

About the Program

Work@Health™ will train 540 U.S. employers of various sizes, industry sectors, and geographic areas, as well as other participants who support employer workplace health efforts, through three delivery models: 1) an online model, 2) a hands-on model, and 3) a blended model.

Work@Health™ is more than sitting in a class, listening to an instructor. The training curricula will be supplemented with a rich set of technical assistance activities and seed money to support your implementation of effective workplace health strategies. The creation and integration of peer learning networks will assist you and other employers in problem solving and overcoming barriers to building or enhancing your workplace health program.

Program Goals

- Increase employers' level of knowledge and awareness of workplace health program concepts as well as tools and resources to support the design, implementation, and evaluation of effective workplace health interventions.
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- Increase the number of science-based workplace health programs, policies, and practices at participating worksites and increase employee access to participate in them.
- Promote peer-to-peer community-based employer cooperation and mentoring.



 **work@health**

Training Employers | Promoting Health | Maximizing Performance

 **work@health**

www.cdc.gov/workathealth



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INFORMATION
FOR EMPLOYERS

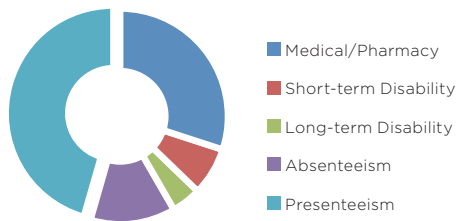
The Business Case

Health care costs account for a rising share of resources that could be devoted to more productive uses, including wages, capital expenditures, and business operations.

The best way to control those costs is to improve employees' health and decrease their risk of developing chronic diseases. Workplace Health is your way to increase productivity, lower absenteeism, and control premiums and worker compensation claims.

We can help teach your organization how to start building an effective worksite health program that fits your organizational and employee needs.

Cost of Poor Employee Health for U.S. Employers



Source: Edington, D.W., Burton, W.N. Health and productivity. In: McCunney, R.J. A Practical Approach to Occupational and Environmental Medicine. 3rd ed. Philadelphia: Lippincott Williams & Wilkins; 2003, pp. 140-152.

Benefit to Employers

- Professional training to learn how to establish a customized worksite health intervention plan
- Assessment to define existing needs, interests, and capacity for specific interventions
- Technical assistance and community support needed to build and sustain your program
- Seed funding up to \$5,000 to help offset the cost of health promotion strategies
- Opportunities to network with other employers and organizations
- A safer and healthier work environment
- Recognition as a healthy worksite



Training Models

Professional training to build knowledge and skill will be delivered to you through one of the following models.

ONLINE MODEL, involving seminars, case studies, and practical demonstrations delivered through distance-based mechanisms, such as webinars.

HANDS-ON MODEL, in which employers participate in interactive workshops that provide content through a variety of approaches, including lectures and case studies.

BLENDED MODEL, involving a combination of distance-based or e-learning (online model) and in-person classroom sessions (hands-on model).

Program Administration

Work@Health™ will begin full-scale training in 2014. In-person workshops will be held for the hands-on and blended models in Atlanta, GA; Baltimore, MD; Chicago, IL; and Oakland, CA.

Training, technical assistance, and funding support will be provided over the course of 12 months. Technical assistance will include access to:

- Health and wellness experts
- Live and recorded webinars
- An organizational health assessment
- A peer learning network to receive structured assistance to solve real-world problems

Eligibility

Work@Health™ Health™ is open to public and private employers. It is designed to provide resources and assistance to employers of various sizes (particularly small employers), geographic locales, and industries. The program is free. Participants must:

- Have 30 or more employees.
- Have been in operation for at least one full year prior to February 1, 2013.
- Have Internet connectivity.
- Offer insurance to employees.
- Have minimal experience in workplace health programs.



Application and Selection

Employers interested in becoming participants in the Work@Health™ program will be asked to complete a brief online application, which will be available beginning in the fall of 2013.

Information regarding the Work@Health™ program and the application process can be found at:

www.cdc.gov/workathealth

Applications will be reviewed based on the eligibility requirements, responses to application questions, and the need of the Work@Health™ program to enroll a diverse group of employers.

The goal is to ensure roughly equal numbers of participants in each of the training models. Employer preference for one or more of the training models will be considered.

Once selected, employers will be assigned to their training model and instructor to begin the 12-month program.