

# Wellness Committee

employees engaging employees  
in healthy behaviors



A strong employee wellness committee is one of the most important elements of a successful worksite wellness program. A wellness committee is a group of motivated employees — often called “Wellness Champions” — who encourage other employees to learn about health issues and engage in healthy behaviors. The wellness programs developed and promoted by wellness committees have the power to change employee behaviors, prevent the onset of chronic conditions, and keep healthy people healthy. Employers with strong wellness committees in place can expect to benefit from increased employee productivity, job satisfaction, and morale — as well as a reduced health care cost trend.



# Wellness Committee



## Features and Benefits for the Employer

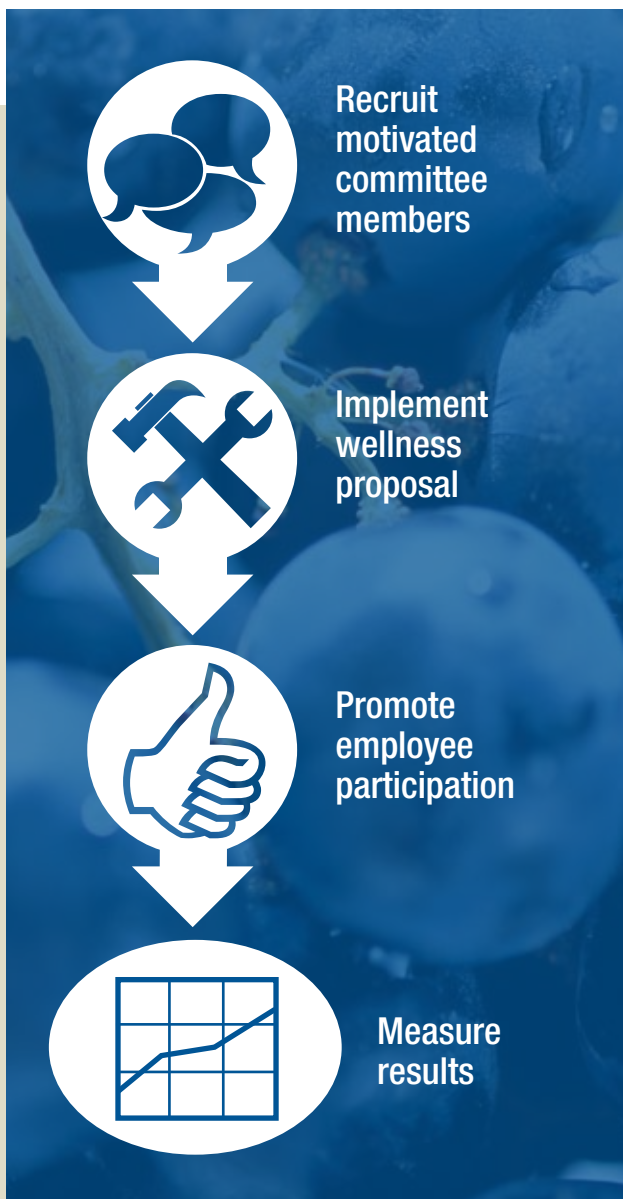
- ❑ Boosts employees' interest in healthy lifestyle behavior change
- ❑ Increases employee participation in wellness programs and events
- ❑ Provides a structure for internal delivery of wellness programs in an efficient and cost-effective manner

## Features and Benefits for the Employee

- ❑ Provides an opportunity for employees to be role models for others in the worksite and to make a difference in their co-workers' lives
- ❑ Serves as an opportunity for employees to learn about the behavior change process and the effects of awareness, motivation, and skill building on health
- ❑ Gives all employees the chance to participate in worksite programs that are fun, challenging, and rewarding and that offer individual and team recognition

## Engagement Strategies

- ❑ Wellness committee leadership receives a comprehensive wellness proposal that includes a multi-year corporate wellness management strategy and offerings of online, on-site, and telephone-based programs supported by print and electronic communications.
- ❑ Proposal provides for participation by all employees, regardless of location or shift.
- ❑ Proposal includes a plan for a supportive work culture that includes numerous opportunities to maintain or improve employee health status.
- ❑ Proposal includes recommendations of UPMC WorkPartners and community resources such as speakers, fitness facilities, and more.



- ❑ Committee members receive ongoing training involving behavior change and wellness program implementation.
- ❑ Reports describing the impact of wellness initiatives and your organization's return on investment are provided by WorkPartners.
- ❑ Comprehensive wellness committee manuals are available.
- ❑ Communications support including e-mail templates, posters, table tents, flyers, and payroll stuffers can also be provided.

## Data Analytics Reports and Evaluations

- ❑ WorkPartners' data analytics professionals provide comprehensive reports on aggregate employee population risk (based on the *MyHealth* Questionnaire health risk assessment and biometric screenings) and the results of wellness committee initiatives.
- ❑ Reports include details on employees' shifts in self-reported status and readiness to change regarding tobacco use, physical activity level, nutrition, weight management, and stress.
- ❑ Also included are satisfaction reports on screenings and other programs, for committee use in modifying program offerings in succeeding years.

## Wellness Consultation Services

- ❑ WorkPartners' Health Promotion Department staff suggest ways to identify and recruit employees from throughout your organization to serve as Wellness Champions.
- ❑ Health Promotion staff assist with development of an annual wellness plan, recommend wellness committee working subgroups, and recommend subgroup activities for each quarter and each year.
- ❑ Health Promotion staff assist with the development of the committee's mission and vision statement, goals, objectives, and expectations for wellness initiative implementation.

## Options

- ❑ WorkPartners' Health Promotion Department staff will recommend appropriate incentives and strategies to maximize employee participation in wellness initiatives.
- ❑ Consultation is also available regarding the establishment of year-long or multi-year wellness campaigns that use a cumulative point system.

Employers with one or more **strong wellness committees** in place can expect to benefit from improved employee productivity, job satisfaction, and morale – as well as a reduced health care cost trend.



UPMC  
**WorkPartners**

Two Chatham Center, 4th Floor  
112 Washington Place  
Pittsburgh, PA 15219

[www.workpartners.com](http://www.workpartners.com)

1-866-229-3507

