



Live Well Workplaces

Live Well Allegheny is a county-wide campaign to improve the overall health and wellness of Allegheny County residents. The campaign aims to improve health and well-being of residents through collaborative work with partners, stakeholders, and residents. *Live Well Allegheny* connects communities, schools, workplaces, restaurants, and community partners in collective action to achieve our goal of making Allegheny County the healthiest county in the nation.

We recognize the leadership role that workplaces can play in promoting behavior changes and encouraging healthy lifestyles. There is increasing evidence that by adopting evidence-based practices, businesses will experience reduced employee absenteeism, increased employee productivity, reduced employer health costs, and increased employee job satisfaction. Together, we can assist each other and foster the sharing of best practices among all Allegheny County workplaces to improve the health of employees.

Check out www.livewellallegheny.com for more information!

In order to be designated as a *Live Well Workplace*, the employer must first indicate its intent to work with Allegheny County to accomplish the goals of the campaign. At a minimum, workplaces must **commit to at least four action steps** in their formal action for designation as a *Live Well Workplace*.

If your business is interested in making these healthy commitments and partnering with *Live Well Allegheny*, please fill out the commitment form beginning on the next page. If you have any questions, comments, or concerns, contact Hannah Hardy via email (hannah.hardy@alleghenycounty.us) or phone (412-247-7946).

Thank you!

Contact Information

First Name

Lydia

Last Name

Morin

Email Address

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Phone Number

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Business Information

Name of Business

Address

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City

Pittsburgh

Zip Code

15136

The following is a sampling of possible evidence-based practices that qualify as action steps, but it is by no means exclusive or exhaustive. The interventions listed are also categorized into four different themes:

- **building the workplace environment**
- **policy integration**
- **health education, screening, and prevention**
- **leadership commitment and employee ownership**

We encourage workplaces to select actions from a sampling of these categories, or to explore their own initiatives, but **a minimum of four actions steps are required** for designation as a *Live Well Workplace*.

{businessInformation[1]} agrees to the implementation of action steps related to building the workplace environment, including:

- Provide healthy food options during company meetings and functions
- 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
- 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

{businessInformation[1]} agrees to the implementation of action steps related to policy integration, including:

- Offer employee flex work hours to allow

for opportunities for physical or wellness activity before, during, after work, and lunch breaks

{businessInformation[1]} agrees to the implementation of action steps related to health education, screening, and prevention, including:

Organize fitness classes on site

{businessInformation[1]} agrees to the implementation of action steps related to leadership commitment and employee ownership, including:

None of the above

Signature



Ted D. Jones