

Submission Date

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Contact Information

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agrees to the implementation of action steps related to building the workplace environment, including:

Provide healthy cafeteria options with healthy foods/snacks such as fresh fruit and vegetables for purchase
Provide healthy food options during company meetings and functions
Ensure healthy food options in vending machines
Provide private area for use by breast feeding employees to pump and store their milk.
Ensure well-lit, safe stairwells
Provide access to water fountain, water dispenser, water cooler
Access to on-site fitness center or conference room for exercise classes, physical activity
Locate safe and accessible outdoor walking or running paths and trails, map a safe walking route starting and ending from the workplace or in vicinity
Provide access to secure bicycle storage area in safe, convenient location
Provide standing/walking desks
Consider a tobacco/smoke-free work campus
Provide space for or create workplace garden(s) that employees can build and maintain
Other commitments related to developing the workplace environment

Employee and Resident Recycling collection and education
Beneficial activities involving Residents and Staff to help sustain the environment
Reduction and elimination program for Styrofoam products - Coffee cups, Clamshells etc.
Co operative eyeglass recycling program with the Lions club.

agrees to the implementation of action steps related to policy integration, including:

Institute a healthy food policy requiring healthy food and drink options at company meetings, functions, and events
Establish and communicate tobacco-free workplace policy that includes tobacco cessation resources for employees
Develop a policy that supports breast feeding employees and allows them flexibility to pump at work in a designated, private area
Use financial incentives such as reduction in insurance premiums, gift cards, cash, prizes, extra vacation days to encourage participation in health improvement activities such as giving up tobacco, weight loss, regular physical activity, and increased consumption of fruits and vegetables.
Negotiate health-club discounts or provide subsidized membership at local fitness centers, programs such as Weight Watchers
Provide or insure that your employees have access to comprehensive health insurance that includes dental and eye care as well as preventive care without co-pays

agrees to the implementation of action steps related to health education, screening, and prevention, including:

Provide annual Health-Risk Assessments (HRAs)
Offer health screenings for BMI, Obesity, Cancer, Blood Pressure, LDL Cholesterol, Diabetes, and numerous other biometrics
Make available health and wellness educational resources to employees via printed materials, direct mail, electronic correspondence, posters, bulletin boards on topics such as physical activity, improved nutrition , and tobacco cessation
Remind employees of importance of regular check-ups, physical examinations, and health screenings
Promote weight-loss competitions, group challenges, team relays, walking events, marathon competitions
Encourage stair use through attractive and visible prompts
Promote cessation tobacco support groups, resources, and services
Provide easy-to-access information about local programs and opportunities for physical fitness, community health related events, farmers markets
Provide health counseling/coaching focused on physical activity, smoking cessation, and weight management
Organize educational seminars or Lunch and Learns on health topics
Highlight success stories of employees who have successfully quit smoking, lost weight, or achieved health goals
Other commitments related to health education, screening, and prevention

Monthly Safety Meetings that address many health topics including Safe lifting, sun screen, Heart Attacks, Stroke Etc.
Life Solutions available for Staff to help with problems - health , mental health, family problems etc.

agrees to the implementation of action steps related to leadership commitment and employee ownership, including:

Create an Employee Wellness Committee that has ongoing leadership support and participation as well as representatives from various programs or departments
Organization leaders actively demonstrate their support for employee wellness and participate in wellness activities and programs
Leaders publicly recognize employees for healthy actions or outcome
Other commitments related to leadership commitment and employee ownership

Management to create active healthy activities to engage staff and enjoyment.
Some activities to include a green initiative to help sustain the earth and feel good about participating.

Signature

Charles Otto