

OUTLINE

Health and Wellness at Work

Lesson One

Getting Started

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Objectives

Lesson Two

Meaning and 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 Three

Types of Health Behavior Programs

- Health Behaviors
- Health Screenings and Maintenance
- Mental Health
- Physical Injuries
- Case Study

Lesson Four

Health Behavior Programs

- Increasing Physical Activity
- Nutrition & Weight Loss
- Tobacco Cessation
- Substance Abuse Treatment
- Case Study

Lesson Five

Health Screenings and Maintenance Programs

- Preventative Care Screenings
- Cancer Screenings
- Annual Examinations
- Maintenance Programs
- Case Study

Lesson Six

Mental Health Programs

- Stress Management
- Support Groups
- Counseling
- Awareness & Education
- Case Study

Lesson Seven

Evaluate the Need

- Review Current Health and Wellness Programs
- Environmental Factors
- Identify Common Health Conditions and Procedures
- Review Company Information Pertaining to Employee Health
- Case Study

Lesson Eight

Planning Process

- Review Current Health and Wellness Programs
- Environmental Factors
- Identify Common Health Conditions and Procedures
- Review Company Information Pertaining to Employee Health
- Case Study

Lesson Nine

Implementation

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

Lesson Ten

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 Eleven

Evaluate Results

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

Lesson Twelve

Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations

This course can be fully customised for your business team.
Please contact us for more details and our team will happy to assist.

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