

## Live Well Workplaces

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<b>Business Information</b>	Name of Business: Oncology Nursing Society Address: 125 Enterprise Drive City: Pittsburgh Zip Code: 15275
<b>Oncology Nursing Society agrees to the implementation of action steps related to building the workplace environment, including:</b>	Provide healthy food options during company meetings and functions 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 Provide access to secure bicycle storage area in safe, convenient location Provide standing/walking desks
<b>Oncology Nursing Society agrees to the implementation of action steps related to policy integration, including:</b>	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 Offer employee flex work hours to allow for opportunities for physical or wellness activity before, during, after work, and lunch breaks Negotiate health-club discounts or provide subsidized membership at local fitness centers, programs such as Weight Watchers 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
<b>Oncology Nursing Society agrees to the implementation of action steps related to health education, screening, and prevention, including:</b>	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 Organize fitness classes on site Promote weight-loss competitions, group challenges, team relays, walking events, marathon competitions Promote cessation tobacco support groups, resources, and services Organize educational seminars or Lunch and Learns on health topics
<b>Oncology Nursing Society agrees to the implementation of action steps related to leadership commitment and employee ownership, including:</b>	Participation in another recognized workplace wellness certification

Signature

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