

Get Fit Kaua'i
2018 Worksite Wellness Challenge Scorecard

The Scorecard Resource List below was provided by Kaiser Permanente. 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.

Questions? Please contact your Kaiser Permanente Workforce Health Consultant or melissa.mh.kunitake@kp.org

General Health Environment	Point Value
<p>2. Your company has a Worksite Wellness Committee that meets regularly (at least quarterly) and maintains meeting notes. https://business.kaiserpermanente.org/thrive/resource-center/wellness-committee-toolkit</p>	4 pts.
<p>3. Your company has a written company wellness plan and/or policy, which is reviewed annually. https://business.kaiserpermanente.org/thrive/index</p>	4 pts.
<p>4. Your company conducts an employee needs and interest assessment specifically related to planning health promotion activities. https://business.kaiserpermanente.org/thrive/resource-center/employee-health-interest-survey</p>	3 pts.
<p>7. Your company has a policy and conducts employee health risk appraisals/assessments through vendors, on-site staff, or health plans, and provides individual feedback plus health education. KP Healthy Lifestyle Coaching by phone (808) 432-2262.</p>	4 pts.
<p>8. Your company has a written sustainability plan in place for worksite wellness activities, programs, and staff. https://business.kaiserpermanente.org/thrive/culture-of-health</p>	4 pts.
<p>10. Your company holds a Kaiser Permanente hosted well-being presentation/information session to introduce all employees to Kaiser Permanente’s free well-being resources from their Choose Better website. You will also be introduced to the “Total Health Assessment” tool on kp.org which is available to all Kaiser Permanente members. There is no charge for this session, no matter what medical insurance carrier you have. To schedule, please contact: Melissa Kunitake, Kaiser Permanente Workforce Health Consultant at (808) 281-2266 or melissa.mh.kunitake@kp.org</p>	7 pts.

General Health Environment (continued)	Point Value
<p>12. Your company Worksite Wellness Challenge Team Captain met with their Worksite Wellness Challenge Coach each calendar month from February - October (by phone or in person). https://business.kaiserpermanente.org/thrive/resource-center/wellness-committee-toolkit</p>	4 pts.
<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. https://business.kaiserpermanente.org/thrive/resource-center/wellness-committee-toolkit</p>	4 pts.

Physical Activity	Point Value
<p>1. Your company provides an exercise area on-site to which all of your employees have access. https://business.kaiserpermanente.org/thrive/exercise</p>	3 pts.
<p>2. Your company has a written policy that subsidizes or discounts the cost of on-site or off-site exercise facilities. https://thrive.kaiserpermanente.org/care-near-hawaii/active-and-fit?kp_shortcut_referrer=kp.org/fitrewards</p>	4 pts.
<p>3. Your company provides bike racks in safe and convenient locations that are available for employees who ride their bike to work. https://business.kaiserpermanente.org/insights/6-low-cost-wellness-ideas-for-small-businesses</p>	3 pts.
<p>5. Your company provides environmental resources for recreation or physical activity (e.g., your worksite provides trails or a track for walking / jogging, or maps of suitable walking routes around the area so employees can walk on their break, lunch hour, before work or pau hana). https://business.kaiserpermanente.org/thrive/resource-center/walking-for-workforce-health-toolkit</p>	3 pts.
<p>7. Your company has signs posted at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs. https://business.kaiserpermanente.org/thrive/exercise</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>A. https://business.kaiserpermanente.org/thrive/culture-of-health</p> <p>B. https://business.kaiserpermanente.org/thrive/resource-center/workforce-health-goal-setting-worksheet</p>	2 pts.

Physical Activity (continued)	Point Value
<p>9. Your company provides brochures, videos, physical activity promotion posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity.</p> <p>https://business.kaiserpermanente.org/thrive/monthly-health-topics;</p> <p>Webinars available:</p> <ul style="list-style-type: none"> • Training to Thrive: Getting Fit for the Race • Proper Hydration • Nutrition for Endurance Athletes • Immune System Support for Athletes • Weight Loss for Athletes 	1 pt.
<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>https://business.kaiserpermanente.org/thrive/monthly-health-topics;</p> <p>Webinars available:</p> <ul style="list-style-type: none"> • Training to Thrive: Getting Fit for the Race • Proper Hydration • Nutrition for Endurance Athletes • Immune System Support for Athletes • Weight Loss for Athletes 	2 pts.

Nutrition (Healthy Eating)	Point Value
<p>1. Your company has a written policy for the provision of healthy food and beverage options at employee meetings and events (e.g., the policy or formal communication makes vegetables, fruits, 100% fruit juices, whole grain items or trans fat-free / low-sodium snacks available during meetings).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/healthy-eating-at-work-food-policy-toolkit</p>	4 pts.
<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>A. https://business.kaiserpermanente.org/thrive/resource-center/healthy-eating-at-work-food-policy-toolkit</p> <p>B. https://business.kaiserpermanente.org/thrive/resource-center/healthy-meetings-guide</p>	1 pt.

