



## Live Well Workplaces

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Business Information	Name of Business: United Way of Southwestern PA Address: 1250 Penn Avenue City: Pittsburgh Zip Code: 15222
United Way of Southwestern PA 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 standing/walking desks Consider a tobacco/smoke-free work campus Other commitments related to developing the workplace environment
United Way of Southwestern PA agrees to the implementation of action steps related to policy integration, including:	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. 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 Other commitments related to policy integration
United Way of Southwestern PA agrees to the implementation	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

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

- examinations, and health screenings
- Encourage employees to hold walking meetings
- Provide or subsidize pedometers
- Promote weight-loss competitions, group challenges, team relays, walking events, marathon competitions
- 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
- Highlight success stories of employees who have successfully quit smoking, lost weight, or achieved health goals

United Way of Southwestern PA 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
- Company mission/vision statement supports employee health and value of wellness programs in the workplace

Signature

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