

PART I

Wellness Program Checklist:

Onsite features

- Ergonomic workspaces and furniture
- Onsite rehabilitation and/or fitness facilities

Programs and documentation

- Management training on wellness and injury prevention
- Employee incentives for health screenings, weight loss, or health fairs
- Employee awareness efforts (social media, wellness speakers, healthcare coaching, etc.)
- Documented ergonomics and injury prevention policies
- A tracking system for wellness and safety

Ongoing improvement

- Preventative health screenings
- Physical and cognitive demand assessments
- Ongoing employee and management education on safety and wellness

# boxes checked	
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9-10 boxes checked: You have an excellent wellness program

6-8 boxes checked: You have a good program, but there's room to improve

5 boxes or fewer checked: Your program could be doing more to prevent injuries

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PART II

Source of Lost Revenue	Average Cost/Case	# of Cases/Year	Annual Cost
Healthcare			
Short and Long Term Disability			
Planned Medical Leave			
Co-worker overtime hours			
Lost Workday			
Employee Morale			
Increased Turnover			
Workplace Fatalities			
Total Annual Injury/Illness-related costs			