

Live Well Workplaces

Submission Date

2019-07-19 09:14:47

Contact Information

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Business Information

Name of Business: Chartwell Pennsylvania, LP
Address: 1001 Oakdale Road
City: Oakdale
Zip Code: 15071

Chartwell Pennsylvania, LP 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
Provide access to secure bicycle storage area in safe, convenient location
Provide standing/walking desks
Consider a tobacco/smoke-free work campus

Chartwell Pennsylvania, LP 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

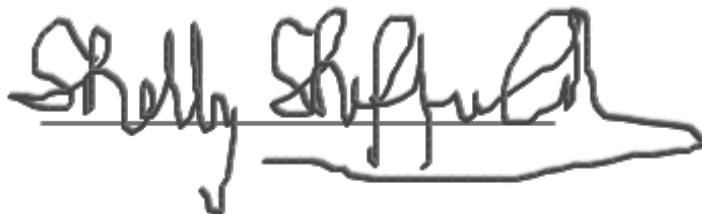
Chartwell Pennsylvania, LP agrees to the implementation of action steps related to health education, screening, and prevention, including:

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
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 health counseling/coaching focused on physical activity, smoking cessation, and weight management
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

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

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 that reads "Kelly Sheffield". The signature is written in a cursive style and is positioned above a horizontal line.