

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 as cross-word puzzles, two truths and a lie, quizzes, or matching games, consider doing the following to *win a prize*:

- Put a container somewhere where participants can place their completed activity
- 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

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:

- Organization logowear 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