



Live Well
Work Well

Keeping Employees Safe, Happy, and Healthy.

Worksite Well-Being Resource List

As you progress your worksite wellness programming, remember to grow and expand your current thoughts and ideas. These resources can help you develop a workplace where optimal health, safety, and productivity can flourish. Have fun taking your program to the next level!

Models and Best Practices

World Health Organization Healthy Workplace

www.who.int/occupational_health/topics/workplace/en/index1.html

CDC National Healthy Worksite Program www.cdc.gov/nationalhealthyworksite

WELCOA www.welcoa.org

S.D. Department of Health www.healthysd.gov/workplace

Total Worker Health, CDC/NIOSH www.cdc.gov/niosh/TWH

Psychologically Healthy Workplace, APA www.apaexcellence.org

National Business Group on Health www.businessgrouphealth.org

HERO www.the-hero.org

Book List

- *Well-being: The Five Essential Elements*
by Tom Rath and Jim Harter
- *Switch: How to Change Things When Change Is Hard*
by Chip Heath and Dan Heath
- *Drive: The Surprising Truth About What Motivates Us* by Daniel H. Pink
- *Change Anything*
by Kerry Patterson, et. al.

Remember your local resources: health care systems, insurance carriers, community health organizations, wellness/fitness facilities, and many more!