

Workplace Health & Wellness Resource List

The *Workplace Health & Wellness Resource List* provides links to free, web-based resources to address a variety of health & wellness topics. This tool is intended to be used by employers & those interested in establishing or improving their workplace health & wellness program.

An electronic version of this document can be found at:

<https://oshr.wustl.edu/for-employers/workplace-health-promotion-in-small-businesses/>

Contact oshr@dom.wustl.edu with any questions or to report a broken link.

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General Workplace Wellness

American Heart Association

- **Employer Resources for Success**

A library of workplace health resources that provides guidance on how to make improvements in your workplace health program & culture of health environment

https://www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/Employer-Resources-for-Success_UCM_460461_SubHomePage.jsp

Canadian Centre for Occupational Health and Safety

- **Creating a Healthy Workplace Environment- Workbook & Toolkit**

Workbook & Toolkit that assists in the development or enhancement of healthy workplace activities at the workplace

<http://www.health.gov.bc.ca/library/publications/year/2006/Creating-healthy-workplace-environment-workbook.pdf>

Centers for Disease Control and Prevention

- **CDC Workplace Health Promotion**

Website that provides information about workplace health promotion & provides guidance in designing, implementing, & evaluating effective workplace health programs

<https://www.cdc.gov/workplacehealthpromotion/>

- **CDC Partnership for Prevention- Investing in Health: Proven Health Promotion Practices for Workplaces**

Tool to help workplaces choose effective health promotion practices at work regarding tobacco control, cancer screening & early detection, & physical activity & nutrition

http://www.healthyworks.org/sites/default/files/Investing%20in%20Health%20-%20Proven%20Health%20Promotion%20Practices%20for%20Workplaces_2.pdf

- **CDC Workplace Health Promotion- Employers in Action**

Case studies from employer participants in the National Healthy Worksite Program

<https://www.cdc.gov/workplacehealthpromotion/tools-resources/employers-in-action/>

Chamber of Commerce of the United States of America

- **Workplace Wellness Programs: Promoting Better Health while Controlling Costs**

Short guide outlining how to create & evaluate a workplace wellness program

https://www.uschamber.com/sites/default/files/16854_workplacewellness_pamphlet_1.pdf

Cigna HealthCare

- **Creating a Workplace Wellness Committee- A Toolkit for Employers**

Toolkit with helpful tips, tools, & resources to recruit, organize, & manage an effective wellness committee

<https://www.cigna.com/assets/docs/wht/wellness-committee-toolkit.pdf>

Wellness Council of America

- **WELCOA's Seven Benchmarks**

Seven key benchmarks that are inherent in companies that have built results-oriented workplace wellness programs

<https://www.welcoa.org/services/build/welcoas-seven-benchmarks>

World Health Organization

- **Five Keys to Healthy Workplaces**

Quick handout discussing the five keys for creating a successful and sustainable program to promote the health, safety, & well-being of all workers

http://www.who.int/occupational_health/5_keys_EN_web.pdf?ua=1

- **WHO Healthy Workplace Framework and Model: Background and Supporting Literature and Practice**

Guide that provides a flexible framework for workplace wellness, a systematic review of definitions used in the literature to describe healthy workplaces, & policies & practices for improving workplace health

http://apps.who.int/iris/bitstream/10665/113144/1/9789241500241_eng.pdf?ua=1&ua=1

Wellness for Small Businesses

Indiana State Department of Health

- **Healthy Worksite Toolkit: For Small to Mid-Size Businesses (2nd edition)**

Toolkit that assists businesses launch policies, support environments, & create activities designed to provide employees with feasible strategies to increase wellness opportunities in the workplace

http://www.in.gov/isdh/files/16_Worksite%20toolkit%20web%20FINAL.pdf

Tufts Health Freedom Plan

- **Top Ten Free Worksite Wellness Tools for Small Employers**

List of popular websites offering free tools & resources to help promote healthy lifestyles to employees

https://thfp.com/TFP/media/TFP-Media-Library/Employers/top_ten_tools-FREEDOM.pdf

United States Small Business Administration

- **Tools: Local Assistance**

Tool to locate small business administration local offices & other resources by geographic location

