

Employee wellness program development and resource links

Free tools

Centers for Disease Control (CDC): Workplace Health Promotion and Work@Health Programs

<https://www.cdc.gov/workplacehealthpromotion/index.html>

<https://www.cdc.gov/niosh/twh/essentials.html>

CDC Healthy Workplace info gram – stats on the costs/impacts of employee health and wellbeing to business plus links to the complete CDC toolkit of resources for starting a workplace program from assessment, development, promotion and implementation

<https://www.cdcfoundation.org/businesspulse/healthy-workforce-infographic>

WellSteps – 50 Employee Wellness Program Examples for Any Budget (free article; membership organization)

<https://www.wellsteps.com/blog/2017/06/19/employee-wellness-program-examples-budget/>

WellSteps – This is the impact of your employee wellness on healthcare costs

<https://www.wellsteps.com/blog/2017/05/26/impact-employee-wellness-health-care-costs/>

Healthy Maine Works – employee surveys and a scorecard online planning tool

<http://www.maine.gov/dhhs/mecdc/population-health/hmw/>

Membership fee organizations

National Wellness Institute (NWI): online trainings, webinars, newsletter content, articles, conferences

<http://www.nationalwellness.org/default.asp?>

Wellness Council of America (WELCOA): trainings, ready-to-go canned programs, articles, webinars, leader interviews, newsletters

<https://www.welcoa.org/>