



Workplace Wellness Program Implementation Timeline

STEP 5

Choose Appropriate Interventions

Health Newsletter: *Live Well, Work Well Newsletter*

Target specific physical conditions with LWWWs

Workplace Wellness: Low-Cost Resources

Workplace Wellness: Low-Cost Activities That Work

Workplace Wellness: Low-Cost Activities to Promote Weight Loss

Posters, i.e. *Hand Hygiene Poster, An Apple A Day... Poster*

Programs: i.e. *Designing the Healthy Vending Machine, Designing a Stay Well Stairwell Program*

STEP 6

Create a Supportive Environment

Workplace Wellness: Tobacco-Free Workplace Policy

Workplace Wellness: Maintaining Motivation and Interest

Workplace Wellness: Low-Cost Activities That Work

Supportive Practices and Supportive Benefits

Live Well, Work Well monthly newsletter

STEP 7

Carefully Evaluate Outcomes

Workplace Wellness: Evaluation

Workplace Wellness: Sample Evaluation Tool & Measures

ROI Calculator: www.wellsteps.com