<https://www.sba.gov/tools/local-assistance>

Wellness Council of America

- **Wellness for Small Businesses**

Website of an organization that assists companies develop wellness programs to improve employee well-being & create healthier organizational cultures

<https://www.welcoa.org/services/build/wellness-small-business/>

- **Workplace Wellness Reference: Starting Small**

List of specific steps & activities to create a successful employee health promotion program at a small worksite

<http://fitcitysa.com/files/StartingSmallWWReferenceupdated.pdf>

- **The Small Business Criterion- Small Business Report**

2-part resource that discusses how to incorporate the steps a small business should take to create a successful workplace wellness program

https://www.welcoa.org/wp/wp-content/uploads/2014/06/aa_7.2_jan08_sb1.pdf (part 1)

https://www.welcoa.org/wp/wp-content/uploads/2014/06/aa_7.3_feb08_sb2.pdf (part 2)

Wisconsin Department of Health Services

- **Small Business Worksite Wellness Strategies**

Six-page document that summarizes strategies in the worksite kit for low-cost options for smaller businesses

<https://www.dhs.wisconsin.gov/publications/p0/p00639.pdf>

Employer Training Programs on Wellness

Centers for Disease Control and Prevention

- **CDC Work@Health**

Employer training program that promotes workplace wellness through employer education, training, & technical assistance

<https://www.cdc.gov/workplacehealthpromotion/initiatives/workathealth/>

- **CDC Workplace Health Promotion- Webinars & Trainings**

Series of webinars related to workplace wellness & health promotion

<https://www.cdc.gov/workplacehealthpromotion/tools-resources/training/>

- **CDC National Healthy Worksite-Worksite Health 101**

Training manual to assist in the development or enhancement of worksite health programs

https://www.cdc.gov/workplacehealthpromotion/tools-resources/pdfs/wh101_training-manual_09.03.13_v3-508.pdf

Workplace Assessment Tools

Centers for Disease Control and Prevention

- **CDC Worksite Health ScoreCard**

Tool for employers to assess their health promotion programs, identify gaps, & prioritize high-impact strategies to prevent heart disease, stroke, & related conditions

<https://www.cdc.gov/workplacehealthpromotion/pdf/hsc-manual.pdf>

- **CDC Swift Worksite Assessment and Translation (SWAT)- Implementation Guide**

Guide that explains how to conduct a SWAT assessment for workplace health & promotion program

<https://stacks.cdc.gov/view/cdc/31332>

Health Links

- **Resource Center- Workplace Assessments**

Guides, samples, & tools to help assess the existing health & safety needs of an organization

<https://www.healthlinkscertified.org/resource-center/online-resources/workplace-assessments-guides-samples-and-tools-to-help-you-assess-the-existing-health-and-safety>

State Accident Insurance Fund

- **Total Worker Health Online Assessment Tools**

Links to online assessment tools in order to guide implementation & identify gaps

http://www.saif.com/Documents/SafetyandHealth/Wellness/S961_TWH_online_assessment_tools.pdf

University of California- San Diego

- **Checklist of Health Promotion Environments at Worksites (CHEW)**
Observational measure of environments in & around worksites that may affect health behaviors
http://sallis.ucsd.edu/measure_chew.html

Healthy Meeting Guides

American Cancer Society

- **Meeting Well- A Tool for Planning Healthy Meetings and Events**
Guide to help organizations plan meetings & events with good health in mind
http://acsworkplacesolutions.com/wpsPDFs/Meeting_Well_2513.00_PRESS.pdf

