

# 2008 Oklahoma Certified Healthy Business Application

## Due by October 15, 2008

Name of Business: \_\_\_\_\_

# of Emps. 1-25 \_\_, 26-99 \_\_, 100-999 \_\_, 1000+\_\_

Small Med. Large Corp.

Profit: \_\_ Not for Profit: \_\_ Education \_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Telephone: \_\_\_\_\_

### Certified Healthy Business – Wellness Categories

**1. Check the screenings/evaluation and preventive programs your workplace provides:**

(Value: 1 point per checked item)

- health risk appraisal
- free annual physical exams for employees
- cardiovascular fitness evaluation
- cholesterol screening
- blood pressure screening
- body fat evaluation
- follow-up/retest
- offer flu shots to employees at the worksite
- offers items in this category to family members

**2. Check the health education, promotion materials or courses your company provides:**

(Value: ½ point per checked item)

- pamphlets/brochures
- posted printed material
- newsletters
- health topics in electronic media
- paycheck stuffer on health topics
- offers items in this category to family members

**3. Check all physical activities offered by your company. (Value: 1 point per checked item)**

- provides space for employees to exercise
- offers exercise activities (walking, step aerobics, etc.)
- fitness room/equipment
- off-set the cost of off-site fitness center memberships
- offers organized team sports (softball, soccer, etc.)
- provide pedometers
- provide breaks/time off to exercise
- offers items in this category to family members

**4. Check all the tobacco use prevention activities offered by your company.**

To help promote and encourage a tobacco-free lifestyle, all companies/workplaces seeking to achieve the highest level of certification (Excellence) must have in effect a 100% tobacco-free workplace policy that applies to the entire property under their control, both indoors and outdoors.

(Value: 1 point per checked item)

- 100% tobacco-free property (please see box above)
- free cessation products provided twice per year
- active promotion of Oklahoma Tobacco Helpline (1-800-QUIT-NOW)
- onsite tobacco cessation programs
- offers items in this category to family members

**5. Check the management support your work- place receives to promote employee health and safety:**

(Value: 1 point per checked item)

- offer health insurance to employees at no cost (or reduced cost)
- provides space for breastfeeding mothers
- incentive programs/contests
- financial rewards
- employee support groups
- health/wellness committees in place
- employee assistance programs (EAP)
- mandatory seat belt use policy
- onsite safety course (lifting/exercise)
- onsite disease management program
- onsite stress management programs
- provides CPR/AED certification opportunities
- offers items in this category to family members

**6. Check all programs and information related to nutrition provided by your workplace.**

(Value: 1 point per checked item)

- promote healthy menu items in the cafeteria (if applicable)
- offer healthy vending machine selections (fruit juices, salads, pretzels, low-fat yogurt, etc.)
- encourage employees to bring healthy snacks
- post nutritional information in break areas
- onsite Weight Watchers or similar program
- offers items in this category to family members

**7. Check the ways your company involves the community in your wellness model.**

(Value: ½ point per checked item)

- shares education or promotional materials
- invites other groups or companies to participate in the physical activities offered by your company
- conducts screenings/evaluations to at risk groups in the community
- supports blood donor programs
- offers items in this category to family members

**8. Other programs that your company offers that are not listed or relate to the above criteria. Limited to THREE programs.**

(Value: 1 point per checked items)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_