

STEPS TO WELLNESS

Join Four Corners in creating a healthier workplace.
Increase Physical Activity in Your Employees' Lives.



Each month employees are challenged to move more. In addition, a monthly focus will be offered in Flexibility, Strength, or Balance. Participating employees earn certificates, are entered into monthly drawings, and receive a final prize for points earned. Four Corners provides all the monthly prizes and materials to help your employees get moving.

Affordable and Easy to Implement!

Enroll your business by the end of February. Program runs March 1st through August 31st. Be equipped to recognize your employees for making healthier choices, which benefits your business, their families, and the community.

For more information, contact Chris Blanke or Angel Dale at (402) 362-2621
chrisb@fourcorners.ne.gov or angeld@fourcorners.ne.gov



Program costs are supported in part through a Public Health and Health Services Block Grant from the Nebraska Department of Health and Human Services, Division of Public Health, Health Promotion Unit.

Options for Enrollment:

Steps to Wellness Program Only

(6 month program)

\$10 per employee
(based on total employees)

Minimum fee: \$100

Maximum fee: The cost of a comprehensive program for your business size.

Comprehensive Wellness Program

(12 month program)

1-100 employees \$500

101+ employees \$700

Comprehensive program includes “Steps to Wellness” as a kick-off campaign.

****Comprehensive option available to the first five businesses.****

Help your worksite be a healthier place.

Participating businesses will receive a toolkit that provides all the instructions, ways to recognize your employees, education materials, and tip sheets.

Employers will agree to promote the “Steps to Wellness” program, encourage employee participation, and recognize participants for their involvement, efforts, and successes.

Employees will be able to track their progress. At the business’ convenience, staff from Four Corners will come to the workplace to gather initial and final participant information (such as blood pressure and physical activity minutes).

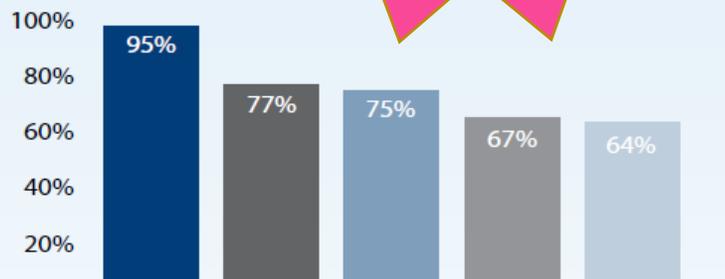
Be a leader of good choices for your employees and create a healthier workplace.

**Healthy Employees = Healthy Businesses
= Healthy Families = Healthy Communities**

Program provides approximately a \$75 value per employee in incentives, plus customized coaching and support!

Business Leaders Respond: Why Do I Invest in Worksite Wellness?⁷

Reduce Direct Health Care Costs 95%
Improve Employee Morale 77%
Retain Good Workers 75%
Attract Good Employees 67%
Improve Productivity 64%



Graph used from “Steps to Wellness” Program Guide from the Center for Disease Control & Prevention.