

# Get Fit Kaua'i

## 2018 Worksite Wellness Challenge Scorecard

**The Scorecard Resource List below was provided by UHA. This resource list contains links to their website and other resources that can help your company change a "No" answer on the scorecard to a "Yes" answer.**

<b>General Health Environment</b>	<b>Point Value</b>
<p>13. Your company Worksite Wellness Committee / Team Captain reached out to at least one of their medical health insurance provider representatives at least three times during the 2018 Worksite Wellness Challenge.</p> <p><b>See free consult at bottom of page:</b> <a href="https://uhahealth.com/blog/wellness-that-works">https://uhahealth.com/blog/wellness-that-works</a></p>	4 pts.

<b>Physical Activity</b>	<b>Point Value</b>
<p>7. Your company has signs posted at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs.</p> <p><b>See document titled Starting a Movement:</b> <a href="https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/">https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/</a></p>	1 pt.
<p>8. Your company provides social support resources to encourage physical activity at work (e.g., walking groups, wellness champions, physical activity partner agreements, and /or lifestyle improvement pledges).</p> <p><b>See document titled Inspire Wellness Signage:</b> <a href="https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/">https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/</a></p>	2 pts.
<p>10. Your company provides two or more educational seminars, workshops, or classes on physical activity. Answer "Yes" if these sessions address physical activity as a single health topic or if physical activity is included with other health topics. These sessions can be provided in-person or online, on-site or off-site, in individual or group settings, through vendors, on-site staff, health insurance plans or programs, community groups, or other practitioners.</p> <p><b>See free consult at bottom of page:</b> <a href="https://uhahealth.com/blog/wellness-that-works">https://uhahealth.com/blog/wellness-that-works</a></p>	2 pts.

<b>Nutrition (Healthy Eating)</b>	<b>Point Value</b>
<p>2. Your company promotes healthy eating to employees through the use of posters, brochures, videos, paycheck stuffers, flyers, newsletter articles, information on a company website, etc.</p> <p><b>See documents titled SMART Goals and Tips to Nudge Healthy Habits:</b>  <a href="https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/">https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/</a></p>	1 pt.
<p>3. Your company provides two or more educational seminars, workshops, or classes on nutrition (e.g., sessions that address nutrition as a single health topic or if nutrition is included with other health topics). These sessions can be provided in-person or online, on-site or off-site, in individual or group settings, through vendors, on-site staff, health insurance plans or programs, community groups, or other practitioners.</p> <p><b>See free consult at bottom of page:</b>  <a href="https://uhahealth.com/blog/wellness-that-works">https://uhahealth.com/blog/wellness-that-works</a></p> <p><b>See documents titled SMART goals and Tips to Nudge Healthy Habits:</b>  <a href="https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/">https://hhawa.com/wellnessresources/wellness-toolkits/toolkit/</a></p>	2 pts.

<b>Stress Management</b>	<b>Point Value</b>
<p>3. Your company provides two or more stress management programs each year (e.g., stress management programs can range from general stress release to financial stress management).</p> <p><b>See free consult at bottom of page:</b>  <a href="https://uhahealth.com/blog/wellness-that-works">https://uhahealth.com/blog/wellness-that-works</a></p>	2 pts.