Vermont Worksite Wellness Resource

# Supporting Remote Employees During COVID-19





## **General Resources**

## **COVID-19 Resources**

- <u>Vermont Department of Health</u>
- <u>Centers for Disease Control and Prevention</u>
- <u>CDC Resuming Work Toolkit</u>
- 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)

• <u>RiseVT</u>

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.

<u>Center for Workplace Mental Health</u>

Resources to support mental health during Covid-19.

<u>National Association of Chronic Disease Directors Work Remotely Resource</u>

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:**

- UVMMC Wellness Blog
- Food Security during Covid-19
- Food planning during the pandemic
- Nutrition and food safety tips and resources

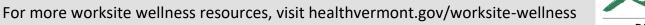
## **Physical Activity**

#### **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
- <u>RiseVT Challenges</u> and Resources
- At home fitness for wheelchair users
- Desk exercises
- <u>Come Alive Outside Challenges</u>





# **Tobacco Cessation**

## **Ideas:**

- Promote <u>802Quits resources</u>.
- Encourage employees to work together on cessation, such as participating in a virtual cessation class together.

## **Resources to share:**

<u>802Quits.org</u>

## **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.
- <u>Make a plan</u> for offering flu vaccine clinics during the pandemic.

## **Resources to share:**

- Flu Finder Find a flu vaccine near you
- <u>Preventive Care Schedule</u>
- 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
- <u>Vermont Mental Health Supports and Resources</u>
- Videos on financial wellness, meditation and more
- <u>Vermont Network on Domestic Violence</u>
- TheBasics.Org resource for caregivers of infants and toddlers
- National Alliance on Mental Illness COVID-19 Resource Guide
- <u>Vermont Helplink—Alcohol and Drug Support Center</u>
- National Suicide Prevention Lifeline 1800-273-8255

