

## Create a foundation for health and wellness at work

We're here to support you and your employees on the road to better health and wellness. An important way to engage your employees in this journey is to design a comprehensive employee wellness program that will empower your employees to take charge of their health.

By providing you with an employer toolkit, targeted health promotion campaigns, a personal consultation and more, our Well@work program is with you every step of the way.

### Employer Toolkit

Our Well@work Employer Toolkit is designed to encourage the discussion of workplace wellness, assist in creating or sustaining a wellness program and provide useful resources, broken into convenient phases.

Our toolkit will help you:

- > Learn the basics of health promotion and workplace wellness
- > Measure the success of your program
- > Build a wellness culture at work
- > Identify wellness opportunities based on population and condition-specific risks

### Activity Calendar

Our activity calendar provides a variety of resources built upon monthly themes to keep your employees engaged in their health year round. Pick and choose resources from the health themes, or pace the calendar along with your own wellness program, implementing the materials and tools for each month, just prior to its start.

### Health Promotion Campaigns

You'll also find turn-key health promotion and wellness campaigns on a variety of topics within Well@work.

Campaigns are easy to print and distribute to your employees. Add your company logo to our collateral for a customized health promotion campaign.

Each campaign includes:

- > eBlasts
- > Table tents
- > Posters
- > Flyers



### Questions?

Email [modawell@modahealth.com](mailto:modawell@modahealth.com).



Well@work is your roadmap to a successful wellness program.

Health plans in Oregon, Washington and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. Dental plans in Alaska provided by Oregon Dental Service doing business as Delta Dental of Alaska.