



Missouri Worksite Wellness Award

Recognition Available for Worksites Promoting Wellness

The Missouri Department of Health and Senior Services (DHSS) in partnership with the University of Missouri Extension (MU EXT) and Missouri Council on Activity and Nutrition (MOCAN) launched the *Missouri Worksite Wellness Award* program, which recognizes employers that invest in creating a working environment that supports healthy behaviors. Employers are recognized based on criteria for their level of support: Bronze, Silver, Gold and Platinum.

Benefits of Worksite Wellness Support for Employers

Adult Americans spend a significant amount of the day at the worksite, so it is a logical place to find new ways to encourage and promote physical activity and other factors of health behavior. Worksite wellness programs are designed by companies to support employees in their health decisions. These programs focus on areas such as nutrition, stress reduction, tobacco cessation, breastfeeding, health screening, weight loss and physical activity. The return-on-investment for establishing wellness programs in the worksite can be significant. Find out more about cost savings by visiting the Centers for Disease Control and Prevention's (CDC) website at <https://www.cdc.gov/worksitehealthpromotion/index.html>

Instructions & More Information

Applications for the award may be downloaded from <https://extension.missouri.edu/programs/worksite-wellness/missouri-worksite-wellness-award>. Applications are accepted on a rolling basis and reviewed by MU EXT and MOCAN's Worksite Workgroup. Employers who meet the qualifications will be notified and receive a framed certificate and window clings to inform current and potential employees and visitors about their designation. Recognized businesses will also be listed on DHSS' and MU EXT's websites, receive a template for announcements on social media, and the opportunity to connect with a worksites workgroup member in person to receive their award at the annual July MOCAN meeting. Distinction is valid for 2 years.

Free resources (posters, campaigns, links, etc.) can be downloaded from the DHSS website at <http://health.mo.gov/living/wellness/worksitewellness/index.php>. The [WorkWell Missouri Toolkit](#) is a comprehensive guide for developing a well-organized worksite wellness committee and program. This toolkit developed by the MU Ext and MOCAN provides step-by-step instructions for developing and planning a wellness program that supports healthy eating, physical activity, tobacco cessation and stress management. Worksites may re-apply for designation every 2 years. For more information about the award program, please contact the MOCAN Worksite Workgroup at workwellmissouri@missouri.edu or 573-882-2799.

APPLICATION FOR THE MISSOURI “Worksite Wellness Award”

Employers are evaluated based on criteria for four levels of support: **Bronze, Silver, Gold and Platinum.**

Have you applied before? Yes No

If you were previously awarded, what level did you receive? _____

Name of Employer: _____

Type of Business: _____ # of Employees: _____

Address: _____

Contact Person’s Name: _____

Phone: _____ Email: _____

In your worksite wellness efforts, did you use any of the following resources? (check box)

- WorkWell Missouri Tool Kit
- CDC’s Worksite Health ScoreCard
- Corporate Wellness Consultant
- Other: _____

Submission Requirements:

- Submit documentation or samples for each criteria you check in the table below-- copies of emails, flyers, posters, letters, etc.
- Submit a copy of the worksite wellness policies OR a letter of support from the President/CEO/Authorized Representative.
- Submit copy of CDC Worksite Health Scorecard summary. Score: _____

Mail or email this completed form with copies of supporting documentation of criteria to:

University of Missouri Extension Worksite Wellness

524 Hitt St., Gentry Hall, Rm. 214

Columbia, MO 65211

workwellmissouri@missouri.edu

Assessment, Planning, Implementation and Evaluation are essential steps for a successful wellness program. We encourage worksites to use the WorkWell Toolkit to follow these steps and achieve the accomplishments listed below.

Check List of Worksite Wellness Accomplishments

Check the boxes for all criteria your worksite has achieved and submit documentation for each.

Criteria Topics	Bronze Must meet <i>all of the following</i> :	Silver Meets Bronze requirements plus <i>all of the following</i> :	Gold Meets Silver requirements plus <i>all of the following</i> :	Platinum Meets Gold requirements plus <i>all of the following</i> :
Policy & Policy Communication	<input type="checkbox"/> Management letter of support encouraging healthy behaviors <input type="checkbox"/> Health is promoted to staff through verbal, written or electronic communication channels*	<input type="checkbox"/> Written worksite wellness support policy or commitment from leadership <input type="checkbox"/> Encourages employee use of sick/wellness/vacation leave to support overall wellness	<input type="checkbox"/> Policy or commitment from management to provide healthy food/beverage choices at meetings, events, celebrations, or cafeterias	<input type="checkbox"/> Have and promote a written policy related to Smoke/Tobacco/E-Cigarette free employees or campus <input type="checkbox"/> Inclusion of those with disabilities is addressed per Accessibility Guide of the WorkWell Missouri Toolkit
Environment	<input type="checkbox"/> Encourages employees to use breaks for healthy choices <input type="checkbox"/> Received a Missouri Breastfeeding Friendly Worksite Award**OR written policy in support of mothers who wish to breastfeed or express milk during working hours	<input type="checkbox"/> Provides an environment for healthy meal preparation	<input type="checkbox"/> Provides space or devices for stress relief, taking blood pressure, scale, and wellness activities, etc. <input type="checkbox"/> Healthy food/beverage options available in accordance with policy	<input type="checkbox"/> Onsite exercise area/mapped walking paths/supplement employee gym membership
Resources	<input type="checkbox"/> Formal wellness committee established, composed of 2 or more staff in conjunction with a strategic worksite wellness plan <input type="checkbox"/> Provide work-life balance resources	<input type="checkbox"/> Provide information on access to health insurance or health insurance provided to staff and/or families <input type="checkbox"/> Wellness committee is representative of all work units, includes gender, ethnic and other diversity factors representative of the company	<input type="checkbox"/> Provide or promote information on weight management for employees (via insurance or other resource) <input type="checkbox"/> Tobacco cessation programs, or incentive <input type="checkbox"/> Mental/behavioral health resources are available and promoted	<input type="checkbox"/> Provide Employee Assistance Program OR referrals to meet employee wellbeing needs <input type="checkbox"/> Coordinate occupational health and safety programs with wellness programming
Education	<input type="checkbox"/> Health topics and resources communicated to employees (Flyers, posters, emails, links to webinars, etc.) <input type="checkbox"/> Point of decision prompts are utilized to encourage quick healthy decisions	<input type="checkbox"/> Annual exam with medical provider encouraged or incentivized <input type="checkbox"/> Offer Lunch and Learns or interactive educational workshops on wellness topics	<input type="checkbox"/> Offer health and wellness challenges	<input type="checkbox"/> Provide and promote subsidized health promotion lifestyle coaching/counseling/self-management program

* Free materials can be found at <http://health.mo.gov/living/wellness/worksitewellness/displays.php>

**Missouri "Breastfeeding Friendly Worksite" award: <https://health.mo.gov/living/families/wic/breastfeeding/worksiteinitiatives/>