

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**