

## 8 Steps to a Comprehensive Wellness Program

Forward-thinking companies are taking action to improve the health of their employees. Why? As their employees look down at the scale to find their weight increasing, their healthcare costs are soaring, too. Business executives know that their employees are their most important resource, and that investing in a corporate wellness program can slow rising healthcare costs and increase productivity.

*But where to start? There are 8 steps to implementing a comprehensive wellness program...*

**1. Research and set the stage**

First, you need to identify the goals of a worksite wellness program, while being conscientious of business considerations and doing your homework to understand the potential of a wellness program.

**2. Secure the support of top managers and C-level officers**

The program won't have any chance to thrive, let alone survive, if you can't present your case in financial terms.

**3. Identify an inside advocate to act as coordinator**

Naming just anyone to the role might sabotage the program. Character traits, such as leadership and organizational skills, need to be carefully considered.

**4. Form a multi-departmental wellness team**

An effective wellness program requires the input of employees from across the company.

**5. Assess needs**

True impact is fostered when the needs are known at the outset. Gauging opinions as well as capturing a snapshot of the workforce's health are key to effective executive planning.

**6. Identify the model**

The company's budget and culture need to be taken into account when determining the model that will produce the best outcomes.

**7. Develop an action plan**

The wellness team has a greater chance of success when it discusses our 12 recommended topic items.

**8. Measurement & evaluation**

You can't manage what you don't measure. Measuring ROI and evaluating the wellness initiative will make for a sustainable program.

Learn how to implement the 8 Steps to a Comprehensive Wellness Program:

- Join us for a [free webinar](#) on Wednesday, Aug. 17 from 12:30 to 1 p.m. EST
- Attend an onsite [BWI Health Promotion Coordinator Certification training](#)
- Enroll in our new [online BWI Health Promotion Coordinator training](#)