



# Macon County Public Health

## **Lifestyle Improvements for Employees (LIFE) Worksite Wellness Program**

### **Employee Health Risk Assessment**

This yearly screening provides the essential foundation and start to the **LIFE** program. The screening is designed to identify individuals at risk for preventable illnesses and injuries. This screening includes:

- computerized health risk appraisal
- health history
- height/weight measurement
- cholesterol measurement
- blood pressure measurement
- health education
- flu shots (in season)
- body fat analysis

The computerized health risk appraisal (HRA) is done at the time of the screening to assess employees' current health risks, reinforce current lifestyle practices and identify action steps to improve their health. A report is sent to each employee on his/her health status and a group report is generated for management. Data collected from the screening is used to streamline employees into specific risk reduction programs.

### **Risk Reduction Programs**

Your yearly contract includes two instructor led courses. Some examples include:

- **"Brown Bag the Healthy Way"**- A six week healthy lunch series.
- **"Healthful Living Classes"**- Series of multiple classes taught by various instructors regarding all things healthy.
- **"Yoga"**- Yoga fitness classes offered throughout the year when instructors are available.
- **"Eat Smart, Move More, Weigh Less"**- Program that provides education on various topics that encourages making smart food choices and moving more to maintain a healthy weight.

## **Personal Health Classes**

These classes are offered as a supplement to your risk reduction programs. They are usually one to two hours in length. Your contract includes three classes each year. Some examples may include class on the following:

- Stress management
- Back care
- Women's preventive health
- Men's preventive health
- Personal safety
- Adult CPR
- Skin cancer screenings
- Using health insurance wisely

## **Self Help Activities**

Self-help materials on the topics listed below can be provided to employees and will be documented and tracked by the Worksite Wellness Coordinator:

- Tobacco
- Nutrition
- Drugs/Alcohol
- Exercise
- Diabetes
- Ladies Night Out
- Weight Watchers

Health Newsletter - Each employee will receive their own monthly issue of the "Well Workplace" Newsletter

## **Consultation Services**

By participating in the **LIFE** program, you will have access to consultative services on a variety of health and safety issues. Assistance is available with establishing worksite smoking policies, carpool safety policies, health promotion incentive programs, employee wellness committees, and in providing healthy food choices for cafeterias and vending machines.

Our consultative services also include an analysis of employee health screening data. This analysis provides a series of reports to management on the health status of the workforce. We measure employees' health progress and assist your organization in tracking cost savings.

Employees are also asked to complete evaluations which measure their compliance with health recommendations, participation in health promotion activities, and instructor satisfaction. A comprehensive evaluation is critical in determining the success of the **LIFE** program.