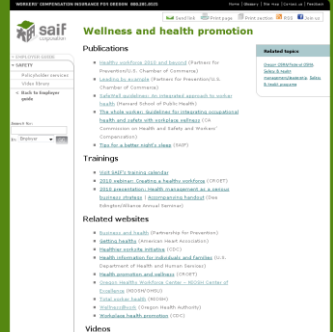





Worksite Wellness Resources
January 2013



saif.com/wellness

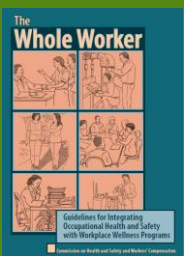


Prevent.org




Scroll down to Worksite Health under Business and Health www.prevent.org/

California Commission on Health and Safety and Workers' Compensation



www.dir.ca.gov/chswc/WOSHTEP/Publications/WOSHTEP_TheWholeWorker.pdf

National Institute for Occupational Health and Safety (NIOSH) Total Worker Health™




www.cdc.gov/niosh/twh/

Oregon Governor's Occupational Safety and Health Conference

Excellence in Worksite Wellness: Taking Your Program to the Next Level

March 7, 2013

Short course, Ron Goetzel, PhD, keynote



<http://oregongosh.com>

American Psychological Association Psychologically Healthy Workplace Program

www.phwa.org/

University of Michigan Health Management Research Center

www.hmrc.umich.edu/home.aspx

American Heart Association Heart360® Online health risk appraisal (can link to personal healthcare provider)

www.heart360.org/Default.aspx

American College of Occupational and Environmental Medicine Health and Productivity Management Toolkit

www.acoem.org/healthandproductivity.aspx

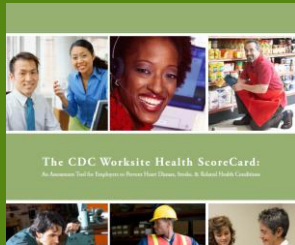
American College of Occupational and Environmental Physicians

<http://blueprint.acoem.org>

WELCOA

www.welcoa.org/freeresources/

CDC Worksite Health ScoreCard



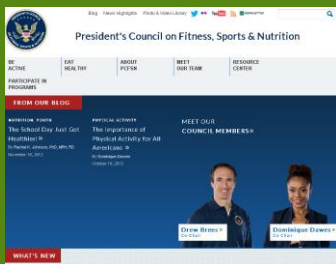
www.cdc.gov/dhdsp/pubs/docs/HSC_Manual.pdf

ChooseMyPlate.gov



www.choosemyplate.gov/

President's Council on Fitness, Sports, and Nutrition



www.fitness.gov/

The Cooper Institute and Cancer Prevention and Research Institute of Texas



www.todayiwill.com

Centers for Disease Control and Prevention



www.cdc.gov/nationalhealthyworksite/index.html

American Heart Association walking site



www.startwalkingnow.org/

Wellness@Work

<https://dwp1.dhs.oregon.gov/WellnessAtWork/>

American Institute for Preventive Medicine

<http://healthylife.com/>

American Institute for Preventive Medicine

<http://www.healthylife.com/planner.asp>

<http://www.youtube.com/watch?v=aUaInS6HIGo>

NIOSH Centers of Excellence

Regional focus, national reach

NIOSH Oregon Healthy Workforce Center

www.ohsu.edu/xd/research/centers-institutes/croet/oregon-healthy-workforce-center/index.cfm

NIOSH Harvard School of Public Health Center for Work, Health, and Well-being



centerforworkhealth.sph.harvard.edu/

SafeWell Integrated Management System for Worker Health (NIOSH Center for Work, Health, and Well-Being, Harvard School of Public Health)



http://centerforworkhealth.sph.harvard.edu/images/stories/SafeWellPracticeGuidelinesFeb2012_final_facingpages.pdf

NIOSH Iowa Healthier Workforce Center for Excellence



www.public-health.uiowa.edu/hwce/

NIOSH Center for the Promotion of Health in the New England Workplace



www.uml.edu/Research/centers/CPH-NEW/