



Health and Wellness at Work

Overview: Through this course, students will be able to access health and wellness program needs. Students will also gain the knowledge necessary to implement and maintain a health and wellness program.

Prerequisites: There are no prerequisite requirements for this course.

Course Length: One Day

Course Content:

Lesson 1: Definition of a Health and Wellness Program

What is a Health and Wellness Program?

Productivity

Cost of Health Care

Costs of Absenteeism

Case Study

Lesson 2: Types of Health and Wellness Programs

Health Behaviors

Health Screenings and Maintenance

Mental Health

Physical Injuries

Case Study

Lesson 3: Health Behavior Programs

Increasing Physical Activity

Nutrition & Weight Loss

Tobacco Cessation

Substance Abuse Treatment

Case Study

Lesson 4: Health Screenings and Maintenance Programs

Preventative Care Screenings

Cancer Screenings

Annual Examinations

Maintenance Programs

Case Study

Lesson 5: Mental Health Programs

Stress Management

Support Groups

Counseling

Awareness & Education

Case Study

Lesson 6: Evaluate the Need

Review Current and Previous Programs

Environmental Factors

Identify Common Health Conditions and Procedures

Review Company Information Pertaining to Employee Health

Case Study

Lesson 7: Planning Process

Form a Health and Wellness Team or Committee
Define Goals
Budget
Programs and Policies
Case Study

Lesson 8: Implementation

Get Management Support
Test It Out
Get the Word Out
Incentives
Case Study

Lesson 9: Create a "Culture of Wellness"

Accessible Healthy Eating Options
Give Them a Break
Alcohol, Drug, and Smoke-Free Work Environment
Eliminate Hazards
Case Study

Lesson 10: Evaluate Results

Check the Results
Employee Satisfaction
Revise Plans as Necessary
Share Achievements
Case Study