

CREATING A CULTURE OF HEALTH AT YOUR COMPANY:

WEIGHT MANAGEMENT IN THE WORKPLACE

This guide will help you get started with your own workplace wellness activities. It was developed by our experienced clinical team of nurses, dietitians, health coaches and others.

Overweight employees are at risk for a number of conditions, from heart disease and high blood pressure to diabetes and stroke. Fortunately, employers can address the problem by creating a culture of health that takes on the challenges of weight management. A comprehensive wellbeing program that encourages good nutrition and healthy exercise can help your employees get healthy and may save your company money.

Here are some tips for creating a workplace that supports weight management:

- ▶ Offer weight management classes onsite and online for interested employees.
- ▶ Encourage physical activity through offering fitness benefits, walking clubs, onsite gyms and more. (See the “Physical Activity in the Workplace” guide for more information.)
- ▶ Promote healthy eating by serving nutritious options in your company cafeteria, posting information about calorie counts and nutritional content and providing refrigerators and microwaves so employees can bring healthy lunches from home. (See the “Healthy Eating in the Workplace” guide for more information.)
- ▶ Combine physical activity and nutrition. Employees have achieved positive results when offered a combination of nutrition education (lunch and learns, cooking demonstrations, information tables, etc.) with aerobic and strength training activities to create effective action plans and set healthy lifestyle goals.

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How Tufts Health Plan Can Help

Tufts Health Plan provides a number of weight management benefits and resources that can help your employees get healthy and work to create a culture of health at your company. They include:

- ▶ Benefits and resources – Covered members have access to:
 - Discounts for nutritional counseling
 - Discounts for weight management programs from Jenny Craig® and DASH for Health™
 - Access to virtual coaching, tools and support on our secure member website. Log on to mytuftshealthplan.com and to go [Explore Health & Wellness Resources > Start Living a Healthy Lifestyle](#)
- ▶ Seminars and programs – The following can be delivered at your worksite:
 - Why do you eat what you eat?
 - Mindful eating
 - “Your Waist Matters” – a weight-loss program lasting six-to-eight weeks
 - Get motivated, get moving
 - Finding time for fitness
 - Additional topics upon request

If you have any questions, please contact your Tufts Health Plan Account Manager.

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