

- Take inventory of all health and safety initiatives in your workplace.
- Do a survey on interest. Do a follow up evaluation on programs.
- Create a wellness team or at least incorporate wellness in your events and safety teams.
- Track consistent measurements, such as sick days, participation levels, costs, & savings from programs.
- Start at the executive level, use as guinea pigs and don't be hypocritical.
- Do a HRA. Utilizing it, look at the top 3 areas that will most impact your workplace and begin to create a plan of attack.
- Do either a bi-annual or annual reassessment to make sure your plan is working and then make changes to the current plan to make it more effective.
- Have health related information accessible for employees and their families so that they are able to make informed healthcare decisions
- Health related absence days to allow for appointments, education, etc.
- Develop a brainstorming team for ideas and to help with wellness activities.