University of California- Berkeley

- **Healthy Meeting & Event Guide- A Tool for Campus Event Planners**
Guide that provides the tools to promote nutritious food & beverage options, activity breaks, & sustainable practices during meetings, events, & celebrations
<http://sustainability.berkeley.edu/sites/default/files/healthymeeting.pdf>

Center for Science in the Public Interest

- **Healthy Meetings**
Guidance on key components of a healthy meeting & resources to make hosting healthy meetings easier
<https://cspinet.org/protecting-our-health/nutrition/healthy-meetings>
- **National Alliance for Nutrition and Activity- Healthy Meeting Toolkit**
Resource that addresses nutrition & other topics during meetings & conferences
<https://cspinet.org/sites/default/files/attachment/Final%20Healthy%20Meeting%20Toolkit.pdf>

Physical Activity

American Cancer Society

- **Get Active**
Tips & resources to get & stay active
<https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html>

American College of Sports Medicine

- **ACSM Fit Society Page- Fitting in Fitness**
Information & advice to avoid being sedentary, incorporating exercise, & managing stress at the workplace
<https://www.acsm.org/docs/default-source/fit-society-page/acsm-fsp-17-1.pdf>

American Diabetes Association

- **Stop Diabetes @ Work- Physical Activity**
Ideas in order to help promote physical activity in the workplace
<http://www.diabetes.org/in-my-community/wellness-lives-here/stop-d-at-work/physical-activity.html>

Centers for Disease Control and Prevention

- **CDC General Information- Physical Activity**
Guidance, data & statistics, toolkits, & publications related to physical activity
<https://www.cdc.gov/physicalactivity/>
- **CDC Physical Activity in the Workplace- A Guide for Employers**
An employer guide to promote a physically active workforce
http://whrn2-chaicore.vipapps.unc.edu/wp-content/uploads/2016/05/CDC-WHRN-Physical-Activity_Employer-Guide-FINAL.pdf
- **CDC Workplace Health Strategies- Physical Activity**
Interventions & evaluation measures related to physical activity
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/physical-activity/>
- **CDC Workplace Health Promotion- Walking Campaign Tools**
Communication tools that can be used to encourage employees to be physical active & walk more
<https://www.cdc.gov/workplacehealthpromotion/tools-resources/walking-campaign-tools/>

Healthy Eating & Nutrition

American Cancer Society

- **Eat Healthy**
Tips & resources to make healthy food choices
<https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy.html>

American Diabetes Association

- **Stop Diabetes @ Work- Nutrition**
Information & tools to create a corporate culture of wellness in regards to nutrition
<http://www.diabetes.org/in-my-community/wellness-lives-here/stop-d-at-work/nutrition.html>

Centers for Disease Control and Prevention

- **CDC Workplace Health Strategies- Nutrition**
Interventions & evaluation measures related to nutrition
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/nutrition/>

United States Department of Agriculture

- **MyPlate- Resources for Professionals**
Materials to provide workshops related to healthy eating & physical activity
<https://www.choosemyplate.gov/resources-professionals>
- **SuperTracker**
Online tools to create & track personalized nutrition & physical activity plans with the option to create SuperTracker groups for peer support & friendly competition
<https://www.supertracker.usda.gov/>

Weight Management

American Cancer Society

- **Take Control of Your Weight**
Tips & resources on making smart choices to help achieve & maintain a healthy weight
<http://www.cancer.org/healthy/eat-healthy-get-active/take-control-your-weight.html>

Centers for Disease Control and Prevention

- **CDC General Information- Overweight & Obesity**
Prevention strategies, data, & resources related to overweight & obesity
<https://www.cdc.gov/obesity/>
- **CDC General Information- Healthy Weight**
BMI calculators, tips, tools, & success stories related to achieving a healthy weight
<https://www.cdc.gov/healthyweight/>
- **CDC Workplace Health Strategies- Obesity**
Interventions & evaluation measures related to obesity
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/obesity/>
- **CDC Workplace Health Strategies- Cholesterol**
Interventions & evaluation measures related to cholesterol
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/cholesterol/>
- **CDC Workplace Health Strategies- Blood Pressure**
Interventions & evaluation measures related to blood pressure
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/blood-pressure/>

