March 2012

Dear Speaker and Wellness@Work Champion:

Thank you for helping create a culture of wellness across Oregon by promoting ***Wellness@Work***. As you know, health care costs in Oregon continue to soar, driven largely by ongoing, preventable health conditions. We have the power to reverse this trend.

Launched in July 2011 and the result of a two-year effort by leaders in business, schools, health insurance and the Oregon Health Authority, ***Wellness@Work*** empowers employers to improve employee health and productivity by creating a culture of health at work.

Worksite wellness helps employers attract and retain healthy employees; improve employee health and morale; decrease absenteeism; increase productivity; and contain the cost of health care, disability and workers’ compensation. A healthy and productive work force also bolsters Oregon’s goals to attract and retain businesses.

To support this effort, we’ve developed this speaker’s kit to provide you with the tools necessary to talk to company leadership, human resource representatives and health and wellness managers about the benefits of workplace wellness and the steps to get started.

Other documents you’ll find here in the speakers kit include:

1. The Business Case for Health & Wellness, a presentation on the value of investing in worksite wellness (downloadable; ideal for business leaders, chambers of commerce and political leaders).
2. How to Start a Wellness Program, a presentation of the four key steps for starting an effective wellness program (downloadable; ideal for managers, human resources staff, wellness committees, or leaders of small to mid-sized companies).
3. Printable handouts for presentations to local companies and organizations:
   1. *Building a Culture of Wellness in Your Workplace,* featuring key steps and success stories.
   2. *Test Your Worksite Wellness Knowledge*—a warm-up quiz you can use during presentations.
   3. *Assess your Needs and Priorities*--instructions for using the online assessment tool to shape a wellness action plan.
   4. ”What’s the Hard Return on Employee Wellness Programs,” an article reprinted from *Harvard Business Review.*
4. (Coming in May 2012) A video featuring vignettes of seven employers discussing and showing their programs to provide inspiration to others. You can download the video and show it at the beginning of your presentation.

We encourage you to explore the website, read the success stories and take the assessment yourself so you can speak from experience.

If you have questions, would like more information or need any of these materials in another format, please contact ***Wellness@Work*** coordinator Dawn Robbins ([dawn.e.robbins@state.or.us](file:///C:/Documents%20and%20Settings/DEROBBINS/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.Outlook/POVQAUOL/dawn.e.robbins@state.or.us)) or OHA communication specialist Jonathan Modie (jonathan.n.modie@state.or.us).

Thank you for spreading the word about ***Wellness@Work***. Together, we can build a culture of wellness in Oregon.

Sincerely,

Barbara Prowe

Executive Director, Oregon Healthcare Purchasers Coalition

Wellness@Work Steering Committee Member