

Stand Together with 3-4-50

SHOW YOUR COMMITMENT TO REDUCING CHRONIC DISEASE

Thank you for your dedication to promoting health and reducing the risk of chronic disease. **Please check off wellness measures that your organization currently employs or will accomplish within the next 12 months.**

BRONZE

Must check at least six to achieve Bronze Level

- Have a wellness committee and a written wellness plan
- Promote free 802Quits resources
- Celebrate employee wellness achievements
- Add smoke-free signs around the building or business campus
- Move outdoor cigarette receptacles away from building entrances
- Encourage physical activity breaks and active meetings
- Provide information about community resources for healthy eating, physical activity and quit support
- Become a Bronze Level Breastfeeding Employer (See Health Department criteria)

SILVER

Bronze Level plus at least four from Silver Level

- Provide refrigerators, microwaves, and break areas
- Allow flexible time for exercise or wellness activities during the work day
- Implement healthy meeting policies
- Provide space where employees can be physically active
- Create a property-wide tobacco free policy and ensure employees comply
- Offer an on-site Community Supported Agriculture (CSA) program
- Become a Silver Level Breastfeeding Employer

GOLD

Silver Level plus at least three from Gold Level

- Make health coaching, biometric screenings, quit classes or other health and wellness-related programming available for employees
- Offer on-site fitness opportunities such as a fitness space or active workstations
- Provide incentives for participating in wellness activities
- Build and maintain a worksite garden or become a Community Support Agriculture (CSA) pick-up site
- Enlist at least 50% of employees to participate in worksite wellness programming in a 12-month period
- Become a Gold Level Breastfeeding Employer

