

# Real Employee Strength

Developed by the Allen County Health Department

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## Manager's Companion

### Topic: Strengthen Your Health Age

As you look around your workplace, these are a few tips you as a manager can influence to support safer, healthier employees.

#### We promote health assessment

There are several ways to promote health assessment at your workplace:

Offer regular health education opportunities on various wellness-related topics (physical activity, nutrition, tobacco) - presentations, newsletters, email blasts, websites, health fairs	Yes	No
Conduct preventive wellness screenings with follow-up - screenings as part of a health fair, periodic screenings instead of full health fairs, offer different wellness screenings through the year along with a specific health topic	Yes	No
Provide confidential health risk appraisals - computer-based or pen-and-paper appraisals (can identify major health problems and modifiable risk factors and provide ways to track change)	Yes	No

#### We promote health management

There are also ways to promote health management at your workplace.

Examples include:

- Promoting physical activity (e.g. employee activity clubs, physical activity breaks throughout the workday)
- Weight Watchers at work
- Tobacco Cessation (e.g. support groups or classes)

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