Why Workplace Wellness?
Workplace wellness refers to employer-sponsored education and activities used to promote healthy lifestyles among employees. The toolkit is available at extension2.missouri.edu/programs/workplace-wellness Other resources can be found at health.mo.gov/living/wellness/worksitewellness/index.php

Examples include:
- Health education classes
- Subsidized use of fitness facilities
- Policies that promote healthy behavior

Improving employee health can:
- Increase productivity and morale
- Reduce absenteeism and presenteeism
- Decrease health care costs
- Attract and retain good employees

The average return on investment (ROI) for comprehensive, well-run wellness programs is $3 for every $1 invested, but can be as high as $6 for $1 invested.

Missouri’s Priority Topics for Workplace Wellness
Creating workplace wellness efforts that focus on these priority topic areas will move a business on its way to a healthier workforce.

Physical activity
Example: Support physical activity breaks—like stretching or walking—during the day

Mental health
Example: Provide mental health and mental illness messages through brochures, intranet, health fairs and other means

Nutrition
Example: Promote fruits and vegetables in break areas and cafeteria through motivational signs, posters and other materials

Tobacco
Example: Promote stop-smoking classes

For more information, email workwellmissouri@missouri.edu
Missouri Workplace Wellness Award

Recognition Available for Worksites Promoting Wellness

University of Missouri Extension (MU Extension) in partnership with the Missouri Department of Health and Senior Services (DHSS) has launched the Missouri Workplace Wellness Award program, which recognizes employers that invest in creating a working environment that supports healthy behaviors. Employers are recognized based on criteria for their level of support: Gold, Silver and Bronze.

Each level includes:

- Policy and education initiatives
- Facilities
- Resources that promote healthy choices

Each level builds on the previous level’s requirements

Minimum Criteria for any Level

- Assessment
- Planning
- Implementation
- Evaluation

See a full explanation of the criteria at the website below.

Award and Fillable Application:
extension2.missouri.edu/programs/workplace-wellness/missouri-workplace-wellness-award