HELP US MAKE HEALTHIER WORKPLACES

The goal of MountainWise is to make the healthy choice the easy choice where we live, work, play, and pray. The collaborative WorkWise project will expand the number of workplaces in North Carolina offering comprehensive, evidence-based worksite health programs.

WHY SHOULD YOU WORKWISE?

Hands down, your employees are your most valuable asset. Without them, you can’t run your business. Sick employees can’t work, and they cost you more money. That’s where a worksite wellness program comes in. When worksites facilitate good health and healthy choices, their bottom line improves.

WORKSITE WELLNESS PROGRAMS PROVIDE A MEASURABLE ROI BY:

- Increasing productivity - happy & healthy employees get more work done.
- Decreasing absenteeism - healthy employees can come to work. Absenteeism can decrease by as much as 28%.
- Decreasing healthcare costs - employees who make healthy lifestyle choices are less likely to need expensive care.

For every $1 spent* on wellness programs:
- Medical costs fall by $3.27
- Absenteeism costs fall by $2.73

*in 2010

WorkWise is a collaborative project between MountainWise, the North Carolina Division of Public Health’s Community and Clinical Connections for Prevention and Health Branch, and your local health department.

NOT SURE HOW TO GET STARTED?

MountainWise can help. Contact us via our website mountainwise.org/contact


THE FIVE ELEMENTS of a successful worksite wellness program are:

1. Individual health education that focuses on skill development and lifestyle behavior change
2. A supportive work environment that promotes and reinforces healthy behavior
3. Leadership support to champion the program, and allocate financial and human resources to make the program work
4. Linkage to related programs, such as employee assistance programs, that help employees achieve the work-life balance
5. Health assessment programs that refer employees to appropriate medical care when necessary