Diabetes Prevention & Management

American Diabetes Association

- **Stop Diabetes @ Work- Employer Playbook**
Evidence-based program that addresses diabetes awareness, detection, prevention, & successful management. The program can be used as a stand-alone workplace wellness initiative or in conjunction with a larger worksite wellness program.
<http://www.diabetes.org/assets/pdfs/community/stop-d-at-work/sdw-employer-playbook.pdf>
- **Stop Diabetes @ Work- Educational Information**
Handouts that provide brief, easy-to-read introductions to important diabetes-related issues
<http://www.diabetes.org/in-my-community/wellness-lives-here/stop-d-at-work/educational-information.html>
- **Stop Diabetes @ Work- Organizational Resources**
Resources to help guide employers in building a wellness team & implementing a wellness program
<http://www.diabetes.org/in-my-community/wellness-lives-here/stop-d-at-work/organizational-resources.html>

Centers for Disease Control and Prevention

- **CDC Workplace Health Strategies- Diabetes**
Interventions & evaluation measures related to diabetes
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/diabetes/>
- **CDC Prediabetes Screening Test**
Quick test to determine risk of prediabetes
<http://www.dhhr.wv.gov/hpcd/FocusAreas/wvdiabetes/Documents/PrediabetesScreeningTool.pdf>

Tobacco Cessation

American Cancer Society

- **Stay Away from Tobacco**
Information & resources related to tobacco use
<http://www.cancer.org/healthy/find-cancer-early.html>

American Lung Association

- **Freedom for Smoking Online**
An online educational program specifically designed for adults who want to quit for good
<http://www.ffsonline.org/>
- **Corporate Wellness**
Comprehensive support to help employers adopt & implement workplace policies & programs that support a healthy work environment
<http://www.lung.org/support-and-community/corporate-wellness/>

Centers for Disease Control and Prevention

- **CDC Workplace Health Strategies- Tobacco Use**
Interventions & evaluation measures related to tobacco
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/tobacco-use/>

Missouri Department of Health and Senior Services

- **Employer Toolkit for Smokefree Workplaces and Tobacco Cessation**
An employer's toolkit for smoke-free workplaces & tobacco cessation assistance
<http://health.mo.gov/living/wellness/tobacco/smokingandtobacco/pdf/EmployersToolkit.pdf>

National Cancer Institute

- **Smokefree.gov**
Website with information & tools to help quit smoking
<https://smokefree.gov/>

Alcohol & Substance Misuse

Centers for Disease Control and Prevention

- **CDC Workplace Health Strategies- Alcohol & Substance Misuse**
Interventions & evaluation measures related to alcohol & substance misuse
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/substance-misuse/>

Substance Abuse and Mental Health Services Administration

- **Drug-free Workplace Toolkit**

Online toolkit that provides information to help employers develop & sustain successful drug-free workplace programs

<https://www.samhsa.gov/workplace/toolkit>

Mental Health & Stress Management

Canadian Centre for Occupational Health and Safety

- **Mentally Healthy Workplaces: Strategies for Success (Webinar)**

Free recorded webinar (one hour) that discusses strategies to create a social support network that can help teams build a more mentally healthy workplace

http://www.ccohs.ca/products/webinars/mental_health/

- **A Guide for Employers: To Promote Mental Health in the Workplace**

Resource guide that offers practical advice on managing and supporting people who are experiencing stress, distress, and mental health problems in the workplace

http://www.enwhp.org/fileadmin/downloads/8th_Initiative/MentalHealth_Broschuere_Arbeitgeber.pdf

Centers for Disease Control and Prevention

- **CDC Workplace Health Strategies- Depression**

Interventions & evaluation measures related to depression

<https://www.cdc.gov/workplacehealthpromotion/health-strategies/depression/>

Great-West Life Centre for Mental Health in the Workplace

- **Healthy Break Activities**

List of no- to low-cost activities that encourage employees to take regular breaks during busy workdays

