

wellness@WORK



Assess Your Needs and Priorities

The Wellness@Work online assessment helps your organization examine its policies, practices and programs to identify the strengths and gaps of your workplace wellness environment and culture.

Your answers to the assessment questions generate recommendations you can use to plan your organization's next steps to creating a culture of wellness.

For best results, consider following these steps:

STEP 1: Check out the online assessment

- Find the Wellness@Work online assessment under the “Take a Step” section of the home page: www.healthoregon.org/wellnessatwork.
- Print a copy of the Wellness@Work online assessment questions to discuss with your team.

STEP 2: Convene a wellness team

- Learn more about forming or engaging a wellness team under the “Build a Culture of Health” section on the home page.

STEP 3: Research your answers

- With your wellness team, review the questions and find the answers that best describe your current work environment. If a question does not apply to your workplace, you can skip it or answer ‘no.’
- Take the time to collect facts from people who will likely have the information you need to complete the assessment.

STEP 4: Enter your answers, get recommendations

- After your team has completed its fact-finding mission and answered all of the questions, return to the Wellness@Work website to complete the online assessment.
 - When you're finished, click “Submit Answers” and a set of worksite wellness recommendations will be generated immediately.
 - Click “Priority Setting Worksheet” and use the guiding questions to discuss the importance, feasibility and sustainability for each recommendation.

To learn more about employers' wellness programs and to take a free online assessment to help your organization identify the strengths and gaps in your workplace environment, visit www.healthoregon.org/wellnessatwork and get started today.



STEP 5: Collect additional information

- Gather additional information as needed to help set priorities. For example, you might survey employees about their satisfaction with your current wellness program and hear their suggestions for new activities or policies. Or you might review HRA results, healthcare costs, workers' compensation and sick leave data to understand costs and areas on which to focus.

STEP 6: Identify your top one to three priorities

- Identify your top one to three priorities and develop a plan of action to accomplish these positive changes and create a healthy environment for employees.

