

Healthy EMPLOYEES Healthy BUSINESSES

YOUR BUSINESS CAN LEAD THE WAY



Wellness **AtoZ**

Wellness AtoZ is a program of the Greater Phoenix Chamber Foundation



GREATER PHOENIX CHAMBER
FOUNDATION

WELLNESS AtoZ

Wellness AtoZ is aimed at making the Greater Phoenix region known as a destination for healthy talent and a healthy community. It complements existing wellness programs, highlighting best practices and offering free tools to enhance any wellness program.



WELLNESS DRIVES BUSINESS HEALTH

- Build a company culture that celebrates a healthy lifestyle
- Distinguish Arizona as a healthy destination
- Attract talent and improve employee retention
- Increase productivity
- Decrease absenteeism

45%

The percentage of Americans in small to medium-sized companies who say they would **stay at their job longer** because of an employer-sponsored wellness program.

Source: The Society for Human Resource Management (SHRM)



Why Wellness AtoZ?

- **Connect** business and community leaders to share best practices in wellness
- **Promote** Arizona as a healthy community
- **Provide free resources** to employers to support new or existing wellness programs

WHAT'S IN IT FOR MY BUSINESS?

Foster a culture of health for current and future employees while gaining recognition as an employer that promotes wellness.

Attracting and retaining talent requires more than high-wage jobs,
it is driven by quality of life

WELLNESS AtoZ AT WORK

- Currently over 75 committed Arizona-based employers, serving 330,000+ employees
- Bi-annual physical activity challenge designed and implemented by the Wellness AtoZ team
- Quarterly meetings to network with industry professionals and discuss best practices
- Recognizing Arizona as a healthy place to live and work. **Building a healthy talent pool!**



Wellness AtoZ in Practice

“As a growing company, we didn’t have a formal wellness program or even a person dedicated to creating wellness initiatives. Wellness AtoZ was the perfect answer to that problem.

All of the hard work is done for us with fun programs, beautiful collateral, and incredible content so all I have to do is unwrap that for our team, create some excitement, and get everyone involved!”

- April Hunt, Operations & Marketing Manager, Slalom Consulting

Wellness AtoZ in Practice

The perks of joining Equality Health

As a growing company, we are committed to building a culture that supports healthy living, not only for our employees but also for our community. We want to ensure that our benefit plans and programs will enhance the quality of your life and



Healthy Living

Healthy Living is more than just an... right childcare provider so that you... well as paid time off so that you ca

- Multiple PPO and High Deductible
- Dental
- Vision
- Wellness Incentives
- Employee Assistance Program
- 15 Days Paid Time Off in Year One
- Paid Leave Benefits

Equality Health has been designated a [Gold Wellness AtoZ](#) member by the Greater Phoenix Chamber Foundation. This designation recognizes our dynamic company culture that celebrates Arizona wellness activities and our commitment to fostering healthy talent and healthy communities.

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Wellness AtoZ Principles



EatWELL

Provide healthy food choices to your employees in your break room and at catered meetings.



LiveWELL

Send monthly communications to your employees promoting health and fitness.



PlayWELL

Compete with other companies in the Wellness Wonders of AZ activity challenge.



WorkWELL

Share best practices with other Wellness AtoZ partners at the WorkWell Quarterly Forum.

Wellness AtoZ provides free, turnkey resources to complement your existing wellness program or develop a new program

EatWELL

EatWell offers a phased solution for employers to help their employees make better food choices.

Implementing EatWell

PHASE I

- ✓ Provide at least 50% of snacks in compliance with EatWell Healthy Snacks criteria
- ✓ At least 50% of offered food at meetings must meet EatWell Healthy Meetings criteria

PHASE 2

- ✓ Roll out EatWell in your vending machines and cafeterias



LiveWELL

Share this monthly communication piece to engage your employees, each including a section on preventive health, nutrition, physical activity, community and a real life story about how Wellness AtoZ is impacting a local individual.

Implementing LiveWell

Share LiveWell material at least **4 times a year**.

- ✓ Forward LiveWell digital newsletter **OR**
- ✓ Direct employees to LiveWell online content with a LiveWell Banner **OR**
- ✓ Browse the LiveWell online Library and communicate any or all modular LiveWell components via your company intranet
- ✓ Print the newsletter and post in common areas such as breakrooms and kitchens



PlayWELL
Commit to a Long Term Fitness Goal

LiveWELL
December 2017

Getting started on a fitness plan can be easy. Staying committed is the hard part. Here are eight ways you can get "Hooked on Exercise" to sustain a lifelong journey of health and wellness.