<https://www.workplacestrategiesformentalhealth.com/newsletter/Healthy-Break-Activities>

Substance Abuse and Mental Health Services Administration

- **SAMHSA- Behavioral Health Treatment Services Locator**

A confidential & anonymous source of information for persons seeking treatment facilities for substance abuse/addiction &/or mental health problems

<https://findtreatment.samhsa.gov/>

Suicide Prevention Lifeline

- **National Suicide Prevention Lifeline**

*Free, 24/7, & confidential support system for people in emotional distress or suicidal crisis
1-800-273-8255*

<http://suicidepreventionlifeline.org/>

Cancer Screening & Prevention

American Cancer Society

- **Find Cancer Early**
Information & resources related to cancer screening & early diagnosis
<http://www.cancer.org/healthy/find-cancer-early.html>
- **CDC Workplace Health Strategies- Breast Cancer**
Interventions & evaluation measures related to breast cancer
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/breast-cancer/>
- **CDC Workplace Health Strategies- Cervical Cancer**
Interventions & evaluation measures related to cervical cancer
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/cervical-cancer/>
- **CDC Workplace Health Strategies- Colorectal Cancer**
Interventions & evaluation measures related to colorectal cancer
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/colorectal-cancer/>

Total Worker Health

The National Institute for Occupational Safety and Health

- **Total Worker Health**
Website that provides information & resources on how to create policies, programs, & practices that promotes worker safety, health, & well-being
<https://www.cdc.gov/NIOSH/twh/>
- **Fundamentals of Total Worker Health Approaches- Essential Elements for Advancing Worker Safety, Health, and Well-being**
Workbook that offers a user-friendly entry point for employers & other professionals interested in implementing workplace safety & health programs aligned with the Total Worker Health approach
https://www.cdc.gov/niosh/docs/2017-112/pdfs/2017_112.pdf
- **Essential Elements of Effective Workplace Programs and Policies for Improving Worker Health and Well-being**
Short resource guide for employers wishing to establish effective workplace programs that sustain & improve worker health & identifies twenty components of a comprehensive work-base health protection and health promotion program
<https://www.cdc.gov/niosh/docs/2010-140/pdfs/2010-140.pdf>

State Accident Insurance Fund

- **100-plus Ideas for Total Worker Health**
List of actions to take right now in order to promote health, safety, & overall well-being on & off the job
<http://www.saif.com/Documents/SafetyandHealth/Wellness/100-plusIdeasforTWH.pdf>
(Copy & paste above link into web browser)

- **Preventing Injuries by Promoting Health**

Brief information & strategies to address areas typically targeted by wellness programs

http://www.saif.com/Documents/SafetyandHealth/Wellness/Prevent_injuries_by_promoting_health.pdf

(Copy & paste above link into web browser)

State Specific Resources

Alaska Department of Health and Social Services

- **Supporting Healthy Practices at Work- Building Healthy Businesses: An Alaska Guide**

Guide that offers ideas for worksite wellness strategies, activities, & resources

<http://dhss.alaska.gov/dph/Chronic/Documents/Worksite/assets/worksiteCollaborativeGuide.pdf>

- **Take Heart Alaska- Promoting Health at Work: A Resource Guide**

Tool for worksites in identifying resources & ideas for promoting healthy among employees

http://dhss.alaska.gov/dph/Chronic/Documents/02-Internal/takeheart/Health_At_Work.pdf

Arkansas Department of Health and Human Services

- **Healthy Arkansas for a Better State of Health- Worksite Wellness Tool Kit**

Tool that provides step-by-step instructions for creating worksite wellness programs

http://www.wellnessproposals.com/pdfs/tool_kits/healthy_arkansas_worksite_wellness_toolkit.pdf

