

# WORKSITE WELLNESS WORKS

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This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

# Company Structure

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- Municipal Utility
- Provides water, sewer and electric
- 2100 employees
- Average age 47
- 76% males
- 24 locations

# Fitness Center Development

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## Company

- Space
- Security
- Cleanliness
- Payroll deduction
- 7 locations

## Employees

- Member Owned
- Formed committee
- Bought Equipment
- Purchased insurance
- Chooses offerings





## Heart Healthy Initiative 2004 – 2006

- HRA
- Screening
- Individual Report
- One-on-one Coaching
- Interface to health system
- WIS
- Voluntary anonymous survey
- Measures  
Absenteeism  
Presenteeism

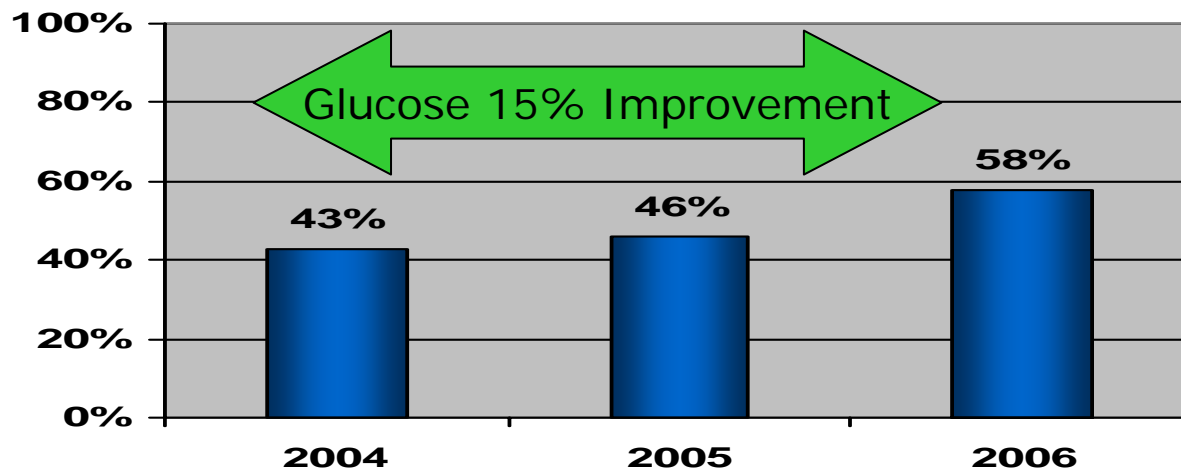
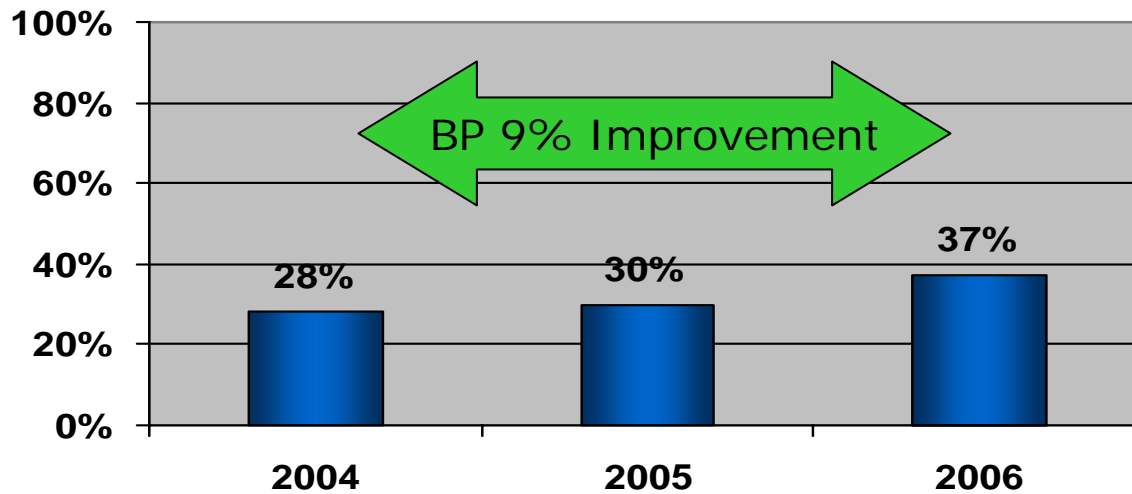
# HHI -Interventions

