



Workplace Wellness Program Implementation Timeline

STEP 5

Choose Appropriate Interventions

Health Newsletter: *Live Well, Work Well Newsletter*
 Target specific physical conditions with LWWWs
Workplace Wellness: Low-Cost Resources
Workplace Wellness: Low-Cost Activities That Work
Workplace Wellness: Low-Cost Activities to Promote Weight Loss
 Posters, i.e. *Hand Hygiene Poster, An Apple A Day... Poster*
 Programs: i.e. *Designing the Healthy Vending Machine, Designing a Stay Well Stairwell Program*

STEP 6

Create a Supportive Environment

Workplace Wellness: Tobacco-Free Workplace Policy
Workplace Wellness: Maintaining Motivation and Interest
Workplace Wellness: Low-Cost Activities That Work
 Supportive Practices and Supportive Benefits
Live Well, Work Well monthly newsletter

STEP 7

Carefully Evaluate Outcomes

Workplace Wellness: Evaluation
Workplace Wellness: Sample Evaluation Tool & Measures
 ROI Calculator: www.wellsteps.com

