

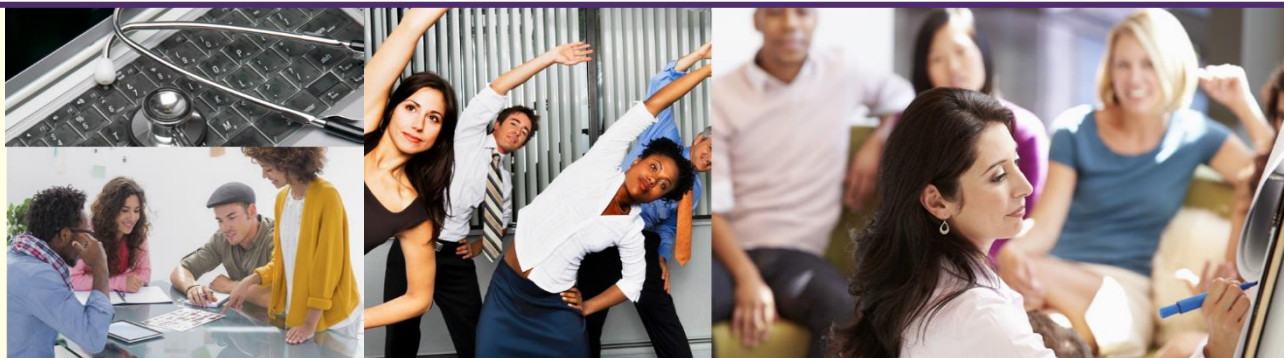
What Is Work@Health®?

The Work@Health® employer-training program is an initiative of the U.S. Centers for Disease Control and Prevention (CDC) to promote workplace wellness through employer education, training, and technical assistance. The program also partners with trade associations, business coalitions and health departments that support employer workplace health efforts. Training is delivered by professional instructors who undergo a rigorous certification process.

Having a healthier workforce not only benefits individual employees, but also can also result in greater productivity and lower healthcare and workers' compensation costs for employers.

Work@Health® Advance, launched in 2015, provides advanced training and technical assistance to employers who have completed the Work@Health® basic program. After being exposed to the most important workplace health concepts and principles, the next phase of employer training focuses on sustainability by reinforcing key principles and providing more sophisticated and advanced technical assistance.

Work@Health® uses web-based training, and in-person training labs to deliver content. A team of quality instructors, facilitators and subject-matter experts provide ongoing technical assistance and support both to program graduates and new participants.



Key Components of Work@Health®

- The **Employer Core Training Program** combines web-based and in-person training by certified trainers. It uses a science-based employer training curricula.
- The Advance **Technical Assistance Program** will provide employers, who have completed their Work@Health® Core training, one-on-one support, a customized technical assistance plan, and assistance reaching third-party accreditation/ recognition.
- The **Work@Health® Training and Technical Assistance Portal (TTAP)** is a web-based Web portal where employers can access Work@Health® tools, information, and technical assistance from top experts in the field. TTAP is an online information sharing platform for Work@Health® Technical Assistance Providers and employers to enhance collaboration and ongoing learning while assisting in the sustainability and replication of successful worksite health and wellness best practices.
- The **Train-the-Trainer Program** prepares new certified trainers who will collectively provide comprehensive core training to employers in their communities.
- The **Master Trainer Program** will provide additional training to a select group of certified trainers to enable them to train other Train-the-Trainers or become Technical Assistance Providers.
- Collaboration with regional and national stakeholder organizations that support employee health and wellness issues.



The curricula covers a number of foundational and core workplace health principles including:

- Why having a workplace wellness program makes good business sense
- How to assess the workplace health needs of organizations
- How to plan, implement, and create an environment that supports science-based workplace health programs, policies, and practices that provide a great return on investment
- How to know if your workplace health and wellness program is working and how to continuously improve its quality

Work@Health® Employer Training Content

Work@Health® Goals

- Increase awareness of the benefits to employers and the skills required to implement effective workplace training to expand the number of worksites adopting science-based workplace health programs.
- Create a highly trained corps of instructors, coaches and trainers who can train and support employers who are developing, implementing, or improving worksite wellness programs.
- Increase employers' knowledge and skills of workplace health program concepts and principles.
- Improve employer capacity for developing, expanding and sustaining workplace health programs by providing technical assistance, tools, and resources that can support them.
- Promote peer-to-peer, community-based cooperation and mentoring among employers.

How You Can Be Involved

Applications and more details can be found at: www.cdc.gov/workathealth/ contact Work@Health® Customer Service at 1-800-305-WELL (9355) and workathealthcustsvc@ashlininc.com

A Workplace Wellness: A Health and Economic Benefit

Chronic diseases are costly in terms of the health and quality of life impact to individual workers and their families and the economic cost to employers and employees. The Medical Expenditure Panel Survey of 2010, the latest year for which figures are available, found that the U.S. spends \$1.219 trillion each year on medical costs, and that 86 percent of that total is related to chronic conditions, such as heart disease, stroke, cancer, arthritis, diabetes or obesity.

Productivity losses related to personal and family health problems cost U.S. employers more than \$225 billion every year. And the indirect costs of poor health—including absenteeism, disability and reduced work output—are even higher. That's why workplace health programs make good business sense.

By implementing science-based workplace wellness programs, employers can control their healthcare costs while improving America's overall health. Workplace health programs can improve workers' health knowledge and skills and promote healthy behaviors, like having regular health screenings, immunizations and follow-up care. Creating a culture of healthier behaviors at work can also expand into other areas of employees' lives.