

Live Well Workplaces

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Contact Information

First Name: Lauren
Last Name: Kargul
Email Address: lkargul@tadiso.org
Phone Number: (412) 906-9812 (ext. 213)

Business Information

Name of Business: Tadiso Inc.
Address: 1425 Beaver Ave
City: Pittsburgh
Zip Code: 15233

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

Provide private area for use by breast feeding employees to pump and store their milk.
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

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

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.
Create and sponsor employee athletic teams and activities

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

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
Set up walking/running/fitness club before or after work
Promote weight-loss competitions, group challenges, team relays, walking events, marathon competitions
Organize educational seminars or Lunch and Learns on health topics

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

Create an Employee Wellness Committee that has ongoing leadership support and participation as well as representatives from various programs or departments
Organization leaders actively demonstrate their support for employee wellness and participate in wellness activities and programs

Signature

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