

Stretch Your Wellness Dollar

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Summary: This handout is about saving time and saving money. Enrich your wellness program by becoming familiar with the many no- and low-cost health promotion resources available to enhance your program while they stretch your wellness budget.

1. Maximize what you have

Benefits:

Wellness benefits provided through the State Employee Group Insurance Program (SEGIP), and depending on an employee's appointment status and conditions, include:

- Health insurance and pharmacy benefits (find at <http://mn.gov/mmb/segip/> in the Medical & Dental tab)
- Dental insurance (find at <http://mn.gov/mmb/segip/> in the Medical & Dental tab)
- Tobacco cessation programs
- Personal Health Assessment (www.mn.gov/StayWell)
- Office visit copay reduction if Health Assessment is completed during Open Enrollment
- Free phone or online health coaching programs for employees completing a health assessment
- Employee Assistance Program (www.mn.gov/EAP)
- Health challenges
- Free, on-site flu vaccinations
- Reduced copays at convenience clinics

Other benefits:

- Appropriate use of vacation and sick leave as described in MMB Labor Contracts and Plans (<http://www.mn.gov/mmb/employee-relations/labor-relations/Labor/>)
- Appropriate use of break time and meal periods as outlined in our labor agreements. (<http://www.mn.gov/mmb/employee-relations/labor-relations/Labor/>)

Facilities:

- Quiet rooms
- Bike racks
- Lactation rooms
- Tobacco use only in designated areas
- Exercise rooms
- Stairways
- Intranets and email systems to communicate messages

Policies:

Ergonomic consultations
Healthy Catering (MDH)

2. Build with existing toolkits

- California Fit Business Kit:
<http://www.cdph.ca.gov/programs/cpns/pages/worksitefitbusinesskit.aspx>

- Centers for Disease Control and Prevention (CDC) Healthier Worksite Initiative: www.cdc.gov/nccdphp/dnpa/hwi/toolkits/index.htm
- HERO: Health Enhancement Research Organization: <http://hero-health.org/>
- WELCOA: The Wellness Council of America: www.welcoa.com
- Wisconsin Worksite Wellness Resource Kit: <https://www.dhs.wisconsin.gov/physical-activity/worksite/kit.htm>

3. Integrate free resources

On-line tools:

- Sample employee interest survey: www.surveymonkey.com/s.aspx?sm=lccmMYh_2bOkL5j_2fbb0tMhSg_3d_3d
SurveyMonkey: www.surveymonkey.com
Zoomerang: <http://zoomerang.com>
- Google: www.google.com
 - docs for sharing and collaborating:
 - fit for tracking health habits
 - maps for mapping bike or walking routes
- On-line invitations can be used to increase attendance: <http://www.evite.com> or
- A blog for giving your program a home, program updates, and sharing photos: or <http://wordpress.com>
- Time and Date Countdown Timer: www.timeanddate.com/counters/customcount.html
- Social marketing Web sites like Facebook: www.facebook.com, MySpace: <http://www.myspace.com>, Flickr: <http://www.flickr.com>, or LinkedIn: <http://www.linkedin.com>, can be used for networking, marketing, and sharing resources
- On-line video sharing sites like www.YouTube.com for education, physical activity in meetings, humor, stretching video, gratitude dance, funny Thai health promotion, Where the he** is Matt?
- Wiki: A wiki is one or more Web pages designed to enable anyone who accesses it to contribute or modify the content. A wiki could be used to gather ideas and encourage chat among program participants, www.wetpaint.com/ or www.openplans.org.
- Tracking devices: MapMyWalk/Bike, Google "Fit" or Runkeeper

Presenters:

- StayWell: Holly.Glaubitz@state.mn.us
- Advantage Health: <http://www.advantagehealth.com>
- American Red Cross: www.redcross.org
- Arthritis Foundation: <http://www.arthritis.org>
- Asthma and Allergy Foundation of America: <http://www.aafa.org>
- American Diabetes Association: <http://www.diabetes.org>
- American Heart Association: <http://www.americanheart.org>
- American Lung Association: <http://www.lungusa.org/>
- Community Health Charities of Minnesota has a speaker's bureau: <http://healthcharitiesmn.org/>
- DVD such as those from Discovery Health or the library: <http://health.discovery.com>

- Financial services companies, credit unions
- Health champions among your employees with healthy passions to share
- Instructors from health clubs and others health educators and providers in the community may provide free demonstrations to promote their business
- Ruth Anne Plourde for tai chi and stress management: <http://www.ruthanneinnergizes.com>
- Shoe stores like Marathon Sports will have someone come in and assess feet:
<http://www.marathonrunwalk.com>
- Top 20 Training: <http://www.top20training.com>

