

April 3, 2017

Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 Fourth Avenue
Pittsburgh, PA 15219

RE: Live Well Workplace Designation for Wellbridge Health, Inc.

Dear Dr. Hacker:

We are writing to share Wellbridge Health's desire to become a partner with the Allegheny County Health Department (ACHD) by incorporating the goals implemented by the ACHD's Live Well campaign. We feel that by fostering a healthy, mindful, and active environment for all our employees, we meet the criteria to be designated a Live Well Workplace. We intend to commit to the following steps that we believe will fulfill the requirements of this initiative:

1. Establish an Employee Wellness Committee to champion our program through activities such as:

- Wellness in-services
- Periodic healthy pot-luck lunches or snacks

2. Focus on nutrition by encouraging all employees to:

- Incorporate more whole foods in our diets
- Include a minimum water intake of 64 oz/day
- Avoid processed and "junk" foods

3. Increase activity by:

- Initiating a walking club
- Encouraging workplace exercise and simple steps such as getting up from desks each hour
- Implementing steps and activity challenges

4. Advocate for preventative care by:

- Encouraging employees to engage a Primary Care Physician
- Encouraging employees to seek routine dental care
- Offering regular BP screenings

- Promoting regular gender and age-appropriate screenings and tests
- Promoting self-awareness of individual health

5. Incorporate wellness and mindfulness reminders:

- Offer opportunities for Yoga practice, meditation and mindfulness
- Commit to cessation of texting while driving
- Commit to screen-free sleep hygiene 30 minutes before bed
- Practice self-care and stress management

Please contact Rachel Hersh, Director of Community Health, at rhersh@wellbridgehealth.com regarding the next steps in the process for meeting the requirements.

Thank you so much.

Sincerely,



Cynthia Zydel, CEO

Wellbridge Health, Inc.

<http://www.wellbridgehealth.com/>

(412) 496-6573