California Department of Public Health

- **Take Action! A Worksite Employee Wellness Program**

Free, 10-week, web-based program that empowers employees to improve their health by increasing fruit & vegetable consumption & physical activity at the worksite

<http://takeactionca.cdph.ca.gov>

- **Check for Health- Workplace Environmental Assessment**

Easy-to-use tool for assessing the worksite culture of health & identifying areas to focus on for improvement

http://takeactionca.cdph.ca.gov/docs/fit-business-kit-tools/BRO-149_FEB_2008FINAL.pdf

Florida Department of Health

- **Nassau Country Worksite Wellness Resource Guide**

Guide to help start or enhance a company's wellness initiatives

<http://nassau.floridahealth.gov/programs-and-services/wellness-programs/documents/Worksite-Wellness-Resource-Guide-12-1-2016.pdf>

Georgia Department of Public Health

- **Work Healthy Georgia Toolkit**

Describes strategies to create healthy work environments, programs, & policies in Hawaii government agencies

http://dph.georgia.gov/sites/dph.georgia.gov/files/related_files/site_page/WHGAtoolkit_9.pdf

Hawaii State Department of Health

- **Hawaii Government Agency Worksite Wellness Plan**

Toolkit that contains resources, sample policies, & program ideas to help initiate or advance worksite wellness initiatives

<http://health.hawaii.gov/physical-activity-nutrition/files/2013/08/Hawaii-Government-Agency-Worksite-Wellness-Plan-2010.pdf>

Indiana State Department of Health

- **Healthy Worksite Toolkit: For Small to Mid-Size Businesses (2nd edition)**

Toolkit that assists businesses launch policies, support environments, & create activities designed to provide employees with feasible strategies to increase wellness opportunities in the workplace

http://www.in.gov/isdh/files/16_Worksite%20toolkit%20web%20FINAL.pdf

Iowa Department of Public Health

- **Healthy Iowa Worksites**

A collection of active & eating smart & tobacco free tools for building a worksite wellness program

https://idph.iowa.gov/Portals/1/Files/NutritionPhysicalActivity/healthy_worksites_toolkit.pdf

Louisiana Department of Health and Hospitals

- **Louisiana Worksite Wellness Toolkit and Resource Guide**

Toolkit that offers guidance on building support for a worksite wellness program, forming a wellness committee, & assessing the health status of a workplace & employees

[http://nbch.org/nbch/files/ccLibraryFiles/Filename/000000002012/Louisiana%20Worksite%20Wellness%20Toolkit%20and%20Resource%20Guide%20\(2\).pdf](http://nbch.org/nbch/files/ccLibraryFiles/Filename/000000002012/Louisiana%20Worksite%20Wellness%20Toolkit%20and%20Resource%20Guide%20(2).pdf)

Commonwealth of Massachusetts Department of Public Health

- **Healthy Workplaces: A Resource Guide for Worksite Wellness**

Collection of resources for wellness & worksite health promotion

http://c.ymcdn.com/sites/www.wwcma.org/resource/resmgr/Resource_Guide/WWCMA_DPH_Resource_Kit_V1_09.pdf

- **A Model Wellness Guide- Investing in Good Health**

Guide that discusses the importance of healthy lifestyles, evidence based interventions & best practices for worksite wellness programs, & resources organized by setting

<http://www.mass.gov/eohhs/docs/eohhs/wellness-tax-credit/model-wellness-guide.pdf>

- **Worksite Wellness Program Toolkit**

Toolkit that provides a guide for employers, employees, & their loved ones to change their environment & behaviors to improve health & reduce the burden of chronic disease

<http://www.mass.gov/eohhs/docs/dph/mass-in-motion/worksite-wellness-toolkit.pdf>

Michigan Department of Health and Human Services

- **Designing Healthy Environments at Work**

Website that contains tools & resources for Michigan employers to improve their worksites' infrastructure to support health, physical activity, healthy eating, & tobacco-free lifestyles

