

WorkWell KS Discussion Guide

- ⇒ Think about the programs you currently offer. Are they contributing to your worksite culture of health or harming it. Programs with weight loss as the goal lose sight of behaviors that are actually healthy and can alienate employees. Are you offering programs like this? What could you offer instead?
- ⇒ Use the chart to evaluate your current programs and whether or not they align with your health goals/mission. Discuss with your wellness committee or coalition how you might strengthen your current programs.
- ⇒ You can also use this chart to brainstorm new programs, or programs that other organizations are offering and have found successful.

Program Name	Goals	Encouraged Behaviors	How does it align with your mission?
EX. Walktober (month long walking program)	<ul style="list-style-type: none">• Increase employee physical activity• Normalize office walking breaks• Encourage walking meetings	Physical activity/ walking	Our mission is to improve employee health by encouraging and providing opportunities for healthy behaviors.

Program Name	Goals	Encouraged Behaviors	How does it align with your mission?

 **Visit the WorkWell KS website for more information**

We are constantly updating our website to reflect the most recent information about additional resources available to worksites participating in the initiative and working to improve the health of their employees.

www.workwellks.com