



Framingham ★ Hudson ★ Marlborough

MetroWest Moves



Worksite Wellness

Chronic diseases like heart disease, stroke, cancer, and diabetes are among the most prevalent, costly, and preventable of all health complications. Leading a healthy lifestyle (being physically active, eating well, and avoiding tobacco use) greatly reduces a person's risk for developing chronic disease. With the majority of Massachusetts adults spending most of their waking hours at work, worksite wellness programs provide a unique opportunity for employers to foster conditions that encourage, support and promote wellness.

Benefits to Employers:

Worksite wellness programs not only have the potential to improve the general health of employees, ongoing research shows a number of benefits to employers:

- Reduction in health care costs by 26%
- Reduction in workers' compensation by 30%
- Reduction in absenteeism by 28%
- \$5.93-to-\$1 savings-to-cost ratio
- Improved job satisfaction and enhanced recruitment & retention

What Does a Worksite Wellness Look Like?

Worksite wellness programs are flexible! They can be tailored to fit the size of your organization, your employees' interests, and can be as basic or comprehensive as you want. Initiatives can target **awareness** (newsletters, lunch & learns, Health Risk Assessment), **behavior change** (smoking cessation or weight management program, gym membership discount), **policy/environmental** (vending and cafeteria changes, smoking, injury prevention), or **biometrics** (health screenings, immunizations). For example, Bose in Framingham has bike racks and a walking map that highlights a 1-mile loop around campus, and they provide showers and locker rooms to encourage physical activity. They also have policies that support healthy behaviors (e.g., tobacco free, employee wellness incentives) and use signage in the cafeteria to highlight healthy meal options.

How MetroWest Moves can Help:

- Provide a step-by-step guide to starting the process at your worksite
- Provide assessment tools & a compilation of resources/toolkits
- Promote worksites through online (website, Facebook, and Twitter) and traditional media
- Promote worksites at local events and feature worksites in presentations
- Connect worksites with other local worksites engaging in similar efforts to collaborate and share
- Connect worksites to community resources for employees

About Us: MetroWest Moves is a tri-community Mass in Motion initiative to facilitate opportunities for people who live, work and play in Framingham, Hudson and Marlborough to engage in healthy eating and active, smoke-free living.

Learn more at: www.metrowestmoves.org



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