequently asked questions at www.BeWellServeWell.com (available May 1, 2011).
- A downloadable pdf of the poster at www.BeWellServeWell.com (available May 1, 2011).

We believe that this new **Be Well Rewards** program will go a long way toward improving your organization's well being!

Concordia Health Plan

Be Well  **Rewards**
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