

Workplace Wellness Roadmap

Calendar to Support Wellness Program

From program incentives to employee education, your company can implement a comprehensive workplace wellness program by following this strategic roadmap. The roadmap calendar highlights a basic outline of monthly activities and communications of the company Wellness program to maximize your employee's healthy lifestyles while positively impacting the companies health care costs.



Simple 12 Month Wellness Roadmap

MONTH 1 - Start Date (_____)

- Announcement of wellness initiative / letter from employer
- Wellness team planning meetings (2)
- Workplace Wellness Survey

MONTH 2

- Health Fair Planning
- Coordinate Health Fair Vendors
- Wellness Survey Results

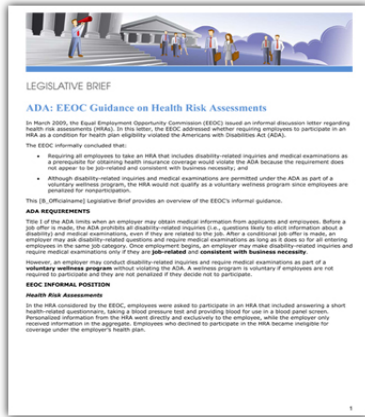


MONTH 3

- Health Fair
- Conduct Biometric Health Screening On-Site
- Employees complete Personal Health Profile (HRA). The profile is mandatory and confidential. There is a possible reward for early submissions

MONTH 4

- Wellness workshop



MONTH 5

- Group Health Profile Summary + Meeting with committee and management
- HR / Insight Claim Cost Predictions and ROI

MONTH 6

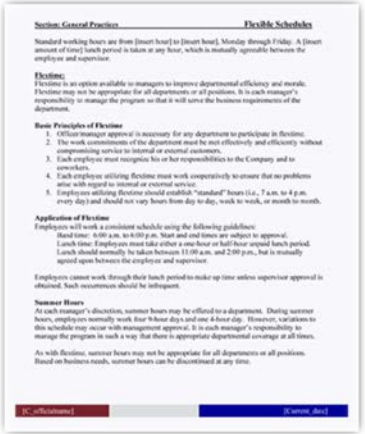
- Wellness Competition

MONTH 7

- Wellness Competition - Reward

MONTH 8

- Ask a Nurse / Nutritionist.
- Skin Cancer Screening (optional)



MONTH 9

- Wellness Workshop

MONTH 10

- Onsite F/U Clinic
- Wellness Planning (committee/management) next benefit year
- Evaluate the outcome of workplace wellness initiatives

MONTH 11

- Wellness Planning Meeting
 - a) Coordinating Health Carrier wellness offerings
 - b) Company profile results
 - c) Employee Wellness Survey Results

MONTH 12

- Announcement of Wellness Program for Next Benefit year

NOTES

- Preference to start wellness planning 90 days prior to plan term
- Calendar can be condensed to 9 months, 1st year kick off
- Monthly wellness newsletters will be distributed to employees