Campaigns

Eat Well

- [CSA Steps for Site Coordinators \(pdf\)](#)
- [Don't Gain a Pound \(pdf\)](#)
- [Recipe for a Healthy Lunch Club \(pdf\)](#)
- [Mindfull Eating Challenge \(pdf\)](#)

Mental Wellbeing

- [Steps to Organizing a Successful Plant Swap \(pdf\)](#)
- [Steps to Offering Chair Massage \(pdf\)](#)
- [Volunteer in a State Park \(pdf\)](#)

Move More

- [American Heart Association's Start! Walking Campaign \(startwalkingnow.org\)](#)
- [do.Challenge \(pdf\)](#)
- [Minnesota Land of 10,000 Steps: A Virtual Walking Tour \(MMB & Mn/DOT\)](#)
- [Step by Step: A Walking Incentive Campaign \(pdf\)](#)
- [Take the Stairs \(pdf\)](#)
- [Walk Across Minnesota \(pdf\)](#)
- [Bring Energy to Your Meetings](#)
- [Nice Ride \(pdf\)](#)
- [Steps to Arranging a Fitness/Wellness Class \(pdf\)](#)

Free Health Promotion Posters:

- Canada Public Health's Stairway to Health: <http://www.phac-aspc.gc.ca/hp-ps/index-eng.php>
- Learning ZoneXpress 8.5" x 11" free monthly poster: www.learningzonexpress.com
- National Sleep Foundation offers sleep facts sheets and posters:
<http://www.sleepfoundation.org>
- National Institutes of Health to download free fact sheets:
<http://www.nhlbi.nih.gov/health/public/sleep/healthysleepfs.pdf>
- North Carolina Division of Public Health Eat Smart, Move More posters:
<http://www.eatsmartmovemorenc.com/>

- North Carolina Division of Public Health posters: <http://www.shpnc.org/ncHealthSmart/workWellness/resources.aspx>
- Work Well posters: <http://www.mn.gov/mmb/segip/health-solutions/employees/workwell/awc/progbuildres/posters.jsp>

Newsletters and Blogs:

- American Cancer Society: <http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/app/healthy-living-newsletter.aspx>
- Food Politics by Marion Nestle: <http://www.foodpolitics.com/>
- *Health@Work Monthly E-tips Newsletter: <http://www.hennepin.us/publichealthpromotion>
- Hope Health "Workplace Weekly" weekly e-newsletter for managers and many free reports: <http://www.hopehealth.com/>
- Mayo Clinic Housecall: <https://newslettersignup.mayoclinic.com/>
- MN Department of Health News Clips: <http://www.health.state.mn.us/> go to upper right corner for Email Updates
- News from the Cooper Institute: <http://visitor.constantcontact.com/email.jsp?m=1101553122788>
- Nutritional Action Healthletter Archives: <http://cspinet.org/nah/index.htm>

Health Promotion Web Links:

- Alberta Centre for Active Living: <https://www.centre4activeliving.ca/resources/>
- American Diabetes Association Stop Diabetes at Work: <http://www.diabetes.org/in-my-community/awareness-programs/stop-diabetes-at-work/>
- Carver County Worksite Wellness Resource Center: http://www.co.carver.mn.us/departments/PH/workplace_wellness.asp wide range of resources and links
- Cater to Health: <http://www.catertohealth.org>
- Centers for Disease Control and Prevention Healthier Worksite Initiative: www.cdc.gov/nccdphp/dnpa/hwi/index.htm
- Fruits and veggies more matters: www.fruitsandveggiesmorematters.org
- Health Enhancement Systems: <http://www.hesonline.com/>
- Hennepin County Health@Work <http://www.hennepin.us/publichealthpromotion>
- National Business Group on Health: <http://www.businessgrouphealth.org>
- National Wellness Institute: <http://www.nationalwellness.org>
- Nutrient Facts: <http://www.nutrientfacts.com>
- Pedestrian and Bicycle Information Center: <http://www.walkinginfo.org>
- U.S. Department of Health and Human Services Healthfinder: <http://www.healthfinder.gov>
- WebMD: www.webmd.com
- Weight Watchers: <http://www.weightwatchers.com>
- Wellness Councils of America: <http://www.welcoa.org/>
- Wellness Junction: <http://www.wellnessjunction.com>
- Wellness Proposals: <http://www.wellnessproposals.com/>
- Yale University Rudd Center for Food Policy and Obesity: <http://www.yaleruddcenter.org>

Low Cost Marketing Materials:

- Staff expertise around marketing
- Take digital photos, have a photo scavenger hunt, make photo enlargements at office supply store
- Various low cost sources: www.makestickers.com (bumper stickers and more); 4Imprint (<http://www.4imprint.com/>) VistaPrint: <http://www.vistaprint.com> (car door magnets, window clings, window signs)

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