

# WORKSITE WELLNESS



CREATING A WELLNESS CULTURE AT WORK IS NOT ONLY GOOD FOR YOUR EMPLOYEES; IT WILL SAVE YOUR ORGANIZATION MONEY.



## Champaign-Urbana Public Health District

*Tara McCauley*  
Special Projects Coordinator  
201 W. Kenyon Rd.  
Champaign, IL 61820  
Phone | 217.531.4252  
Fax | 217.531.4526

[www.cuphd.org](http://www.cuphd.org)  
[www.facebook.com/wechoosehealthchampaign](http://www.facebook.com/wechoosehealthchampaign)

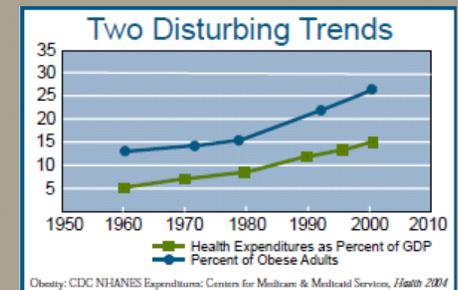
## WORKSITE WELLNESS IS A GOOD INVESTMENT.

At least 50 percent of an organization's healthcare costs are driven by the lifestyle-related behaviors of its employees, such as smoking, poor diet, and lack of exercise.

Fit employees are more productive employees, with more mental alertness, fewer sick days, fewer accidents, higher morale, and lower job turnover.

In the past 10 years, the annual return on investment for worksite wellness programs has been as much as \$6 saved for every \$1 spent.

The average reduction in health-plan costs, sick leave, disability costs, and workers' compensation is more than 25 percent for well-designed worksite wellness programs.





[www.wechoosehealth365.com](http://www.wechoosehealth365.com)

## LET CUPHD HELP YOU.

### Worksite wellness is effective.

Employees spend approximately 36 percent of their total waking hours at work. This makes the worksite an ideal place to provide people with the knowledge and skills needed to help improve attitudes and behaviors concerning health.

Worksite wellness programs encourage employees to be physically active, eat healthy foods and live tobacco free.

Each workplace wellness program is unique.

### We will support you from start to finish.

CUPHD partners with employers to implement worksite wellness policies. CUPHD has resources to help you:

- Identify the strengths and weaknesses of your worksite's wellness and health promotion policies and programs.

- Develop an action plan for a worksite wellness program or improve an existing program.
- Implement your wellness program.
- Evaluate your new wellness initiatives.

### The We Choose Health 365 wellness portal.

This health portal is perfect for those groups wanting a central platform for the web-based delivery of company challenges, trackers, incentives and other wellness services.

We Choose Health 365 gives participants 24/7 access to a wide variety of customized tools, education materials, and other helpful health resources; all designed to engage participants on their terms.

CUPHD can help you create a free web portal for your organization.