

WELCOME TO

You are joining a network of more than 300 employers in the state working to strengthen their business by improving employee health.

WorkWellKS

GOOD HEALTH IS GOOD BUSINESS



K-STATE
Research and Extension

Presented by:

AND



Let's Get Registered!

MAIN CONTACT (This person will serve as the main contact for WorkWell KS)

Name: _____ Title: _____

Organization: _____

Address: _____

City: _____ Zip: _____ Email: _____

Phone: (_____) Cell: (_____)

ADMINISTRATIVE COMMITMENT

- I am aware & supportive** of my worksite's participation in WorkWell KS.
- I have read** and agree to the responsibilities outlined in the WWKS Executive letter. **(SEE PAGE 3)**
- I agree** to allow my organization's name to be used in conjunction with WorkWell KS publications, both written and online, promoting the initiative across the state.

Daryl Buchholz

 Administrator's Name

Associate Director for Extension & Applied Research

 Title

 Local Administrator's name

 Email

 Local Administrators Signature

 Date

Please complete and email the ENTIRE packet to:
 Sharolyn Jackson at sharolyn@ksu.edu or
 WorkWell KS at aubrey@wbchc.com

WWKS Contact Information:
 Aubrey Wiechman
 Coordinator
 316.268.1126
 aubrey@wbchc

WORKSHOP SCHEDULE

9:00AM - 4:30PM

Building a Foundation for Worksite Wellness: Developing and maintaining a strong foundation for worksite wellness improves sustainability and widens the impact of a worksite's efforts. WWKS offers a Foundation Workshop, during which attendees will explore the components necessary to build a strong base for future work and develop a plan for establishing a foundation at their worksite.

Physical Activity: During this session attendees will learn the impact that a lack of employee physical activity can have on a business overall. They will also develop a comprehensive plan to address this health priority.

**** Lunch will be provided for Attendees**

WHICH WORKSHOP DO YOU PLAN TO ATTEND?

*****Check the Circle Next to the Workshop You Plan to Attend *****

- January 30- SW Area Extension Office, Garden City**
- January 31 - Ellis County Extension 10 Office, Hays**
- February 10 - Wheat Innovation Center, Manhattan**
- February 15 - SE Area Extension Office, Parsons**

REGISTER YOUR WORKSITE WELLNESS COMMITTEE/TEAM

*****You will be working as a team, so please attend the same sessions. *****

ADDITIONAL ATTENDEE NAMES	TITLE	EMAIL



LETTER TO EXECUTIVES

We want to welcome you and your organization to the WorkWell KS network of more than 300 employers across the state of Kansas working to improve employee health and company performance. We are excited to provide your worksite with the opportunity to participate in this statewide initiative funded by the Kansas Health Foundation and the Kansas Department of Health and Environment, and I want to provide you with a few details about your involvement.

We know the impact that poor employee health has a worksite. More than a decade's worth of data chronicles devastating costs to employers from chronic disease, presenteeism, absenteeism, disability, leaves of absence, lower employee engagement, and higher employee turnover.

WorkWell KS helps employers develop worksite wellness plans that combat these issues and maximize return on investment through a focus on policy and environmental changes at the worksite. We see health as a business strategy. With this unique focus, WorkWell KS has made great strides in improving the health of worksites and employees across Kansas.

WHAT WE OFFER:

As a WorkWell KS participant, your worksite wellness team can receive training and technical assistance through the development and implementation of a worksite-specific wellness plan that includes evidence-based strategies for improving productivity, decreasing health related costs, and improving employee health. There is no cost to your worksite aside from travel expenses participants may incur to attend a half-day workshops. WorkWell KS participants also have access to additional resources to help build the initiative over time.

- ✓ **Webinars, newsletters, communication campaigns**
- ✓ **Worksite-specific assessments and reports**
- ✓ **Networking opportunities**
- ✓ **Annual statewide worksite wellness symposium**
- ✓ **Recognition opportunities**

WHAT WE ASK OF YOU:

When it comes to worksite wellness, you get what you put into it. Implementing a short-lived program will result in little or no outcomes. WorkWell KS is designed to help you integrate wellness throughout your worksite. **Your leadership is critical to the success of this initiative!**

- ✓ **Send your worksite wellness committee to a WorkWell KS workshop.**
- ✓ **Serve as a champion for your worksite wellness committee.**
 - Hold the committee accountable for the development, implementation, and evaluation of an annual worksite wellness plan. WorkWell KS can help!
 - Communicate with your employees about how this initiative aligns with your worksite's mission and vision. Stay abreast of the activities and progress of your wellness team.
- ✓ **Listen to the recommendations of the wellness committee and take action. (These recommendations may include policy and environmental changes within your worksite)**

We look forward to working with you, and we salute you for your interest and taking the lead to promote health at your worksite.

Please let me know if you have any questions about this initiative or the expectations of the worksite's or executive.

Sincerely,



Janet Hamous
Executive Director
janet.hamous@wbchc.com