

Vermont Worksite Wellness Resource

Supporting Remote Employees During COVID-19



General Resources

COVID-19 Resources

- [Vermont Department of Health](#)
- [Centers for Disease Control and Prevention](#)
- [CDC Resuming Work Toolkit](#)
- [Agency of Commerce and Community Development COVID-19 Recovery Resource Center](#)

External Resources on Worksite Wellness During COVID-19

(please note these are not resources developed by the Department of Health or the CDC)

- [RiseVT](#)
Monthly challenges, newsletters with nutrition and physical activity tips, blog with wellness resources.
- [WellRight Covid Support Resources](#)
Videos on wellness at home, webinars, and other resources on Covid-10 and work.
- [WELCOA Covid Toolkit](#)
Videos, at home-workouts, webinars and other resources on Covid-19 and work.
- [Center for Workplace Mental Health](#)
Resources to support mental health during Covid-19.
- [National Association of Chronic Disease Directors Work Remotely Resource](#)
Tips on successfully working from home during the pandemic, including setting up a home office in small spaces, conference call etiquette, and effective communication.

Healthy Eating

Ideas:

- Start a healthy recipe share.
- Offer monthly healthy eating challenges, such as eating a healthy breakfast, eating more fruits and vegetables, or drinking water instead of sugary drinks.
- Host a virtual healthy staff lunch, encouraging employees to bring a healthy lunch.

Resources to share:

- [UVMHC Wellness Blog](#)
- [Food Security during Covid-19](#)
- [Food planning during the pandemic](#)
- [Nutrition and food safety tips and resources](#)

Physical Activity

Ideas:

- Offer a monthly activity challenge, such as daily walking or taking regular stretch breaks.
- Encourage employees to take short activity breaks during the day.
- Share resources to online fitness classes, or hire a local instructor to teach online classes.
- Hire a personal trainer to teach a one-time online class on at-home exercises.

Resources to share:

- [Short at-home fitness videos](#)
- [RiseVT Challenges and Resources](#)
- [At home fitness for wheelchair users](#)
- [Desk exercises](#)
- [Come Alive Outside Challenges](#)

Tobacco Cessation

Ideas:

- Promote [802Quits resources](#).
- Encourage employees to work together on cessation, such as participating in a virtual cessation class together.

Resources to share:

- [802Quits.org](#)

Preventive Care and Safety

Ideas:

- Provide ergonomic support for home offices:
 - Offer virtual assessments.
 - Offer a virtual one time class.
- Remind employees to access preventative care such as cancer and heart health screenings, dental cleanings, and immunizations when it is safe to do so.
- [Make a plan](#) for offering flu vaccine clinics during the pandemic.

Resources to share:

- [Flu Finder – Find a flu vaccine near you](#)
- [Preventive Care Schedule](#)
- [Ergonomic Set-Up Checklist](#)
- [YouFirst – support to pay for breast and cervical cancer screening](#)

Emotional Wellbeing

Ideas:

- Provide virtual connection opportunities for social time with co-workers.
- Encourage employees to access mental health supports when needed.
- Share resources on mental health and stress reduction.
- Support flexible work schedules for employees balancing family and work.
- Share resources on domestic violence awareness.
- Celebrate employee achievements.

Resources to share:

- [Healthy Sleep](#)
- [Mental Health and Stress Reduction During the Pandemic](#)
- [Vermont Mental Health Supports and Resources](#)
- [Videos on financial wellness, meditation and more](#)
- [Vermont Network on Domestic Violence](#)
- [TheBasics.Org resource for caregivers of infants and toddlers](#)
- [National Alliance on Mental Illness COVID-19 Resource Guide](#)
- [Vermont Helpline—Alcohol and Drug Support Center](#)
- National Suicide Prevention Lifeline – 1800-273-8255