



# Wellness Advice for Employers in the Region

Wellness leaders from the region offer the following suggestions to companies that are considering starting or improving upon their worksite wellness programs.

Doing something is better than doing nothing. Start small, find your internal champions, and continue to promote the benefits of living a healthy lifestyle.

- *Physicians Plus*

Leadership support is the key to success. Creative and “cutting edge” ideas do not have substance if they are not supported by administration in both theory and funding.

- *Divine Savior Healthcare*

Plan! Focus on building a strong foundation for your program. You don't necessarily need a lot of resources, but you do need to plan well, so that you are sure to use your resources in the best way possible.

- *Dean Health Plan*

Review the Wisconsin Department of Health Services' Worksite Wellness Resource Kit and conduct a worksite wellness program analysis. Survey your employees to discover their interests and motivation, and ensure support from leadership and management.

- *Black River Memorial Hospital*

We recommend forming an Employee Wellness Team that represents various employee positions and a range of perspectives. This grassroots involvement will engage and energize your workforce while forming a blueprint that will meet the health and wellness needs of your workforce.

- *St. Mary's Hospital*

Use the Wellness Council of Wisconsin resources and the Wisconsin Worksite Wellness Resource Kit as your guides.

- *Group Health Cooperative of South Central Wisconsin*

Take the time to educate your employees well in advance and lean on your health plan for all the suggestions, assistance, and help that they may provide.

- *Dean Clinic*

Have a well structured plan for the year, but be willing to be flexible.

- *Edgerton Hospital and Health Services*

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## Madison Region Workforce Wellness Week May 15–21, 2011

Workforce Wellness Week is an opportunity for employers from every sector to encourage healthier living among employees. By highlighting wellness throughout the region, Workforce Wellness Week provides employees the chance to learn about wellness programs, enabling them to jumpstart or improve upon a wellness program in their own organization.

Learn more at  
[www.thrivehere.org/wellness](http://www.thrivehere.org/wellness)

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