



What is Connect to Wellness?

It is an **evidence-based workplace wellness program** that trains government professionals to work with and support **small and midsize employers** in their efforts to create healthier workplaces.

The University of Washington’s Health Promotion Research Center (HPRC) developed Connect to Wellness to meet the needs of small employers and support their employees. We provide the program at **no cost to your local government health office or department** and partnering employers. **Our vision is that all working adults have healthy workplace environments and support for healthy behavior.**

To make this vision a reality, we created Connect to Wellness — **an affordable, sustainable, and evidence-based workplace wellness program** for employers who might not otherwise have access to one.

What makes Connect to Wellness different from other workplace wellness programs?

Evidence is a key part of our brand, and Connect to Wellness includes evidence-based best practices. What do we mean by that? Evidence-based best practices have been through **rigorous scientific testing**. They are reviewed by researchers at the CDC and published in “The Guide to Community Preventive Services.”

Evidence-Based Best Practices in Connect to Wellness

Healthy Food

- Create policies for healthy, affordable foods and beverages in the workplace, including vending machines.
- Create policies for healthy foods and beverages at meetings and events.

Physical Activity

- Create policies for inclusive physical activity for employees.
- Provide physical activity options that are suitable for the workplace.
- Post flyers and posters that encourage inclusive physical activity.
- Negotiate gym or fitness center discounts or incentives when possible.

Tobacco Policy & Cessation

- Create or strengthen tobacco-use policies.
- Promote tobacco quitlines and materials to support cessation.
- Promote health insurance coverage for tobacco cessation when applicable.

Cancer Prevention & Screening

- Share educational materials for employees about cancer screening guidelines, specifically for breast, cervical, and colorectal cancers.
- Promote state screening programs to uninsured workers.
- Promote applicable health insurance coverage at workplaces with insurance benefits.

Additional resources and toolkits for Connect to Wellness will be provided online, including materials focused on stress management and increasing employee participation in wellness activities.

What support is provided?

The Connect to Wellness team at the University of Washington will provide a **total of 6 hours of live, online trainings** to guide efforts in partnering with local employers who are interested in and eligible for Connect to Wellness. These trainings will be in **two-hour sessions over three days**.

In addition to online trainings, we’ll hold **monthly, one-hour technical assistance calls** for participating government health offices or departments as a group. These opportunities can provide professional development as well as

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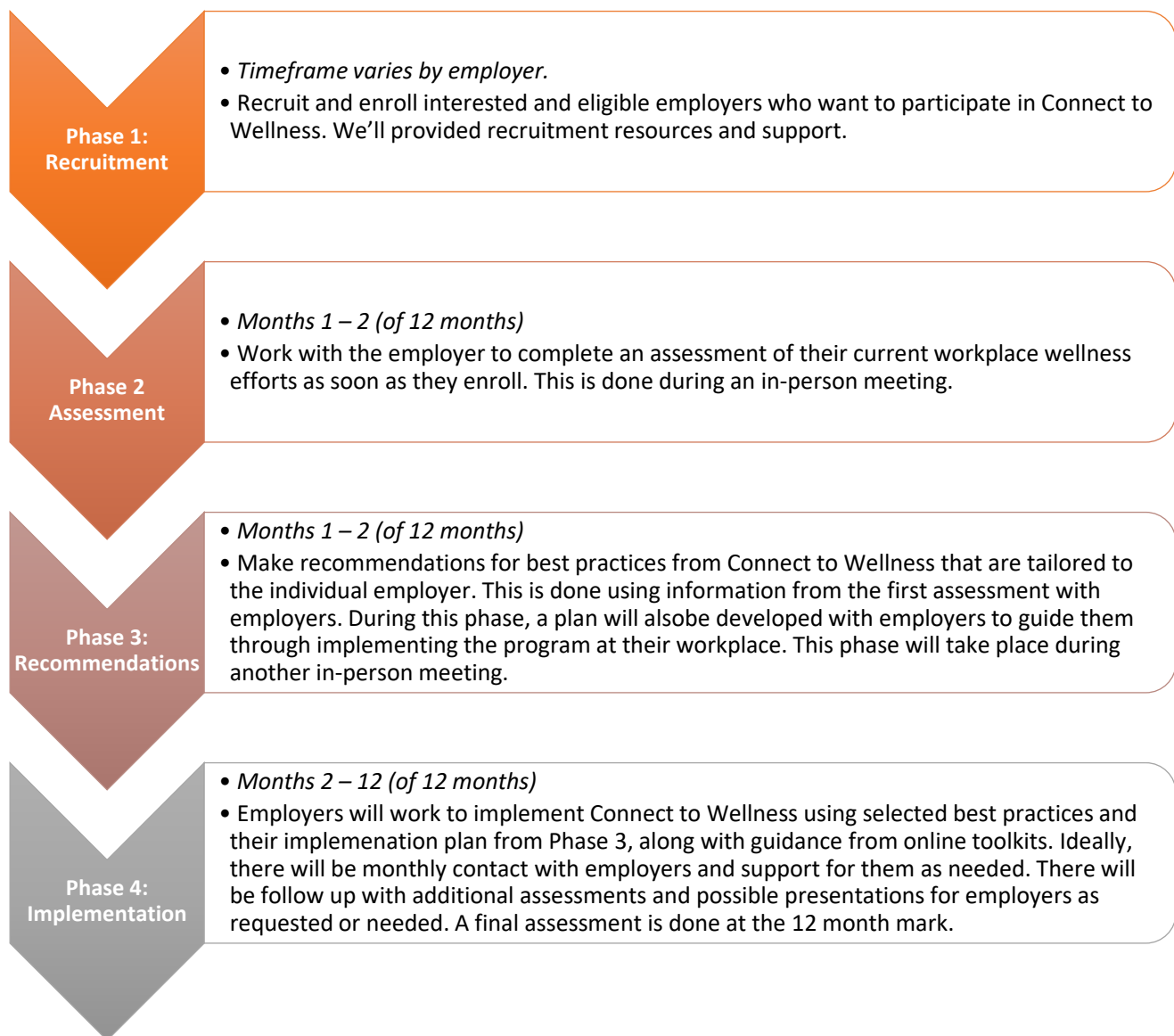
networking within the public health field. We will also provide **one-on-one assistance to address specific issues as they arise**. We are with you through every step of the program.

There will also be a **password protected website that includes information and toolkits** needed for the Connect to Wellness program. There are multiple toolkits — which include evidence-based best practices — that employers will use to implement the program.

What is the time commitment for Connect to Wellness?

Connect to Wellness involves recruiting and working with employers in a series of **four phases**. The time it takes to complete recruitment — the first phase — will vary by employer. Once an employer is recruited, the next three phases of Connect to Wellness unfold over a period of about 12 months.

Once enrolled in Connect to Wellness, **the goal is to provide employers with all the tools they need to be self-sufficient with the program**. After the last phase, employers may reach out for assistance, although they should feel equipped to maintain and build upon the program on their own.



Want more information?

Please contact the University of Washington's Health Promotion Research Center (HPRC) at ctwell@uw.edu You may also reach us at 206.616.3146, <https://depts.washington.edu/hprc/evidence-based-programs/connect-to-wellness/>