



WELLNESS NOW



Serving Oklahoma County

EASY WORKSITE WELLNESS STRATEGIES

Establish an attractive company culture for recruiting
Improve productivity and focus among employees



EAT BETTER

Make healthy food choices available

- Vending machine variety
- Company meetings and events
- Food provided by vendors
- Promote local farmer's and community markets



MOVE MORE

Provide opportunities for physical activity

- Gym membership discounts or reimbursements
- Encourage walking groups (indoors or outdoors)
- Promote company sports teams or classes
- Promote local 5Ks and community events



BE TOBACCO FREE

Create a tobacco and vapor free work site

- Tobacco free properties create healthy environments for employees, visitors and clients
- Promote FREE tobacco cessation through 1-800-QUIT-NOW and your insurance plan

To schedule a free evaluation of your organization's current wellness strategy, contact Brittney Hodges with TSET Healthy Living Program: 405-425-4490 or Brittney_Hodges@occhd.org