<http://www.mihealthtools.org/work/>

Minnesota Department of Health

- **Work Well Toolkit**

Toolkit that defines wellness broadly; activities encourage physical activity, good nutrition & mental wellness interventions in the worksite setting

http://calwic.org/storage/documents/wellness/MDH_WorkWellToolkit012207.pdf

Missouri Council for Activity & Nutrition

- **WorkWell Missouri Toolkit**

Toolkit that helps employers identify strengths & weaknesses of their health promotion policies, develop an action plan to implement or improve worksite wellness, & to provide a payback on investment

<http://extension.missouri.edu/hes/workwell/WorkWellToolkit.pdf>

Nebraska Department of Health & Human Services

- **Nebraska Worksite Wellness Toolkit**

Easy-to-use guide for organizations to follow to effectively develop a comprehensive worksite wellness program

<http://dhhs.ne.gov/publichealth/WorkplaceWellnessToolkit/Pages/Start.aspx>

State of Nevada Division of Public and Behavioral Health

- **Worksite Wellness Toolkit**

Toolkit to provide the knowledge & strategies needed to build a wellness program that follows a high standard of development, implementation, & evaluation

http://nevadawellness.org/wp-content/uploads/2013/07/5619-Front_Cover-toolkit-C1R41.pdf

North Carolina Department of Health and Human Services

- **WorkWell NC Toolkit**

Toolkit that provides guidelines & ready to use materials to organize & implement worksite wellness programs

<http://www.eatsmartmovemorenc.com/Worksites/Toolkit/Texts/Toolkit%201-17-12.pdf>

South Carolina Department of Health and Environmental Control

- **South Carolina Worksite Wellness Toolkit and Resource Guide**

Toolkit that offers a range of proven strategies & resources to support and enhance healthy behaviors & environments in the work setting

<http://www.scdhec.gov/library/CR-009551.pdf>

South Dakota Department of Health

- **Good&Healthy South Dakota Workplaces Toolkit**

Toolkit that helps employers build sustainable wellness programs at their workplaces

<http://goodandhealthysd.org/workplaces/>

Tennessee Department of Health

- **Active Building Guidelines**

Guidelines to help shape the features of buildings to make them inviting and healthy places to visit and work

http://www.tn.gov/assets/entities/health/attachments/NCDC_Active_Building_Guidelines_TN_2016.pdf

Texas Department of State Health Services

- **Manual for Developing a Worksite Wellness Plan**

Guide that serves as a start for developing an employee wellness plan

<http://www.wellness.state.tx.us/WorksiteWellnessManual.pdf>

Vermont Department of Health

- **Vermont Worksite Wellness Resource- Creating a Healthier Worksite**

Guide that focuses on the steps to design and sustain a wellness program that fits the scale and culture of the individual worksite

http://www.healthvermont.gov/sites/default/files/documents/2016/11/HPDP_PA%26N%20Worksite%20Creating%20a%20Healthier%20Worksite%20Resource.pdf

Washington State Department of Health

- **Physical Activity Toolkit**

Toolkit to help increase physical activities among employees

http://www.hca.wa.gov/assets/program/W3_Physical_Activity_Toolkit_2010.pdf

- **Healthy Nutrition Guidelines**

Resources to increase the availability of healthier food & beverage options

<http://www.doh.wa.gov/CommunityandEnvironment/WorksiteWellness/HealthyNutritionGuidelines>

Wisconsin Department of Health Services

- **Wisconsin Worksite Wellness 2010- Worksite Wellness Resource Kit**

Tool to assist businesses in starting, adding to, or maintaining a wellness program for their staff

<https://www.dhs.wisconsin.gov/publications/p4/p40135.pdf>

- **Small Business Worksite Wellness Strategies**

Six-page document that summarizes strategies in the worksite kit for low-cost options for smaller businesses

<https://www.dhs.wisconsin.gov/publications/p0/p00639.pdf>