



Wellness@Work

Speaker's Kit

Now available online for downloading and printing at www.healthoregon.org/wellnessatwork

The Wellness@Work speaker's kit helps explain why worksite wellness is a good investment and how to get started.

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Please use the kit in presentations with employees, employers, professional associations, chambers of commerce and others.

By spreading the word, you can motivate Oregon employers to create worksite wellness programs that can improve employee health and satisfaction, boost productivity, control healthcare costs and strengthen the bottom line.

The kit includes:

- Wellness at Work quiz to spark conversation
- PowerPoint on the value of worksite wellness
- PowerPoint on how to start a program
- Instructions for using the online assessment tool to shape a wellness action plan
- Handout on core components of worksite wellness, plus success stories from employers
- “What’s the Hard Return on Employee Wellness Programs?”
— reprinted from *Harvard Business Review*

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