

Preventive Health Toolkit Employer Guide

Tips for implementing a toolkit at your organization

Use this guide to help engage your employee population using one of Dean Health Plan's provided preventive health toolkits. Topics range from preventive health observances such as thyroid, breast, or colon health, to nutrition, physical activity, brain health, and stress. If you have any questions or aren't sure where to start, please reach out to your Health Promotion Coordination by emailing dhp.health@deancare.com.

Self-Guided Activities

For toolkits	that include	self-guided	activities such	n as crossword	puzzles,	two truths,	and a lie,	quizzes,	or matc	hing
games, cor	nsider doing	the following	g to <i>win a prize</i>	e :						

П	Put a container	somewhere where	participants can	place their	completed activity
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- ☐ Add your email to the activity sheet and have participants submit their completed activity to you
- □ Set up an electronic survey and have participants complete the survey that they completed activities

Webinars or Educational Presentations

For toolkits that include wellness webinars or Move with a Doc, consider running this for your entire employee population during a lunch shift, break, or even better, on paid time.

Wear [color] Days

For toolkits that include wearing a certain color to create awareness, such as Wear Red Day on the first Friday of February, have your employees complete by department or individuals. Take and share photos on a bulletin board, electronic newsletter, or your intranet. Consider a "traveling trophy" that moves each year for a winning individual or team.

Mini Challenges

Organization logo wear or goar

For toolkits that include mini-challenges, such as knock-off 'Minute to Win It' games, consider challenging leadership to each other, or individuals or teams to their leaders.

Prize Ideas:

ш	Organization logo wear or gear
	Payroll incentives, gift cards, cash, or time off
	Provided lunch
	Set up a day of chair massages
	Wellness giveaways such as: Essential oils, bath balls, resistance bands, water bottles, plants, wearables
	candles, gardening tools, tickets for a local event, kitchen tools or appliances (avocado peelers, melon
	ballers, air fryer), yoga mat, hammock

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