Workwise WNC is a project between MountainWise, The Appalachian Regional Commission and your local Health Department.

Creating a Healthy, Skilled and Ready Workforce in Western North Carolina

HELP US MAKE HEALTHIER WORKPLACES

“MountainWise, with funding from the Appalachian Regional Commission, is enrolling worksites across the region in Workwise WNC, a project that will create or enhance worksite wellness programs across the manufacturing sector in Western North Carolina.”

- Focus efforts in the auto, aviation and advanced manufacturing sectors in the far west region including the following counties: Haywood, Jackson, Swain, Graham, Cherokee, Clay, Macon and Transylvania

WHY SHOULD YOU WORKWISE?

Many of the most common chronic diseases are the result of 4 modifiable health behaviors, tobacco use, lack of physical activity, poor eating habits and lack of access to clinical services. Health challenges brought about in rural areas and the high rates of chronic health conditions are associated with lower productivity, more work absences and increased work injuries, much of the financial burden of increasing healthcare costs and a progressively unhealthy population rests on employers.

WORKSITE WELLNESS PROGRAMS PROVIDE A MEASURABLE ROI BY:

- Medical costs fall by $3.27
- Absenteeism costs fall by $2.73

*in 2010

Research has shown that employer-supported worksite wellness programs can

- Increase productivity: Healthy and engaged employees get more work done.
- Reducing health care costs by 26%
- Reducing absenteeism by 28%
- Decrease employers’ disability and workers compensation expenses by 30%

Workwise WNC will increase workers’ access to health education and clinical services, leading to improved health conditions and in turn, employer’s health-related costs will decline.