

## **WOW!** Wellness Opportunities at WorkSafeBC

At WorkSafeBC we are continuing to sustain, celebrate and enhance our psychologically healthy workplace practices by introducing to our organization **WOW! Wellness Opportunities At WorkSafeBC**.

Throughout 2008 we have been working to provide our employees with tools, tips, activities and resources for them to get healthy, stay healthy and live healthy. To support our work we have begun a lifestyle factors awareness campaign. We began by offering clinics in all of our work locations for employees to “*know their numbers*” These clinics were offered on-site by nurses and provided employees with key information about their health and lifestyle risk factors. Building on this we are now providing our employees with monthly newsletters focusing on the areas of nutrition, exercise and stress. For the next 12 months we have communications divided into 3 sections and each month will focus on a different aspect of the topic being addressed that month. Each communication has 4 key components. The first area is a focus on awareness. This provides employees with information about the particular topic to get employees to “think” about how this applies to them. The second section focuses on behavior change. This provides practical tips on how to make changes, related to the awareness topic. This is presented in simply easy steps that allows individual to make small changes one at a time. There also is a section that focuses on “did you know?” The last section has a take away for the employee whether it is a recipe, a calorie counting chart, an exercise tracking chart etc. This initiative aligns and supports our Wellness Rewards program. The Wellness Rewards Program encourages staff to enjoy healthy and balanced lifestyles, and stay or get healthy by empowering them to explore their own level of wellness, and to take control of their health and wellbeing. Year to date we have over 1000 employees using the points-based system to earn rewards for participating in activities promoting their individual wellness.

