

2015 Live Well Work Well Statement of Commitment

Worksite Well-Being efforts can have numerous benefits, including a healthier and safer workforce, increased morale, higher employee productivity, reduced absenteeism, and a reduction in medical costs. As part of its mission to inspire and advance policy, environmental, and lifestyle changes that promote well-being, Live Well Sioux Falls supports Sioux Falls employers in making well-being a priority.

Worksite Well-Being best practices, which are defined in the Live Well Work Well Commitment Form and further described on the Live Well Sioux Falls website, outline potential strategies for Sioux Falls businesses to implement. Live Well staff and/or Work Well Steering Committee members will follow-up with and assist Sioux Falls companies in implementing strategies that decrease tobacco usage, improve nutrition practices, educate about physical and mental health, and encourage overall well-being in the workplace.

Your commitment to Live Well Work Well means that as a company, your leadership and employees are committed to improving and growing in at least one of these areas of well-being annually. Please note, you and your company will recommit each calendar year so it is not expected that you commit to every concept.

As you review the Commitment Form, you will notice that each strategy has a “Currently Doing” and a “Plan to Do” check-box. Please indicate whether your company is currently doing the practice that is listed or if your company is committing to do the listed practice in the next year.



Keeping Employees Safe, Happy, and Healthy.

Live Well Sioux Falls • livewell@siouxfalls.org • www.livewellsiouxfalls.org • 367-8760

2015 Live Well Work Well Statement of Commitment

Our organization, _____, is committed to be an active member of Live Well Work Well Sioux Falls. We are committed to the vision and goals of sustaining safe, happy, and healthy employees in our community.

We accept the challenge to **further advance** our practices in worksite wellness. In 2015, we commit to the following and agree to reach out to Live Well Sioux Falls for guidance in accessing community resources.

Currently Doing	Plan to Do	
		1. Culture
<input type="radio"/>	<input type="radio"/>	Create an environment and culture where optimal health, safety, and productivity can flourish.
<input type="radio"/>	<input type="radio"/>	Embrace the value of human capital and see each employee as a whole person.
<input type="radio"/>	<input type="radio"/>	Integrate well-being into our business decisions and day-to-day operations (i.e. company mission/vision/values, employee engagement, training, safety, performance management, leadership development, environmental stewardship, and more).
<input type="radio"/>	<input type="radio"/>	Integrate occupational safety and health protection with wellness to prevent worker injury and illness and to advance employee health and well-being.
<input type="radio"/>	<input type="radio"/>	Other: _____
		2. Capture Management Support
<input type="radio"/>	<input type="radio"/>	Communicate practices regarding wellness and safety.
<input type="radio"/>	<input type="radio"/>	Contribute resources for employees.
<input type="radio"/>	<input type="radio"/>	Designate responsible staff for employee well-being development.
<input type="radio"/>	<input type="radio"/>	Model healthy behavior.
<input type="radio"/>	<input type="radio"/>	Other: _____
		3. Create a Committee
<input type="radio"/>	<input type="radio"/>	Form and invest in a dedicated employee wellness and/or safety team.
<input type="radio"/>	<input type="radio"/>	Other: _____
		4. Assess the Workplace
<input type="radio"/>	<input type="radio"/>	Routinely perform a wellness/safety interest and/or workplace culture survey.
<input type="radio"/>	<input type="radio"/>	Understand organizational health, safety, and productivity.
<input type="radio"/>	<input type="radio"/>	Other: _____
		5. Develop a Plan
<input type="radio"/>	<input type="radio"/>	Develop a strategic plan aligned with employee and organization needs which includes outcome metrics.
<input type="radio"/>	<input type="radio"/>	Other: _____
		6. Program Evaluation
<input type="radio"/>	<input type="radio"/>	Evaluate health and productivity outcomes annually for effectiveness and improvement.
<input type="radio"/>	<input type="radio"/>	Engagement and satisfaction survey.
<input type="radio"/>	<input type="radio"/>	Other: _____



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Currently
Doing

Plan
to Do

7. Implement Total Worker Health *(It is not expected that you commit to every concept)*

Live Well Breathe Well: Establish an environment that supports clean air.

- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | Implement a tobacco-free workplace/campus policy or strategy. |
| <input type="radio"/> | <input type="radio"/> | Promote the South Dakota QuitLine. |
| <input type="radio"/> | <input type="radio"/> | Incorporate the use of safety equipment. |

Live Well Eat Well: Establish an environment that supports nutritional well-being.

- | | | |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Implement a nutrition policy or strategy. |
| <input type="radio"/> | <input type="radio"/> | Establish healthy vending machines. |
| <input type="radio"/> | <input type="radio"/> | Provide access to a full-functioning break room. |
| <input type="radio"/> | <input type="radio"/> | Develop a corporate garden. |
| <input type="radio"/> | <input type="radio"/> | Bring a Farmer's Market to work. |

Live Well Feel Well: Establish an environment that supports physical and mental health.

- | | | |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Host a Big Squeeze (blood pressure) event annually. |
| <input type="radio"/> | <input type="radio"/> | Train employees on CPR and/or install AEDs. |
| <input type="radio"/> | <input type="radio"/> | Join the Face It TOGETHER Sioux Falls Employer Initiative (substance dependency). |
| <input type="radio"/> | <input type="radio"/> | Provide individual and organizational strategies and solutions to effectively manage stress. |
| <input type="radio"/> | <input type="radio"/> | Provide individual, workgroup, and organizational opportunities for employees to build internal and external relationships, both on and off work time. |

Live Well Move Well: Establish an environment that supports physical activity and energy.

- | | | |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Implement a physical activity policy or strategy. |
| <input type="radio"/> | <input type="radio"/> | Provide worksite walking routes. |
| <input type="radio"/> | <input type="radio"/> | Encourage physical activity breaks. |
| <input type="radio"/> | <input type="radio"/> | Reduce seated work time (i.e. sit-to-stand workstations). |
| <input type="radio"/> | <input type="radio"/> | Implement industrial athlete programming (i.e. pre-shift exercises). |
| <input type="radio"/> | <input type="radio"/> | Support use of transit to promote active transportation. |
| <input type="radio"/> | <input type="radio"/> | Increase/improve bicycle parking. |
| <input type="radio"/> | <input type="radio"/> | Provide on-site changing/locker facilities. |

Live Well Sioux Falls: Establish an environment that makes the healthy choice, the easy choice.

- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | Promote waste reduction through smart purchasing. |
| <input type="radio"/> | <input type="radio"/> | Utilize green cleaning practices. |
| <input type="radio"/> | <input type="radio"/> | Implement the City's Green Pledge program (sustainable living). |
| <input type="radio"/> | <input type="radio"/> | Provide employees the opportunity to sharpen their skills in personal finances. |
| <input type="radio"/> | <input type="radio"/> | Provide individual, workgroup, and organization-wide opportunities for employees to integrate and get involved in the community, both on and off work time. |
| <input type="radio"/> | <input type="radio"/> | Establish proactive and integrated workplace policies that embrace a culture of safety and enforce daily safety standards. |

Other: _____

Company Name: _____ Date: _____

Company Contact: _____

Contact Email: _____ Phone: _____