

Live Well Workplaces

Submission Date	2020-01-03 16:51:29
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Business Information	Name of Business: Turo Family Chiropractic Address: 460 Lowries Run Road City: Pittsburgh Zip Code: 15202
Turo Family Chiropractic agrees to the implementation of action steps related to building the workplace environment, including:	Provide healthy food options during company meetings and functions Provide private area for use by breast feeding employees to pump and store their milk. Provide access to water fountain, water dispenser, water cooler Provide standing/walking desks Consider a tobacco/smoke-free work campus Provide space for or create workplace garden(s) that employees can build and maintain
Turo Family Chiropractic agrees to the implementation of action steps related to policy integration, including:	Institute a healthy food policy requiring healthy food and drink options at company meetings, functions, and events 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 Create and sponsor employee athletic teams and activities Other commitments related to policy integration
	Regular chiropractic care for themselves and their families Monthly Massage for Employee
Turo Family Chiropractic agrees to the implementation of action steps related to health education, screening, and prevention, including:	Provide annual Health-Risk Assessments (HRAs) 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 Encourage employees to hold walking meetings Support stretching and physical activity breaks during work hours and meetings 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

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

Company mission/vision statement supports employee health and value of wellness programs in the workplace

Signature

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