

- Use all available avenues to reach employees (break rooms/social media/etc.)
- Start an employee newsletter, interview employees, have letters to the editor section.
- Create a suggestion box to further discussion about workplace health.
- Use games, activities, friendly competitions to foster improved communication.
- Consider creating an onboarding video as well as a series of videos that brand your organization.
- Use T-shirts/other branding items to communicate corporate message.
- Celebrate company & personal successes.
- Hold "all hands" meetings to spotlight important local topics.
- Set up displays of health posters in lunch/meeting rooms.
- Send health related e-cards found on free sites like the CDC.
- Promote success stories- highlighting healthy lifestyle success stories.
- Provide health information fact sheets for employees to take home.
- Include wellness activity information in new employee orientation.
- Have a wellness newsletter or a wellness section in your newsletter.
- Post sign-up sheets that employees can coordinate walking or cycling groups.
- Do team building activities that encourage employees to work together to solve problems/games.
- Put up a board with sign ups for various worksite and non-worksite events.
- Do a quarterly or bi-annual forum to open up the floor to employees to discuss events and group outings they would like to see happen.
- Create a wellness committee and open it up to everyone.
- Review national, monthly health observances and plan at least a quarterly campaign aligned with a national observance.