

# Starting an Effective Worksite Wellness Program

*Draft Agenda*

## ABOUT US

This training is a partnership of the Alaska Division of Public Health & Alaska Health Fair.

Alaska Health Fair Inc. is a nonprofit providing Alaskans with free health education and affordable screening and tests since 1980. Our core purpose is to promote health and wellness and save lives.

### Alaska Health Fair offers worksite wellness events featuring:

- **Health Exhibits & Educators** covering a variety of topics from tobacco prevention to healthy lifestyles to safety, and much more.
- **Affordable Blood Tests**  
27-panel Blood Chemistry Screen - covers diabetes, liver health, heart health, anemia, kidney health, coronary heart disease, clotting ability, and many other vital indicators - \$45; Thyroid Screen - \$30; Prostate Disease Screen - \$25; Vitamin D Screen - \$50; A1C Diabetes - \$25; and more.
- **A Report about Your Workforce**  
Employers receive depersonalized, aggregated test results statistics after each worksite health fair.

Learn more, call (907) 278-0234.



**8am - 4:30pm, Wednesday, January 27, 2016**  
Main Floor Conference Room, Aleutian Pribilof Islands Association,  
1131 E International Airport Rd, Anchorage, AK 99518  
Call (907) 278-0234 for directions.

## Learning Objectives

The participants will be able to:

- Explain the benefits of a worksite wellness program in terms of economics, productivity, health care costs and absenteeism.
- Identify best-practices, useful resources, and local experts to assist in the implementation of a worksite wellness program.
- Develop an action plan to begin implementing a worksite wellness.

## Agenda

- 8 am - Registration, coffee, healthy snacks
- 8:30 am - Welcome, introductions, overview of the day
- 9:00 am - Overview of Worksite Wellness**
  - Why we care about worksite wellness? Productivity, health care costs, absenteeism, economics.
  - Continuum of interventions (activities, policy, health coaching)
  - Examples of worksite wellness
  - Steps to implement a worksite wellness program
  - Forming a wellness team, surveying employees and assessing your worksites.
  - Program evaluation
  - Introduction of resources such as Health Risk Assessments
- 10:20 am - CDC Scorecard, importance of physical activity**
- 10:30 am - Break
- 10:45 am - Expert consultation speed dating covering topics:**
  - Engaging employees, program evaluation
  - Tobacco prevention
  - Physical activity
  - Nutrition
  - Diabetes prevention
- 12:00 pm - Break
- 12:30 pm - Lunch presentation: Top ten trends in Worksite Wellness**
- 1:30 pm - Creating a worksite wellness action plan.** Participants will use a specially created worksite wellness action plan template; brainstorm and discuss ideas with other attendees; and fill out the action plan template. Worksite wellness experts provide assistance as needed.
- 2:30 pm - Break
- 2:45 pm - Completing action plans**
- 3:15 - 4:30pm Sharing of action plans, next steps in implementation**