

## **WORK HEALTHY! PROGRAM**

The Work Healthy! Program was designed to encourage employers to promote good health for their employees. Workplaces that support tobacco-free lifestyles, healthy eating, and physical activity benefit from a healthier workforce. Our coalition recognizes businesses and organizations in our service area that place a high priority on employee health.

*Work Healthy is adapted from  
Healthy Androscoggin's  
worksite recognition program*

## **WORK HEALTHY! AWARD**

The Work Healthy Award provides businesses and organizations with the opportunity to be recognized as a community leader in promoting good health.

**Categories:** Apply within one or several of the following categories: Work smoke free, Encourage physical activity, Promote healthy eating

**Recognition Level:** Specify the level of recognition for which you are applying: Merit, Quality, Excellence

**Special Distinction:** Businesses and organizations that have earned recognition across all three categories will be honored by ACCESS Health at our coalition's annual meeting. Your business/organization will also be recognized in local newspapers and in our newsletter.

For more information, please call Linda Christie, Partnership Director, 373-6926.

## **ABOUT ACCESS HEALTH**

ACCESS Health is the Healthy Maine Partnership serving all of Sagadahoc County, and northern Cumberland County.

The mission of ACCESS Health is to work with community partners to contribute to the health and well being of our communities by addressing required elements of the Ten Essential Public Health Services. The emphasis of Coalition activities is on:

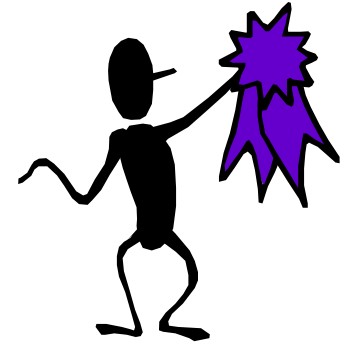
- Tobacco prevention, cessation and reduction of secondhand smoke
- Physical activity
- Healthy eating
- Underage drinking prevention
- Chronic disease management

Our primary partner for public health is the Sagadahoc Board of Health and the School Administrative Unit partner is MSAD 75.

"Healthy companies understand that employees don't get and stay healthy by chance. Our wellness program and activities demonstrate a commitment to the health and wellbeing of our employees and their families."

Kevin Gildart, Vice President  
Human Resources, Bath Iron Works

## **WORK HEALTHY! A Recognition Program for Businesses and Organizations**



- Improved employee morale
- Reduced absenteeism
- Increased productivity
- Reduced health care costs



# WORK HEALTHY APPLICATION

Business/Organization \_\_\_\_\_  
Contact name/title \_\_\_\_\_  
Address \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_

## Application Checklist

- Complete the application form, indicating the level of recognition for which you are applying in each category.
- Attach written support/policies and a list of program activities.
- Send application and all supporting materials to:  
ACCESS Health, 66 Baribeau Dr., Suite 5A, Brunswick, ME 04011  
Phone 373-6926, Fax 373-6974.

## **WORK SMOKE-FREE**

- Merit Award**  
Does your workplace:
  - Provide employees with self-help materials/referral information on quitting smoking?
- Quality Award**  
In addition to the above, does your workplace do one or more of the following:
  - Cover, offer discounts, **and/or** provide reimbursement for cessation services **and/or** medications?
- Excellence Award**  
In addition to the above, does your workplace do one or more of the following:
  - Have a written policy that includes smoke-free zones at least 25 feet from entrances, air intake and walkways?

## **ENCOURAGE PHYSICAL ACTIVITY**

- Merit Award**  
Does your workplace:
  - Provide employees with information on exercise and recreational activities ?
- Quality Award**  
In addition to the above, does your workplace do one or more of the following:
  - Provide discounts to fitness programs **and/or** offer reimbursement toward programs **and/or** provide incentives for participating in these programs?
- Excellence Award**  
In addition to the above, does your workplace do one or more of the following:
  - Provide opportunities for exercise **and/or** recreational activities within or outside the worksite setting?

## **PROMOTE HEALTHY EATING**

- Merit Award**  
Does your workplace do one or more of the following:
  - Offer healthy food choices in vending machines **and/or** cafeteria, **and/or** have a healthy snacks honor system **and/or** provide refrigeration for employees' food?
- Quality Award**  
In addition to the above, does your workplace do one or more of the following:
  - Offer discounts, **and/or** offer reimbursement, **and/or** provide incentives, for participating in nutrition or weight management programs?
- Excellence Award**  
In addition to the above, does your workplace do **both** of the following:
  - Provide opportunities for nutrition/weight management classes within or outside the worksite setting **and** have a written policy that supports healthy eating?

Application Deadline  
March 16