

Support Employees with Worksite Wellness

Why Worksite Wellness?

- Vermonters spend more than one third of their day working. Programs, policies and environments at worksites influence the overall health of employees and their families. Worksites can also have a positive impact on the health of the communities in which they are located.
- Employers benefit financially from prioritizing worksite wellness and honoring employees' health. Lost productivity, absenteeism and medical expenses are costly for employers.
- Worksite wellness strategies cover a wide range of topics such as:
 - Reducing injury.
 - Supporting mental health and wellness.
 - Reducing risk factors associated with chronic conditions.

What employers can do.

- Offer nutritious food and beverages at meetings and events.
- Implement a tobacco- and vape-free property policy with signage.
- Partner with [MyHealthyVT](#) to offer free self-management workshops on diabetes, high blood pressure, chronic pain, and quitting tobacco.
- Offer free or discounted fitness opportunities.
- Identify a dedicated lactation room.
- Participate in continuous culturally- and trauma-responsive trainings.
- Create and maintain a dedicated quiet space for relaxation.
- Offer ergonomic assessments.

The Vermont Department of Health can help.

We're here to assist you as you get started with creating or expanding your worksite wellness program. For additional information, check out our [Worksite Wellness Toolkit](#) or [contact your Local Health Office](#).

Barre District Office
802-479-4200

Middlebury District Office
802-388-4644

Springfield District Office
802-289-0600

Bennington District Office
802-447-3531

Morrisville District Office
802-888-7447

St. Albans District Office
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Brattleboro District Office
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Newport District Office
802-334-6707

St. Johnsbury District Office
802-748-5151

Burlington District Office
802-863-7323

Rutland District Office
802-786-5811

White River Junction District Office
802-295-8820