

Worksite Wellness Roadmap

8 steps to build and grow a sustainable wellness program



Start

Based on best practices, our easy-to-use online tool helps both new and mature wellness programs

Step 1 Get leadership support

Work with leadership to define and support the organization's wellness vision



Step 2 Form a team

Form a diverse team to increase your reach and creativity



Finish

The roadmap is your organization's application for our annual Zo8 Award. Complete the roadmap each year so we can recognize your hard work and success!

Step 3 Collect information

Create multiple ways to collect staff information and interests



Step 4 Make a plan

Make a plan so your team can work toward shared goals

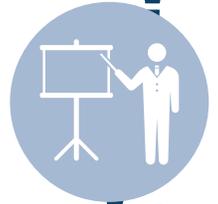


Step 5 Promote activities

Promote activities that interests staff and involves leadership to maximize participation

Step 6 Create policies

Reduce worksite barriers by creating policies that increase access for staff



Share program results and recognize team success to prepare for next year



Step 7 Evaluate progress

Evaluate the program's progress so you can share what did and did not work



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