

STEPS TO BUILD AN EFFECTIVE HEALTH PERFORMANCE PROGRAM

Unhealthy employees cost employers big dollars in lost revenue, productivity, and profitability. Here are some valuable tips to keep employees healthy and on the job.

- 01 ESTABLISH A HEALTH PERFORMANCE COMMITTEE**

Only about 15% of the population are regular and self-motivated exercisers, the rest need some encouragement. Find the exercisers on your team and nominate them for your health performance committee. These leaders will be natural encouragers for the rest of your team and will be able to determine how to best implement a health performance program.
- 02 ENCOURAGE AND REWARD HEALTHY HABITS**

Much of our health is in our habits. Healthy habits need repetition to stick. Make it easier for employees to have healthy habits at work. Develop monthly health themes, and challenges to keep employee health top of mind. Provide regular messaging to encourage behavior, show appreciation, and reward healthy behaviors. Often, just recognition for good effort will do. If you have food and drink options at work, make them healthy ones.
- 03 PROMOTE HEALTH THROUGH EDUCATION**

Provide resource to educate your employees on ways to stay healthy, mentally, physically and socially at work. Sample topics include better nutrition, better sleep, stress management, how to stretch to recover better, how to warm up for work, and how to eliminate musculoskeletal aches and pains.
- 04 PROVIDE OPPORTUNITIES FOR DAILY MOVEMENT**

Make your environment suited for movement. Make it ok to have stand up meetings, or meet while taking a walk. Remind people to move more, by providing space for stretching.
- 05 PROVIDE A TRUSTED HEALTH CARE PROVIDER FOR CONSULTATION**

Uncertainty about health causes much stress, fear and even paralysis of doing anything. Access to the right health care provider at the right time helps employees better navigate their health and the health care they need, easing employee's worries and reducing unnecessary medical expenses. Physical therapists are a great example of an ideal health care resource. With a wealth of knowledge in staying healthy, and addressing health issues, onsite physical therapists provide an inexpensive way to help employees stay healthy and able to work.

Great companies care for their number one asset, their people. For most employees, health and their ability to provide for their families are high priorities. An effective health performance program keeps employees healthy and on the job. Show employees you care, and watch them thrive.

BRIOWORKS KEEPS EMPLOYEES HEALTHY AND ON THE JOB.

To find out how BRIOWorks can help your company, call us at 504.841.0150.