

Healthy Worcester Businesses

April 1, 2015



Why Worksite Wellness?

- High percentage of deaths and chronic diseases are caused by modifiable /lifestyle related behaviors
 - Tobacco use, physical inactivity, poor nutrition



Benefits of Worksite Wellness

- Return on investment (R.O.I.)- For every \$1.00 invested in employee wellness programs, the cost savings is between \$3.50-\$5.81
- Reduced health care costs- Average of 26% reduction in health costs
- Reduced absenteeism- Average of 27% reduction in sick leave absenteeism
- Increased productivity



Healthiest Maryland Businesses

Healthiest Maryland Business Initiative(HMB)
helps businesses **create and implement**
strategic wellness plans.

Benefits of Joining:

- ▣ Consultation and technical assistance
- ▣ E-newsletters
- ▣ Educational Events
- ▣ Recognition
- ▣ Health Education models, materials, and resource guides
- ▣ Peer to Peer support



Healthiest Maryland Businesses

To become a member:

- ▣ **Sign a letter of commitment-** signing means that you join CEOs from across the state who are leading by example in making health promotion and disease prevention an integral part of their business strategy.
- ▣ **Complete the Healthiest Maryland Businesses Health ScoreCard-** Health Department available to assist in completion and can provide technical assistance for worksite wellness planning.



Healthiest Maryland Businesses

- **Atlantic General Hospital**
- **Hartley Hall Nursing and Rehabilitation Center**
- **Innovative Benefit Solutions**
- **Taylor Bank**
- **Town of Ocean City**
- **Town of Snow Hill**



Healthiest Maryland Businesses

- **Worcester County Board of Education**
- **Worcester County Commission on Aging**
- **Worcester County Developmental Center**
- **Worcester County Government**
- **Worcester County Health Department**



Healthy Worcester Businesses

- **Calvin B. Taylor Bank-** Alysso DuPont
- **Town of Ocean City-** Kate Gaddis
- **Snow Hill Fire Department-** Eddie Carman