



WELL-BEING RECOGNITION



- ✓ Does the worksite administer an assessment that compares employees' current abilities to job demands (e.g., work-ability index)?
- ✓ Does your worksite offer at least ONE of the following: relaxation training, including progressive relaxation, mindfulness class, yoga or tai chi, onsite massage, onsite exercise or physical activity program, job skills training, conflict resolution training, personal financial health or planning or other stress prevention or management program.
- ✓ Do upper and middle managers receive annual training on how to reduce work stress (e.g., assertiveness, time management, conflict resolution, communication)?
- ✓ Does your worksite's basic benefit plan cover visits with a mental health provider?
- ✓ Does your worksite separate sick leave from vacation leave?
- ✓ Does the worksite have a policy allowing employees to take 10 to 15 minute "rest" or "booster" breaks?
- ✓ Does the worksite have a sufficient number of staff that is proportionate to the required work, or have a policy for minimum staffing levels?
- ✓ Does the worksite have at least ONE of the following policies?
flex-time stable shifts (employees stay on same shift) teleworking
- ✓ Do all employees have easy and regular access to at least ONE of the following?
Sunlight natural light windows personal, private space
- ✓ Does the worksite sponsor or organize regular (at least annually) social events (e.g., company picnic, holiday party)?
- ✓ Do employees participate in and have some control in decision-making that affects their jobs?
- ✓ Do the demands of the work (work load and pace) match employees' abilities?
- ✓ Has at least one of your worksite wellness committee members participated in a WorkWell KS Well-Being workshop?



BEVERAGE DISPENSER/INFUSER

To promote/support water consumption

BIKE RACKS

2 bike or 6 bike racks to promote/support physical activity

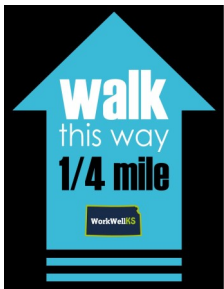


RAISED GARDEN BEDS

To promote/support healthy foods

CUSTOM METAL SIGNAGE

To promote/support tobacco & nicotine free grounds



WALKING TRAIL SIGNS

To promote physical activity

SIT/STAND DESKS

With monitor mount to promote standing



TREADMILL DESK

ONLY AVAILABLE TO THOSE RECEIVING THEIR SECOND QUALIFICATION

To promote physical activity