

Work Healthy!

Achieve **GOLD, SILVER or BRONZE**
Status for your worksite!

Be recognized through media events
and at the annual celebration highlighting all
participating River Valley worksites

Apply by May 12, 2016

Save the Date

June 2nd 11am-1pm

Work Healthy! Recognizes businesses
and organizations who have placed a
high priority on promoting good
health for their employees.

The benefits of supporting a tobacco-
free lifestyle, encouraging physical
activity and/or promoting healthy
eating, businesses can expect:

- Reduced absenteeism
- Reduced disability & health care costs
- Improved productivity
- Money saved

Worksite assessment involves 3 areas:

- Smoking cessation and tobacco use
- Supporting healthy nutrition
- Physical activity

Apply by sending the
following information to:

River Valley Healthy
Communities Coalition
94 River Street
Rumford, ME 04276
Fax: 207-364-3044
rvhccemery@zwi.net

Company/Organization: _____

Contact and Title: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Fax: _____

Number of employees: _____

Check all that apply:

_____ We have attached our tobacco
policy and are ready to apply.

_____ We have attached our
breastfeeding policy.

_____ We have successes we would
love to share with others!

“PLEASE Attach Any Updated Policies”

Work Healthy!

Offers Technical Assistance

Work Healthy! is a free service
available to River Valley
businesses and organizations.
Technical assistance, educational
materials and resources are
accessible to employers to
encourage healthy behaviors and
lifestyles of their employees. By
working together, we can
increase the health of our state's
workforce.

Need help getting started?

Would you like to enhance your
existing policies and initiatives?
River Valley Healthy Communities
Coalition can provide technical
assistance to implement
strategies and improve the
health of your workforce and
business.

**Contact: River Valley Healthy
Communities Coalition**

94 River Street
Rumford, ME 04276
Phone: 207-364-7408
Fax: 207-364-3044
www.rvhcc.org

Work Healthy!

Assessment Areas and Award Levels

Choose a level in each category and provide copies of your policies.

To apply there must have a written tobacco policy.

Support a Tobacco-Free Environment

Good/Bronze!

- Written Policy meets the Workplace Smoking Act of cigarettes, electronic cigarettes, pipes, and cigars is prohibited within 20 feet of all company owned / leased buildings and vehicles
- Promote tobacco-free lifestyles by providing employees with self-help materials or referral information on tobacco treatment
- Smoke-Free area signs are posted – signs provided by RVHCC

Better/Silver!

- Meet Bronze standards
- Written policy provides for a tobacco free building and not tobacco use within 50 feet of all entrances, air intake and walkways. Tobacco use includes any tobacco product – including cigarettes, electronic cigarettes, pipes, cigars, chew, snuff and spit.
- Written policy provides some level of coverage on a one-time basis for cessation services through Health Insurance coverage or employer reimbursement – i.e.: medications, cessation classes etc.

Tobacco-Free continued:

Best/Gold!

- Meet Silver standard
- Written policy provides for a tobacco-free property
- Written policy includes provisions for enforcement and communicating the policy to all employees on an annual basis
- Written policy provides on-going coverage for cessation services through Health Insurance coverage or employer reimbursement – i.e.: medications, cessation classes, etc.- either on or off-site.

Encourage Physical Activity

Good/Bronze!

- Promote exercise and recreational activities to employees.

Better/Silver!

- Meet Bronze standard
- Provide incentives for engaging in exercise recreational activities, and/or provide discounts/offer reimbursements for participation in fitness programs.

Best/Gold!

- Meet Silver standard
- Provide **on-site programming** that supports exercise and recreational activities.

Promote Healthy Eating

Good/Bronze!

- Offer healthy alternatives to employees in vending machines, cafeterias and/or company meetings. Promote nutrition and weight management programs.

Better/Silver!

- Meet bronze standards
- Provide **incentives** for participating in nutrition or weight management.

Best/Gold!

- Meet Silver standards and
- Have a written policy in place that supports healthy food options or
- Provide **on-site programming** and **incentives** to support healthy eating and/or weight management and nutrition programs.

Bonus Category

Move up an award level, if your wellness program includes any on this list *Please check all that apply.*

- www.healthusscorecard.org
- Breastfeeding in Workplace Policy
- Promotion of Health Screening – colorectal, mammograms, cholesterol, diabetes, etc.
- Employee Assistance Program (EAP)
- Drug-Free Policy
- Nutritional Guidelines Policy
- _____