

Submission Date	2018-07-24 07:25:41
Contact Information	First Name: Jacqueline Last Name: Smith Email Address: jamith@greatervalley.org Phone Number: 4123517056
Business Information	Name of Business: Greater Valley Community Services, Inc Address: 300 Holland Avenue City: Braddock Zip Code: 15104
Greater Valley Community Services, Inc 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 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
Greater Valley Community Services, Inc agrees to the implementation of action steps related to policy integration, including:	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 Allow and encourage paid time off for employees to have preventive cancer screenings. Offer employee flex work hours to allow for opportunities for physical or wellness activity before, during, after work, and lunch breaks 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 Create and sponsor employee athletic teams and activities 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

Greater Valley Community Services, Inc 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
Encourage employees to hold walking meetings
Support stretching and physical activity breaks during work hours and meetings
Set up walking/running/fitness club before or after work
Organize fitness classes on site
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
Organize educational seminars or Lunch and Learns on health topics
Conduct periodic weigh-ins and BMI Calculations with educational materials on the association of excess body weight and diabetes, heart diseases, and hypertension
Highlight success stories of employees who have successfully quit smoking, lost weight, or achieved health goals

Greater Valley Community Services, Inc 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
Participation in another recognized workplace wellness certification

Signature



A handwritten signature in black ink, appearing to read "Joseph W. Smith", is written over a horizontal line.