



Worksite
Wellness
Overview

Top Ten **Free** Worksite Wellness Tools for Small Employers

A list of many popular websites offering free tools and resources to help you easily and effectively promote and encourage healthy lifestyles to employees.

- 1 USDA ChooseMyPlate.gov**
Choose from 30 different downloadable “top 10 tips” flyers for improving nutrition that are fun to read. Also available in Spanish.
choosemyplate.gov/healthy-eating-tips/ten-tips.html
- 2 Eat Smart. Move More.**
Comprehensive resources and tools for small businesses to improve employee health and increase productivity. Includes turnkey employee challenges, activities, programs, worksite guides, and an extensive inventory of employee communication materials including worksite signage. Developed by NC State Health Plan.
eatsmartmovemorenc.com/Worksites/Worksites.html
- 3 National Business Group on Health**
Communication toolkit to educate your members on becoming smart health care consumers.
helpyouremployeeshealth.com/
- 4 Working on Wellness**
Worksite wellness program toolkit developed, in part, by the Worksite Wellness team at the Massachusetts Department of Public Health.
mass.gov/eohhs/docs/dph/mass-in-motion/worksite-wellness-toolkit.pdf
- 5 CDC: Workplace Health Promotion**
Information, tools, resources, and guidance for establishing or enhancing workplace health and safety programs
cdc.gov/workplacehealthpromotion/
- 6 CDC National Healthy Worksite Program**
Free newsletter sign-up to learn best practices in worksite wellness.
cdc.gov/nationalhealthyworksite/index.html



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- 7 Massachusetts Health Promotion Clearinghouse**
Provides free health promotion materials in several languages.
maclearinghouse.com/
- 8 Department of Public Health: Healthy Meeting & Event Guide**
Tips and tools on how to make all of your meetings, healthy ones.
mass.gov/eohhs/docs/dph/com-health/nutrition-phys-activity/healthy-meeting-event-guide.pdf
- 9 Healthy Maine Partnerships**
Over 50 Maine employer worksite wellness case studies—mostly for small employers. No cost tools including resources on nutrition, physical activity, tobacco-use, risk assessment strategies, and more.
healthymainepartnerships.org/goodwork-resource-kit.aspx
- 10 American Heart Association**
Use the Activity Tracker to review and reward employees' efforts toward better health. Set-up walking challenges and track progress toward activity goals of individuals, teams, departments or the entire company.
startwalkingnow.org/start_workplace_mystart_tracker.jsp