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

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

Step 7
Evaluate progress
Evaluate the program’s progress so you can share what did and did not work

Step 8
Share results
Share program results and recognize team success to prepare for next year

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!