



# Raising Your Score

## How UHA Health Insurance Can Help

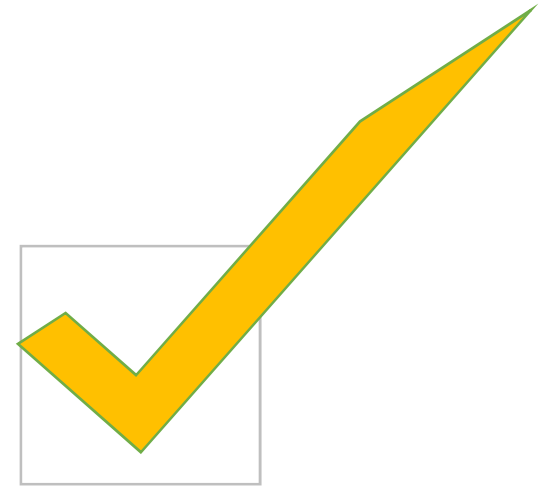
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# UHA Worksite Wellness Tools

1. The Movement Circuit
2. How to Write an Effective Wellness Policy
3. Hawai`i Health @ Work Alliance
4. Company Wellness Consultation



What is the intent of the policy? ✓

# Wellness Policy Structure

**Purpose**

What types of behaviors would you like to see? ✓

**Expectation**

Are they clear, obvious, and easy to understand? ✗

How can you give recognition to employees who follow the policy?

**Recognition**

How will you effectively communicate the policy?

**Communication**

How will you continue to communicate the policy (new hires, reinforcement)?

# Expectations: *Clear and Obvious*

## **Example A:**

Company X will provide healthy food choices at company meetings and functions. At company functions which offer food, healthful foods will be served.

## **Example B:**

Company Y will provide fruit and vegetable food choices that are low in fat at company meetings and functions. At company functions which offer food, one or more healthy entrees, side dishes, snacks, beverages or desserts will be served.



# Hawai`i Health @ Work Alliance

1. Quarterly Meetings
2. Online Resources



hhawa.com



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