



Put Health on the Agenda

Employees working full time can spend more than one-third of their day at their workplace. The Centers for Disease Control and Prevention (CDC) developed the Workplace Health Resource Center (WHRC) (www.cdc.gov/WHRC) to help businesses of all sizes design, develop, put in place, evaluate, and sustain workplace health promotion programs to help improve employees' physical, mental, and financial health.

The WHRC is a one-stop, easy-to-navigate website that features resources backed by science. Employers can tailor these resources to foster a healthy work environment where both the business and employees benefit. The WHRC supports the CDC Workplace Health Program's mission to create a culture of healthy behaviors to reduce health risks, help improve America's overall health, and enhance the quality of life for U.S. workers.

The WHRC is valuable for:

- Employers
 - » Human resources and benefit managers
 - » Wellness champions
- Employee benefits consultants and brokers
- State public health departments
- Business health associations and coalitions

The WHRC features:

- Step-by step tutorials on how to start a workplace health promotion program
- Small business workplace health strategies
- Real-world case studies
- Reliable and relevant resources, webinars, and videos
- Robust search functions to quickly access information
- Resources that fit any organization's budget
- CDC verified resources and information all in one location

Resources to meet your needs:



Organizational

- Employee engagement
- Benefit plan design
- Wellness and health promotion technology
- Implementing incentives
- Leadership commitment and support
- Legal and regulatory environment



Individual

- Physical activity and fitness
- Emotional health
- Financial health
- Tobacco use
- Work-life balance
- Lactation support

So much more...

Improve employee well-being. Visit www.cdc.gov/WHRC.

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