Nutrition (Healthy Eating) (continued)	Point Value
<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>https://business.kaiserpermanente.org/thrive/nutrition</p>	2 pts.
<p>4. Your company has provisions available so employees can bring healthy lunches from home (e.g., provides a refrigerator, a sink to clean dishes/utensils, an eating area with seating, or a microwave and/or toaster oven for warming food).</p> <p>https://business.kaiserpermanente.org/thrive/healthy-eating</p>	3 pts.
<p>7. Your company has a written policy stating that more than 50% of the food and beverage choices available in vending machines, snack bars, or other points of purchase are healthy food items (e.g., skim milk, 1% milk, water, unsweetened flavored water, diet drinks, 100% fruit juice, low-fat and low-sodium snacks, or fresh fruit).</p> <p>https://business.kaiserpermanente.org/thrive/healthy-eating</p>	4 pts.
<p>8. Your company has written policy to offer meals that include healthy options in cafeteria settings.</p> <p>https://business.kaiserpermanente.org/thrive/healthy-eating</p>	4 pts.
<p>11. Your company provides access to free or subsidized self-management programs to live a healthy lifestyle (nutrition, exercise and weight management). For example, your employees participate in the Wilcox Health free program, “A Healthier You”. Teams may also be eligible for a corporate discount for Weight Watchers.</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/wellness-coaching-by-phone-flier-pile-on-the-fruits-and-veggies</p>	2 pts.
<p>12. Your company has a written policy or plan for hosting a minimum of one healthy food drive per year (see the “Healthy Food Drive” flyer on www.GetFitKauai.com).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/healthy-eating-at-work-food-policy-toolkit</p>	4 pts.

Tobacco Control	Point Value
<p>1. Your company has a written policy banning all tobacco use at your worksite.</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/tobacco-free-campus-toolkit</p>	4 pts.
<p>2. Your company has a written policy banning all Electronic Smoking Device usage at your worksite.</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/tobacco-free-campus-toolkit</p>	4 pts.

Tobacco Control (continued)	Point Value
<p>3. Your company reinforces a written policy banning all tobacco and/or Electronic Smoking Device usage (e.g., your company does not provide ashtrays, or your company communicates this written policy banning tobacco use through various channels at your worksite).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/tobacco-free-campus-toolkit</p>	4 pts.
<p>4. Your company displays signs (including “No Smoking” signs) with information about your tobacco use policy.</p> <p>A. https://business.kaiserpermanente.org/thrive/resource-center/tobacco-cessation-poster-man-english-and-spanish</p> <p>B. https://business.kaiserpermanente.org/thrive/resource-center/tobacco-cessation-flier-woman-english-and-spanish</p>	1 pt.
<p>5. Your company provides or promotes free or subsidized tobacco cessation counseling (e.g., the Hawaii Tobacco Quitline at 1-800-QUIT-NOW, other local programs, or through medical insurance carriers).</p> <p>A. https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/HctNDoMgEEDhq9QDkNE mWuIQS7QRQu76YRYooACba fn-XLlwcGbmACvtyMxcWA67c12VBsOu9PV1j2cXFhhisYMMt2sZjoAbrEOxLFA9mc - ePMRVHqwVdt3LsRD-wUYkja5qpZpyLiUkp1YkL1cmxhc37 j1U1QeuB3HM/</p> <p>B. https://business.kaiserpermanente.org/thrive/resource-center/wellness-coaching-by-phone-flier-kick-tobacco-for-good</p>	2 pts.
<p>6. Your company provides health insurance coverage with no or low out-of-pocket costs for prescription tobacco cessation medications including nicotine replacement (e.g. inhalers, nasal sprays, bupropion (Zyban) and varenicline (Chantix)).</p> <p>A. https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/HctNDoMgEEDhq9QDkNE mWuIQS7QRQu76YRYooACba fn-XLlwcGbmACvtyMxcWA67c12VBsOu9PV1j2cXFhhisYMMt2sZjoAbrEOxLFA9mc - ePMRVHqwVdt3LsRD-wUYkja5qpZpyLiUkp1YkL1cmxhc37 j1U1QeuB3HM/</p> <p>B. https://business.kaiserpermanente.org/thrive/resource-center/wellness-coaching-by-phone-flier-kick-tobacco-for-good</p>	4 pts.
<p>7. Your company provides health insurance coverage with no or low out-of-pocket costs for FDA-approved over-the-counter nicotine replacement products (e.g., nicotine replacement gum, patches, and/or lozenges).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/wellness-coaching-by-phone-flier-kick-tobacco-for-good</p>	4 pts.

