



Training Employers | Promoting Health | Maximizing Performance

About the Program

The Work@Health™ training program was developed by the Centers for Disease Control and Prevention (CDC) to enhance employer knowledge of strategies and tools for the planning, implementation, and evaluation of workplace health interventions. The science-based curriculum includes 8 core modules that provide employers with the skills to implement a comprehensive worksite wellness program using interventions that principally address chronic health conditions, such as heart disease, stroke, cancer, diabetes, arthritis, and obesity. <http://www.cdc.gov/workathealth/>

Employer Benefits – Why Participate?

- Obtain **FREE** professional training on establishing a customized worksite health intervention plan.
- Conduct an assessment to define existing needs, interests, and capacity for specific interventions.
- Learn how to create a healthier work environment.
- Participate in opportunities for case study review, practical skills demonstration, and networking.
- Receive a certificate of completion from the CDC.

Training & Registration

Based on employer preferences, the training can be formatted as one 8-hour or two 4-hour trainings. These small group sessions can be arranged at the BHC office or onsite at member company locations and will be led by BHC Wellness Services Manager and certified Work@Health™ trainer Lauren Schulte. Program eligibility will be determined on a first-come, first-serve basis.

To inquire about program details or to schedule a training for your worksite, please contact Lauren at 314-721-7800 or lschulte@stlbhc.org.

Program Goals

The Work@Health™ program is aimed at achieving the following goals:

- Increase employers' level of knowledge and awareness of workplace health program concepts and principles. The training is meant to improve employer skills for developing or expanding workplace health programs.
- Increase the number of science-based workplace health programs, policies, and practices in place at participating employers' worksites.
- Promote peer-to-peer, community-based employer cooperation and mentoring.

The Business Case

Health care costs account for a rising share of organizational resources that could be devoted to more productive uses, including wages, capital expenditures, and business operations.

A key strategy for controlling these costs is to improve employee health and decrease the risk of developing chronic diseases. Workplace wellness programs have been shown to increase productivity, lower absenteeism, and control premiums and worker compensation claims.

