

Submission Date

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Contact Information

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agrees to the implementation of action steps related to building the workplace environment, including:

Provide healthy cafeteria options with healthy foods/snacks such as fresh fruit and vegetables for purchase
Provide healthy food options during company meetings and functions
Ensure healthy food options in vending machines
Provide private area for use by breast feeding employees to pump and store their milk.
Ensure well-lit, safe stairwells
Provide access to water fountain, water dispenser, water cooler
Access to on-site fitness center or conference room for exercise classes, physical activity
Locate safe and accessible outdoor walking or running paths and trails, map a safe walking route starting and ending from the workplace or in vicinity
Consider a tobacco/smoke-free work campus

agrees to the implementation of action steps related to policy integration, including:

Establish and communicate tobacco-free workplace policy that includes tobacco cessation resources for employees
Develop a policy that supports breast feeding employees and allows them flexibility to pump at work in a designated, private area
Use financial incentives such as reduction in insurance premiums, gift cards, cash, prizes, extra vacation days to encourage participation in health improvement activities such as giving up tobacco, weight loss, regular physical activity, and increased consumption of fruits and vegetables.
Negotiate health-club discounts or provide subsidized membership at local fitness centers, programs such as Weight Watchers
Create and sponsor employee athletic teams and activities
Provide or insure that your employees have access to comprehensive health insurance that includes dental and eye care as well as preventive care without co-pays

agrees to the implementation of action steps related to health education, screening, and prevention, including:

Provide annual Health-Risk Assessments (HRAs)
Offer health screenings for BMI, Obesity, Cancer, Blood Pressure, LDL Cholesterol, Diabetes, and numerous other biometrics
Make available health and wellness educational resources to employees via printed materials, direct mail, electronic correspondence, posters, bulletin boards on topics such as physical activity, improved nutrition , and tobacco cessation
Remind employees of importance of regular check-ups, physical examinations, and health screenings
Promote weight-loss competitions, group challenges, team relays, walking events, marathon competitions
Promote cessation tobacco support groups, resources, and services
Provide easy-to-access information about local programs and opportunities for physical fitness, community health related events, farmers markets
Provide health counseling/coaching focused on physical activity, smoking cessation, and weight management
Organize educational seminars or Lunch and Learns on health topics
Highlight success stories of employees who have successfully quit smoking, lost weight, or achieved health goals

agrees to the implementation of action steps related to leadership commitment and employee ownership, including:

Organization leaders actively demonstrate their support for employee wellness and participate in wellness activities and programs
Company mission/vision statement supports employee health and value of wellness programs in the workplace
Leaders publicly recognize employees for healthy actions or outcome
Participation in another recognized workplace wellness certification

Signature


