










Worksite Wellness Resources to Help You Get Started

The following free, low-cost, and cost-saving resources can help your business start or modify an employee wellness program:

Website	Program	Eligibility	Cost	Contact
 <p>http://www.norcalwellbeing.org/wellness-toolkit.php</p>	<p>Online Worksite Wellness Toolkit - Free online tool that provides businesses with steps to create a healthy workplace. Topics include: The Wellness Team; Assessment tools; Wellness Goals & Objectives; Policy Design & implementation; Program Design & implementation; Gaining Employee Buy-in; Evaluation & Mentoring; The Financial Benefits; and Wellness Resources</p>	Any employer	Free	(707) 575-6043 info@nccwb.org
 <p>www.iwalksonoma.org/iWALKEmployer</p>	<p>iWALK - A movement designed to make exercise a priority in Sonoma County. By becoming an iWALK Employer, you pledge to promote a culture of fitness in your workplace. iWALK provides the tools and incentives to start up your own program.</p>	Any employer	Free	Becky Lunders (707) 793-0933 info@iwalksonoma.org
 <p>http://norcalwellbeing.org/</p>	<p>Employee Wellness Program by Northern California Center for Well-Being (NCCWB) - Supports your company in creating an environment that promotes wellness. Services include: Technical assistance with a worksite wellness specialist; customized wellness program and policy development; confidential fitness assessments for employees with personal recommendations; on-site and off-site exercise programs; nutritional counseling with registered dietitians; health education classes; lunch and learn seminars; and evaluation and return on investment tracking to demonstrate the program success.</p>	Any employer	Various low-cost packages. Call for quote.	(707) 575-6043 info@nccwb.org
 <p>http://www.stjosephhealth.org/Services/Workforce-Health-Initiative/Default.aspx</p>	<p>Workforce Health Initiative by St. Joseph Health System- Collaborates with employers to identify and address employee health risks before they result in costly healthcare claims and threaten quality of life for employees while also creating a healthier community. The program offers Personal Health Profiles (health risk assessments), a Workforce Health Report (health snapshot of the work site), prevention, screening, and education services, internet-based financial analysis tools that allows employers to understand health risks faced by their workers, project how healthcare dollars will be spent, and identify potential savings through the attainment of a healthier workforce.</p>	Any Sonoma County employer.	Free for most services.	Jeannie Calverley (707) 525-5263 jeannie.calverley@stjoe.org

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 https://businessnet.kp.org/health/plans/ca/totalhealthandproductivity	HealthWorks by Kaiser Permanente An overarching program of free and fee-based products and services that coordinates and leverages Kaiser Permanente's diverse capabilities to provide employer-specific health promotion programs to improve employee health and maintain or increase productivity.	Employers with 51+ employees. Custom programs available to employers with 250+ employees	Free and fee-based. Pricing is dependent upon the program design or package.	Contact your local Kaiser Permanente representative
 www.sutterhealthpartners.org	Live Well for Life by Sutter Health - A best practice worksite wellness program recognized by the American College of Sports Medicine, 2009. LWFL offers health risk assessments, biometric/health screenings, onsite health education, group events and challenges, rewards tracking, online health improvement action plans, tools, trackers and personalized onsite and telephonic wellness coaching.	Employers with 100+ employees	Free and fee-based. Pricing is dependent upon the program design or package.	Mary Anna Weklar (415) 254-5530 weklarm@sutterhealth.org Lisa Amador (707) 576-4697 amadorl@sutterhealth.org
 www.anthem.com	360° Health by Anthem Blue Cross - Helps members become more informed and involved in their health and wellness. By providing a total health solution, members have a powerful combination of targeted programs, services and one-on-one professional support to help them adopt healthier behaviors that last.	Anthem Blue Cross members	Visit the website to request a quote	Contact your insurance broker
 https://www.blueshieldca.com/hw/	Health & Wellness by Blue Shield of California - Web page provides information on preventive health, conditions and options for treatment. Members can access resources, including self-management programs, a comprehensive health library, and articles from Healthwise®.	Blue Shield members	Visit the website to request a quote	Contact your insurance broker
 www.mhn.com	MHN a Health Net Company Provides behavioral change solutions for individuals and organizations, including a wellness and lifestyle program with motivational coaching for weight management, tobacco cessation coaching, and stress management.	MHN members	Visit the website to request a quote	Contact your insurance broker