• **Exercise:** Identify 2-3 barriers to worksite health in your organization (consider leadership support, policies, environment, and work culture). For each barrier, identify 1-2 ways the barrier could be reduced or removed. Use this information for reference and incorporation into your worksite health plan (discussed later in Worksite Health 101 Planning and Implementation training).

• Identify key people in the organization who are in positions of influence to support the worksite health team
  o Review the “Creating Leadership Support” slide (#7) and assess where key leaders fall on the continuum
  o Use the information from the Making the Case presentation to build support for the worksite health program among these individuals
    ▪ Link worksite health to the business strategy
    ▪ Link program outcomes to employee financial / health benefits
    ▪ Integrate worksite health responsibilities into job descriptions/annual reviews and job performance criteria
    ▪ Implement a senior-level worksite health pilot program

• **Worksite Health Team Exercise:**
  o Assess what is in place:
    ▪ Are you developing a new worksite health champion team?
    ▪ Are you merging existing teams (i.e., wellness and safety)?
  o Consider the components of effective worksite health teams in slides 14 – 19
    ▪ See sample worksite health team charter (pages 31-32)

• Develop a program name and logo (see samples on pages 33)
  o Leverage existing brand equity / integrate into corporate culture
  o Involve employees in name / logo process
  o Use images that reflect your employee population
  o Brand all program communications for consistency
Action Steps Checklist:

☐ Identify barriers to the worksite health program
☐ Identify strategies to reduce the impact of barriers
☐ Build support for the worksite health program with key leaders in the organization
☐ Determine the worksite health champion team structure and representation
☐ Select worksite health team leader
☐ Formal/informal charter or mission statement developed
☐ Meeting frequency determined (monthly meetings recommended)
☐ Establish worksite health champion team budget
☐ Develop program name and logo