



The Path to Healthier Business

Improve Employee Health and Productivity

Transform Your Business

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Agenda

- **The Importance of Employee Wellness**
- **Employee Wellness at Kaiser Permanente**
- **How We Can Help**

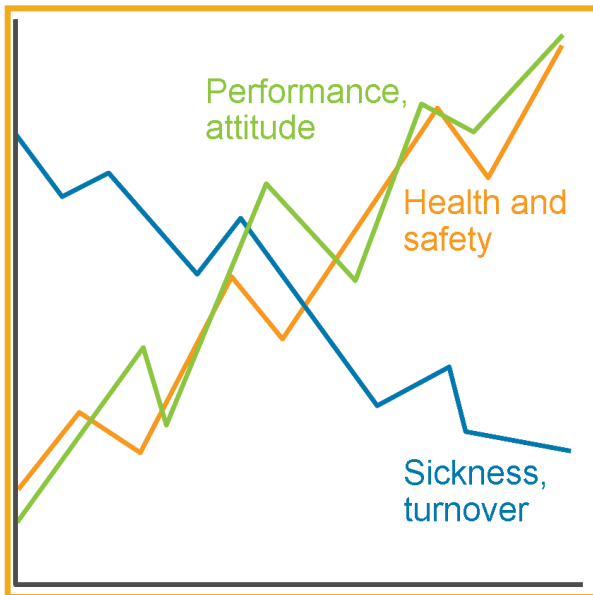
The Importance of Employee Wellness

Unhealthy behavior—more risk, higher costs



An employee health strategy starts with you

As an employer, you are uniquely positioned to help employees make healthy changes



Better safety record



Lower employee turnover



Fewer sick days

Even small steps make a difference



**Offer healthy
snacks**



**Create a bike
parking area**



**Host a
walking club**

Employee Wellness at Kaiser Permanente

Wellness in action at Kaiser Permanente



Wellness in our facilities



- Farmer's Markets
- Vending Machine Standards
- Menu Labeling in the Cafeterias
- Buy fresh and local sourcing for our hospitals
- Elimination of trans fats
- Walking paths and clubs
- Employee and pediatric gardens

How We Can Help

Six principles for building a successful program

1. Leadership support
2. Target health risks
3. Healthy company policies
4. Engage everyone
5. Communicate
6. Define success



Kaiser Permanente HealthWorks workbook

A hands-on guide to workforce health

Name _____

Title _____

Company _____

Date _____



Tools to get you started

Free resources available at kp.org/totalhealthandproductivity

The screenshot shows the Kaiser Permanente BusinessNet website. At the top, there is a navigation bar with the logo, "KAISER PERMANENTE BusinessNet", and links for "Home kp.org" and "Contact us". A search bar is also present. Below the navigation bar, there is a "Region: California" link and a "Change your region" link. The main navigation tabs include "Home", "Manage account", "Plans", "Total health & productivity" (which is highlighted), and "Assist employees". Underneath these tabs, there are sub-tabs: "Why it matters", "What it is", "How it works", "HealthWorks solutions", "Occupational health", and "Tools and resources".

The featured article is titled "TAKE THE FIRST STEP IN IMPROVING YOUR BOTTOM LINE" and includes a sub-headline "Promote walking to your employees". Below the article, there is a section titled "Tap into the power of workforce health" with a sub-headline "Which describes you best?". This section contains a paragraph about workforce health programs and a link to "Partner with us and see where our workforce health programs can lead your company." To the right of this text is a video thumbnail titled "Are you a WORKFORCE HEALTH pro?" with a "Take our quiz" button. Below the text is a "What's new" section with a video thumbnail featuring Paul Wallace, MD, Kaiser Permanente.

Questions?