

Why does my business need a worksite wellness program?

On average, Americans working full-time spend more than one-third of their day, five days per week at the workplace. The use of effective workplace programs and policies can help reduce health risks and improve the quality of life for American workers.

Healthy employees are productive employees. Learn how health programs are helping small businesses make simple, affordable changes to improve employee health, staff retention, and the business owner's bottom line.



2101 N Lincoln Ave
York, NE 68467



Worksite Wellness Program

Improving Employee Health & Wellness since 2013!



Option 1

(Includes Option 2 Benefits)

Comprehensive Plan

For a modest fee, you have hands-on support to start or enhance a program tailored to fit your needs.

You will have access to all of the Members Only Resources described in the self-guided section. In addition, you will benefit from:

Program Resources including:

- On site participation in & support for your Wellness Committee Meetings
- On-site wellness screenings and presentations for your employees
- Free surveys to look at employee and workplace health
- Assistance implementing wellness policies and writing an annual wellness plan
- Technical assistance applying for wellness recognition
- Technical support to complete the CDC Health Score Card
- Support for health-related programs (tobacco cessation, Diabetes Prevention Program, etc.)
- Networking and training opportunities
- Personalized expert consultation with other topics as they are identified

Option 2

(Self-Guided)

Health education support made available at a reduced fee.

We have a great value for companies with tight budgets. For this option, you have access to our "Members Only" resources. You will receive at least two emails each month with materials to use at your worksite.

This option also allows you access to our online resources and toolkits. You would have access to our current programs, such as radon test kits, colorectal cancer screening kits, and more.

Access to Members Only Resources

- Sample committee meeting agenda
- Monthly newsletter
- Monthly healthy recipe
- Posters to hang at your worksite
- Tip sheets and hand-outs
- Video resources
- Ready to go wellness challenges
- Ready to go wellness toolkits



Complimentary Resources

Not in your budget?

We commend you for wanting to keep your employees well, and understand that not every company can make a paid plan fit in their budget. We can still help!

Free Resources on our Website

- Tobacco Cessation Resources
- Physical Activity Information
- Workplace Walking Plan
- Nebraska Worksite Wellness Toolkit
- CDC Worksite Health Scorecard
- Governor's Wellness Award Access



Contact Us:



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Healthy Employees = Healthy Businesses = Healthy Families = Healthy Communities