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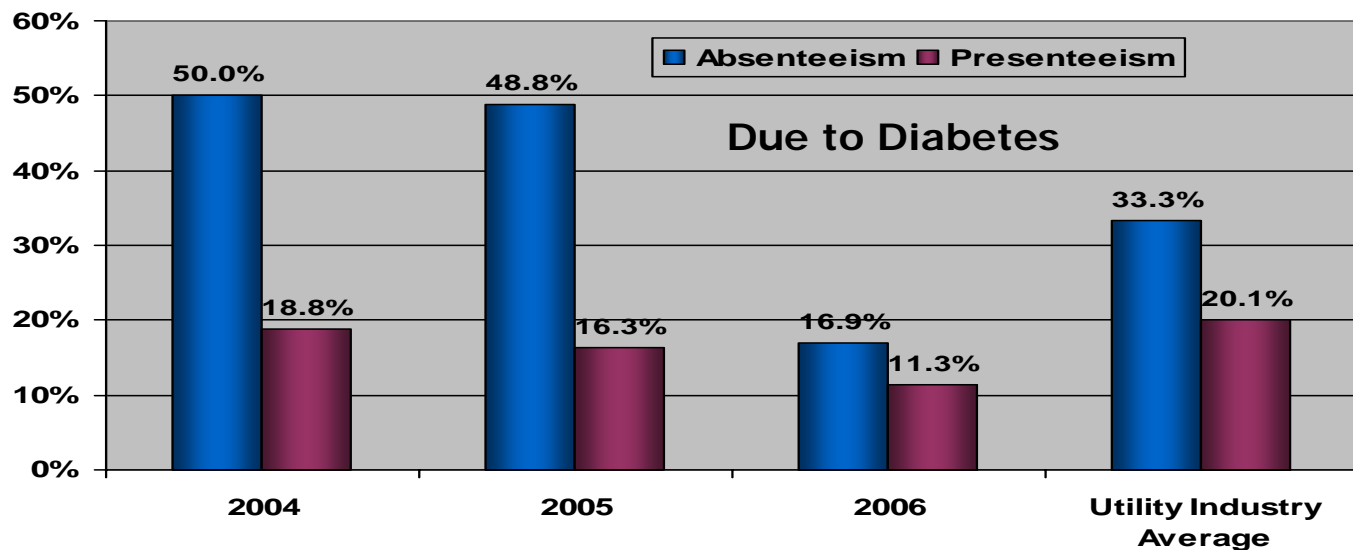
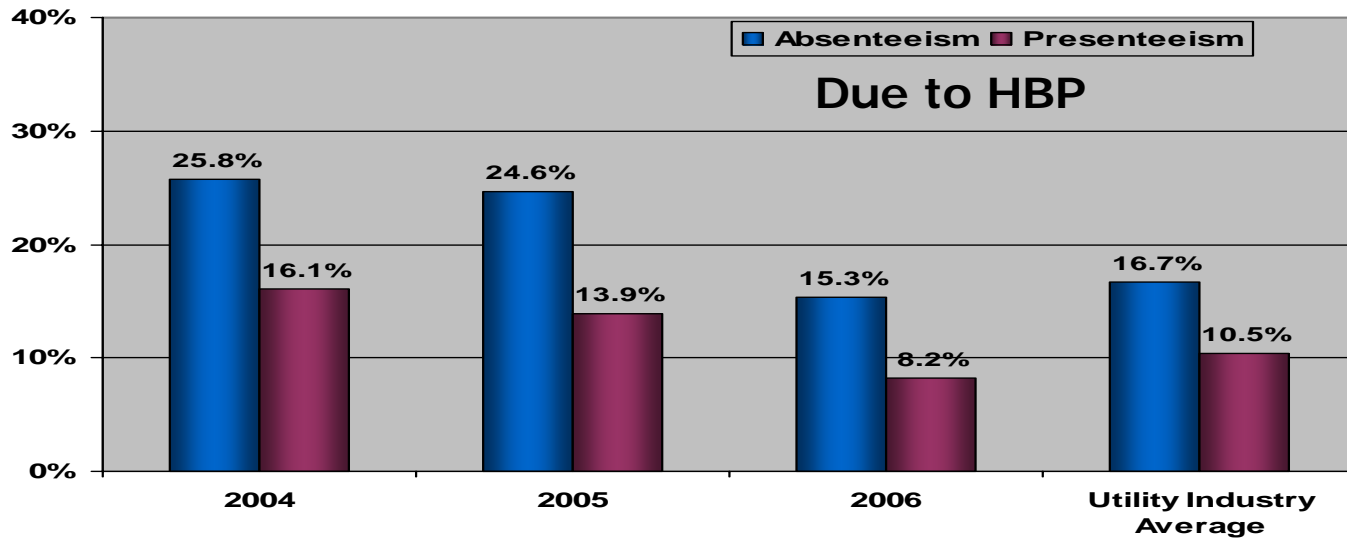
HRA & Screening  
Know Your Health  
Ultrasounds  
Diabetes Seminars  
Hypnosis  
Industrial Athlete  
Walking Works  
Healthy Lifestyles  
Cooking Demo's  
Lunchtime Learning  
Health Education



# Statistically Significant Outcomes HRA



# Statically Significant Outcomes WIS





# Summary

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- Worksite wellness works
- Solid investment for the company
- Establishes business partnerships
- Benefits employee health & morale
- Garneres company brand recognition
- Long-term investment