

Healthy Workforce – Package Offerings

The Healthy Workforce program packages are generally divided into an assessment phase and an intervention phase, each priced separately allowing the employer greater control over how their funds are utilized. All components of the program are available in both English and Spanish to meet the needs of the diversified culture in our state.

Assessment Package

During the assessment phase, the project manager works closely with the company to access information that is vital to determining the true needs of the company. This assessment includes analysis of health insurance plan design, medical, prescription drug and workers compensation claims, a facilities walk-through to determine potential areas for ergonomic improvement, and a series of employee health surveys to determine a baseline for health. The program utilizes several proven instruments to determine employee health status and work productivity, employee quality of life, and wellness related areas of interest to the employees.

Intervention Package

The intervention phase will be completely tailored to the individual employer. Opportunities such as educational seminars, interactive behavior modification programs, health campaigns, health fairs, and newsletters are available. In addition, incentive plans can be developed to maximize participation rates and sustained behavior change. The base package includes the necessary components to meet the criteria for the State of Indiana tax credit (assessments, educational outlets, measurements, and incentives).

Seminar/Class Offerings

Be your best: self-care 101- Participants will learn about effective self-care techniques, identify a timeframe for necessary screening tests and will learn three simple ways to immediately improve their health.

Everyday fitness- Participants will recognize several ways to incorporate exercise into every day, learn proper structure for an exercise regimen, and discuss ways to overcome barriers to exercise.

Going up in smoke? Get a grip on your tobacco habit- Participants will recognize their own reasons for smoking and barriers to overcoming their habit, will identify new and useful ways to quit smoking, and will develop a personal smoking cessation plan of action.

Healthy heart- Participants will learn the basics of heart health, will recognize personal risk factors both genetic and lifestyle related, and will identify ways to reduce risk by changing modifiable risk factors.

Lubing your levers and gears, ergonomics 101- Participants will identify work habits that may lead to long-term injury and will recognize ways to prevent the injury from occurring.

Maintain Your Middle: Keys to Weight Loss- Participants will go back to the basics of nutrition and exercise to teach them how to achieve the proper weight for their body.

Nutrition: getting back to basics- Participants will learn how to choose and prepare healthy food options, differentiate healthy choices from “junk” food, and assist in creating a personalized dietary plan.

Solving the maze: wise use of the healthcare system- Participants will be educated about the need for a primary care physician, age appropriate screening tests, wise use of the health plan including a discussion on generic drugs and smart use of the emergency room.

Stress less- Participants will learn to recognize their personal sources of stress and common triggers, will identify various means of preventing or coping with the stress.



Your needs
are unique.

Your solutions
should be too.

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Healthy Workforce

Let us work for you.

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