Stress Management	Point Value
<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>A. https://business.kaiserpermanente.org/thrive/stress-management</p> <p>B. https://business.kaiserpermanente.org/thrive/resource-center/finding-balance-stress-management-toolkit</p> <p>KP Webinars available:</p> <ul style="list-style-type: none"> Stress Management Part 1: Understanding Stress http://kphealthyme.com/kphealthyme/media/elearning-modules/Stress_Management/Understanding_Your_Stress/story_html5.html Tools to manage stress and build resilience http://kphealthyme.com/kphealthyme/media/elearning-modules/Stress_Management/Tools_for_stress/story_html5.html 	2 pts.
<p>4. During the last nine months, your company provided two or more work-life balance/life- skills programs (e.g., elder care, child care, referrals, tuition reimbursement, and/or other programs that are offered through vendors, on-site, or employee assistance programs).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/finding-balance-stress-management-toolkit https://business.kaiserpermanente.org/thrive/resource-center/finding-balance-stress-management-toolkit</p>	2 pts.
<p>5. Your company provides at least one training session for managers on identifying and reducing workplace stress-related issues (e.g., training on performance reviews, communication, personnel management, assertiveness, time management, and/or conflict resolution).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/finding-balance-stress-management-toolkit</p>	2 pts.
<p>6. Your company provides opportunities for employee input regarding workplace issues that affect job stress (e.g., work processes and environment, work schedules, participative problem-solving, and/or management of work demands).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/finding-balance-stress-management-toolkit https://business.kaiserpermanente.org/thrive/resource-center/finding-balance-stress-management-toolkit</p>	2 pts.
<p>7. Your company posts signs or provides brochures, videos, posters, pamphlets, newsletters, or other written or online information that addresses the benefits of stress management (e.g., posters that promote serenity in the workplace).</p> <p>https://business.kaiserpermanente.org/thrive/resource-center?tool=email,poster&language=english&topic=stress-management,tobacco-cessation,pregnancy-tips,exercise,flu-prevention&result_page=1</p>	1 pt.

Chronic Disease Prevention (High Blood Pressure, Diabetes, Obesity, High Cholesterol)	Point Value
<p>1. Your company provides brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the risks of two or more of these chronic diseases: high blood pressure, diabetes, high cholesterol and obesity. (Note: the Center for Disease Control will mail free chronic disease prevention posters.)</p> <p>A. https://business.kaiserpermanente.org/kp-difference/healthier-employees</p> <p>B. https://business.kaiserpermanente.org/insights/the-real-cost-of-absenteeism-and-what-you-can-do-about-it</p> <p>C. https://business.kaiserpermanente.org/wp-content/uploads/2016/10/Kaiser-Permanente-Workforce-Health-Resource-Guide.pdf</p> <p>D. Diabetes Toolkit: http://kphealthyme.com/documents/Diabetes-Toolkit.aspx</p>	1 pt.
<p>2. Your company provides two or more educational seminars, workshops, or classes on prevention and control of high blood pressure, diabetes, obesity and high cholesterol.</p> <p>A. Living and thriving with diabetes type 1 webinar: https://kp.qumuccloud.com/view/1vIGSxw6e1</p> <p>B. kp.org/heart</p> <p>C. http://kphealthyme.com/documents/NCal-High-Chol-Here-s-What-You-Can-Do.aspx</p>	2 pts.
<p>3. Your company promotes the availability of wellness coaching through health insurance company/companies. (Note: Kaiser Permanente and HMSA provide wellness coaching.)</p> <p>https://business.kaiserpermanente.org/thrive/resource-center/wellness-coaching-by-phone-flier-pile-on-the-fruits-and-veggies</p>	2 pts.

Signs & Symptoms of Heart Attack and Stroke / Emergency Response to Heart Attack and Stroke	Point Value
<p>1. Your company has posters or flyers in the common areas of your worksite (such as bulletin boards, kiosks, break rooms) that identify the signs and symptoms of a heart attack and of a stroke and also convey that heart attacks and strokes are to be treated as emergencies.</p> <p>https://business.kaiserpermanente.org/insights/heart-health</p>	1 pt.

Signs & Symptoms of Heart Attack and Stroke / Emergency Response to Heart Attack and Stroke (continued)	Point Value
<p>2. Your company provides any other information on the signs and symptoms of heart attack and of stroke through emails, newsletters, management communications, websites, seminars and/or classes.</p> <p>https://business.kaiserpermanente.org/insights/heart-health</p> <p>Webinars available:</p> <p>A. Heart and Sole of Health Recorded Webinar Part 1</p> <p>B. Heart and Sole of Health Recorded Webinar Part 2</p> <p>C. Heart and Sole of Health Recorded Webinar Part 3</p>	1 pt.

Points are based upon: Policy = 4 points; Environment = 3 points; Program = 2 points; Small = 1 point

2018 Scoring Levels:

Platinum = 151 – 179 points

Gold = 124 - 150 points

Silver = 97 – 123 points

Bronze = 70 - 96 points

Copper = 69 or less points

Mokihana Status = Platinum for 3 years.

General Health	Physical Activity	Nutrition	Tobacco Control	Stress Management	Chronic Disease Prevention	Heart Attack and Stroke	Total
54 points	30 points	40 points	23 points	14 points	7 points	11 points	179 points