START SMALL & DON'T STRESS: Build on small successes by continuing to add more minutes to your exercise routine.

www.WellnessAtoZ.org

- **Set one small goal.** Instead of this: "I'm going to exercise every day for an hour, count calories at every meal and lose 10 pounds in 30 days," start with one goal that's achievable. "I'm going to add 10 more minutes of exercise to my day." If you currently get no exercise, any improvement is a great start.
- **Sign up for a race.** You don't have to be a runner to enter a 5K race. These events are a great way to get motivated to exercise and have fun with family and friends. You can get ready for the race at your own pace. You might start by walking for 20 minutes and gradually increase the intensity of your workout to alternate jogging and walking.
- **Make an exercise pact.** Put your exercise plans in writing or post it on social media. It makes your commitment real, and people may even offer encouragement. Making a pact with a friend is even more powerful because there's someone to hold you accountable. Sign up for an exercise class together or schedule workouts on your calendar.
- **Exercise your own way.** You don't have to go to the gym to exercise. Find an activity you enjoy – such as tennis, golf, kayaking or hiking. Or, add more movement to your day by walking, taking the stairs or playing in the park with your kids.
- **Get inspired by others.** Read success stories and remind yourself that anything is possible. Make connections with people who encourage each other to exercise. Work with a personal trainer or join a running club for a boost of encouragement.
- **Focus on the benefits.** Getting regular exercise is one of the best things you can do for your health. It helps you feel good, control your weight, sleep better, fight disease and live longer.
- **Give yourself a pep talk.** Negative self-talk can derail your plan to exercise. Tell yourself, "I can do this" and replace worries and doubts with positive thoughts.
- **Reward yourself.** When you work hard and reach your goal, it's time to celebrate. Treat yourself to something special.

PlayWELL

Wellness Wonders of AZ

Implementing PlayWell

- ✓ Encourage employees to be physically active.
- ✓ Enjoy the wonder and beauty that Arizona has to offer.
- ✓ Convenience of participation. On your own time.
- ✓ Easy to roll out. Competition is organized and monitored by Wellness AtoZ team.

Bi-annual activity challenge
Spring challenge begins **April 1st**
Fall challenge begins **October 1st**



WorkWell

The WorkWell quarterly meetings involve some of the best health-conscious minds in Arizona creating what is to be a healthy workforce for the **future**.

Implementing WorkWell

- ✓ Attend and participate in three of the four quarterly forums each year
- ✓ Display Wellness AtoZ employer badge in email signatures, on website, use decal on front windows.

Attend the next quarterly forum:
Thursday, June 5, 2019
Humana



Wellness AtoZ Ambassador

A new way to make an impact

THE PLEDGE:

- Help Wellness AtoZ grow and connect
- Be a voice and a face for Wellness AtoZ
- Participate in events
- Provide data/testimonials

W.I.I.F.M.?:

- Recognition
- Branding
- Priority on all offers
- Building connections



Wellness AtoZ Sponsors

Presenting Sponsor



**BlueCross
BlueShield
of Arizona**

An Independent Licensee of the Blue Cross and Blue Shield Association

Wellness AtoZ Sponsors



EQUALITY HEALTH®



Cigna®

DELTA DENTAL®

Arizona Diamondbacks

Humana

Wellness AtoZ Employers



Wellness **AtoZ**
PLATINUM EMPLOYER

Platinum Level Employers



An Independent Licensee of the Blue Cross and Blue Shield Association



Wellness AtoZ Employers



Wellness **AtoZ**
GOLD EMPLOYER

Gold Level Employers

Advanced Genomic Solutions
Arizona Republic/Gannet Media
Beatitudes Campus
Be Still Yoga
Cambridge Benefit Solutions
Casa Grande Elementary School
District

City of Mesa
City of Phoenix
Empowerment Systems, Inc
Equality Health
La Frontera
Lovitt & Touché
Nuaria

Santa Cruz County
SmithCraft Signs
State of Arizona, Department of
Administration
University of Phoenix
Vanir Construction Management
Vitalyst Health Foundation



Wellness **AtoZ**
SILVER EMPLOYER

Silver Level Employers

Arizona Public Service (APS)
Arizona-Sonora Desert Museum
City of Scottsdale
Cox Communications
Crystal Clear Results Life Coaching

Desert Financial Credit Union
Desert Botanical Garden
Herberger Theater Center
Insteel Wire Products

ProcureIT USA
Proformance Vend USA
Terra Verde Security
Yavapai Combined Trust

BECOME A WELLNESS AtoZ EMPLOYER

- **Platinum Employer** – Adopt **all aspects** of the initiative
- **Gold Employer** – Adopt **three** of the Wellness AtoZ principles
- **Silver Employer** – Adopt **two** of the Wellness AtoZ principles

Commit today to build a *healthier* Arizona!

Contact Nicole Pepper, Wellness AtoZ Manager (npepper@wellnessatoz.org)



Thank you!

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