

# Resources for Wellness Champions:

## **Centers for Disease Control and Prevention/ Workplace Health Promotion**

<https://www.cdc.gov/workplacehealthpromotion/index.html>

Use the [Centers for Disease Control and Prevention / Workplace Health Promotion](https://www.cdc.gov/workplacehealthpromotion/index.html) website to search for actionable information to help employers launch or expand a workplace health promotion program.

Website includes: the workplace health resource center, the workplace health model, the work@health training program, and the worksite health score care.

## **WorkWell NC / Wellness Committee Guide** [https://workwellnc.com/workbooks\\_committee.php](https://workwellnc.com/workbooks_committee.php)

This Committee Workbook is a comprehensive guide for developing a well-organized worksite wellness committee. This Workbook also provides step-by-step instructions for developing and planning a wellness program that supports healthy eating, physical activity, tobacco cessation and stress management. Sample meeting agendas, employee and worksite surveys, informational posters and letters and evaluation surveys are included.

## **WorkWell NC / Wellness Committee Guide** [https://workwellnc.com/workbooks\\_committee.php](https://workwellnc.com/workbooks_committee.php)

Use the free WorkWell NC tools to implement a worksite wellness program and supportive activities. Detailed Wellness Committee Guide has lots of ideas.

## **The Eat Smart, Move More Movement** <https://www.eatsmartmovemorenc.com/who-we-are/#ObesityPlan>

Review North Carolina's Plan to Address Overweight and Obesity. North Carolina's Plan to Address Overweight and Obesity is a guide of evidence-informed or evidence-based strategies for anyone working in the area of overweight and obesity prevention. The Plan is designed to steer the efforts of those working as part of the Eat Smart, Move More movement to make healthy eating and physical activity the easy choice for all North Carolinians. Click on the resources tab and choose worksite resources to see strategies that support healthy weight behaviors at work.

Blue365, open to all active employees and non-Medicare retirees, offers premier health and wellness discounts and is free to join for State Health Plan members. A variety of exclusive discounts are available! Offers change weekly. Here's just a sample of what's available:

- Apparel & Footwear: Save on name brands
- Fitness: Gym and online experience discounts
- Hearing & Vision: Save on eye and hearing exams, vision products and hearing aids
- Home & Family: Find deals on vitamins, health supplies and wellness products
- Nutrition: Enjoy savings on nutrition services and products
- Personal Care: Save on mindfulness-based courses and personal care products
- Travel: Save on hotels, car rental and vacation activities

Sign up for weekly emails to receive the deals using the steps below.

For State Health Plan members, Blue365 is available via [eBenefits](#), your one-stop shop for all member benefit information. To get started, click on [eBenefits](#). Once logged into [eBenefits](#), look for a link to Blue Connect in the left-hand menu. Once in Blue Connect, click Wellness at the top of the page. Scroll down to Member Discounts Blue365 Program to click and save!

## Personal Health Portal

The Personal Health Portal, open to all active employees and non-Medicare retirees, provides a comprehensive library of tools and resources to assist you in assessing your health risks and engaging in healthy activities. This portal includes a number of handy health-related items. They include:

- **Health Challenges:** Each quarter of the year you will have the opportunity to complete a 4-week challenge, covering nutrition, physical activity, weight management and stress.
- **Online Health Assessment:** This 15-minute online assessment helps gauge your current health status and identify any concerns, so you can track your progress in the months ahead.
- **Healthy Living Conversations:** These are quick, interactive conversations covering a variety of health topics, such as stress, back pain and getting active.
- **Online Monthly Seminars:** Fun and interesting online seminars are available each month and focus on various health and wellness topics, such as nutrition, fitness and stress reduction.
- **Extensive Health and Video Library:** The portal provides a library of resources to assist you in assessing your health risks and engaging in healthy activities, including more than 500 videos.

The personal health portal is available via [eBenefits](#), your one-stop shop for all of your benefit information. To get started, go to the [State Health Plan website](#) and click on [eBenefits](#). Once you're logged into [eBenefits](#), you will see a link to Blue Connect in the left-hand menu. Once you're in Blue Connect, click the Wellness link at the top of the page to find the Personal Health portal.