

Five Components of Comprehensive Programs

1. Health Education

Examples: Health promotion literature, newsletters, seminars, education sessions such as lunch-n-learns, classes or lectures, etc.

2. Supportive Social and Physical Environments

Examples: Incentives, walking/running groups, exercise or fitness classes/groups, facilities (showers, locker rooms, on-site gyms, etc.) offered, bike racks or storage, gym memberships, food services and facilities (cafeterias, vending, preparation and storage) offered, lactation support, tobacco-free facilities, etc.

3. Integration of Worksite Program into Organizational Structure

Examples: Existence of formal health and wellness policies, dedicated staff and employees plan programs, management and supervisors are involved in planning and support implementation, employee access and program utilization is encouraged

4. Linkages with Related Programs (EAP, Safety, etc.)

Examples: Employee assistance, occupational health and safety programs, health benefits or flexible spending accounts, flexible/telecommute schedules, or other programs

5. Screening Programs

Examples: Mental health, blood pressure, diabetes, substance abuse, mammography, stress, cholesterol, Health Risk Appraisal, etc.