

Building A Healthier Community

Why Workplace Wellness?

Wellness programs are common employee benefits that give back to the employer with:

- Improved morale
- Healthier employees
- Decreased health insurance premiums
- Decreased absenteeism
- Increased productivity

Working Together

There is more work to wellness programming than can be achieved by any one individual or organization. Support from upper management, in-house staff willing to coordinate efforts, and outside professionals who guide and support the goals are all essential. Similarly, simply bringing an exercise program or lunch and learn session to the workplace will likely not build a culture of wellness. Suwannee River AHEC works with you to customize additional services and has the experience and “know how” to make workplace wellness a success.

About SRAHEC:

Suwannee River Area Health Education Center (AHEC) is a non-profit 501(c)(3) organization whose mission is to promote health and wellness. SRAHEC is governed by a Board of Directors who represent rural communities, health care agencies, local hospitals, clinics, schools and academic institutions in our 12 county service area. Programming is based on health and wellness needs identified by the local community.

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Workplace Wellness Programming

Live
&
Work **HEALTHY**

Suwannee River AHEC and Workplace Wellness

Enhancing Your Wellness Program:

Suwannee River AHEC employees are experienced public health professionals who provide a variety of community programs and services. Typical projects are designed in collaboration with partner agencies for the purpose of protecting or enhancing community health. Our educational programs are delivered to individuals ranging from kindergarteners to senior citizens, as well as busy professionals. With these abilities, Suwannee River AHEC is available to help enhance your workplace wellness program by providing staff skills and resources that can take your existing program to a whole new level. We can do this with one or more of the below:

1. Benchmarking and baseline data collections
2. Strategic planning & goal setting
3. Individualized health risk appraisals (HRAs)
4. Health education programs
5. Programmatic evaluation

How Can *Data Collection and Evaluation* Help Wellness?

Data collection and evaluation are both cost-effective and efficient means of determining how to best serve a particular workplace. These cyclical planning elements help:

- Identify areas for improvement
- Assist with goal setting
- Enable informed programming
- Provide quantitative and qualitative benchmarks for success
- Keep all participants informed and invested

What Do *HRA's* Offer?

- Identification of personal risk factors
- Individualized and private feedback to employees
- Overall workplace wellness picture
- Aggregate data reports
- Confidentiality
- Assistance to individuals in choosing their wellness participation goals

How Do We Do It?

Suwannee River AHEC will work with your existing wellness program or help you start a new one to promote happy and healthy employees.

Qualified and knowledgeable staff will tailor a program to your specific needs. Programmatic activities are based on the needs and wants of individual employees, teams and organizational structure. Some examples are:

- Team-building and buy-in
- Health and wellness mini-retreats
- Individual and group fitness challenges
- On-going encouragement & support

What Are Employees Saying?

“Workplace Wellness increased my personal motivation to get fit.”

“The wellness activities kept me going during the stress-full times!”

“I have so much more energy!”