Workplace Health Services

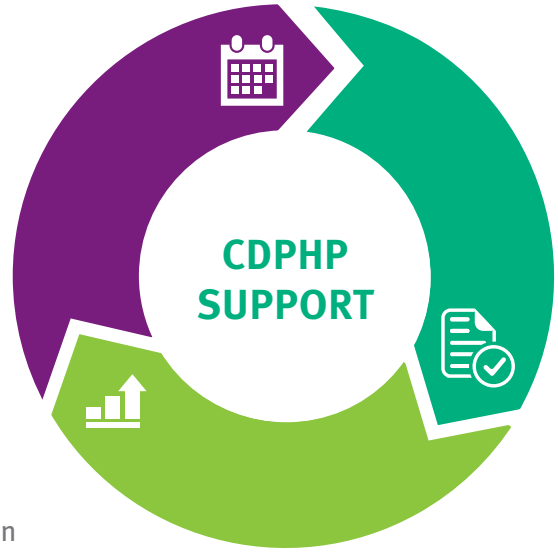
CDPHP® is pleased to partner with you to help your employees take charge of their well-being.

From strategic program development to engaging activities, our Workplace Health Services regularly evolve to reflect best practices for promoting employee well-being. Workplace Health Services are available to groups of all sizes, with a focus on serving employers needs - wherever they may be in their wellness program.

A dedicated Workplace Health Strategist, certified in wellness program coordination, is available to provide consultative support in each of the **CDPHP Workplace Health Model** areas:

PLANNING AND MANAGEMENT

- Wellness strategy and program design
- Communications support
- Wellness committee guidance
- Wellness champion network
- Engagement and culture



IMPLEMENTATION

- On-site health and wellness activities
- Virtual wellness activities
- Health promotion campaigns
- Employee challenges
- Health and/or benefit fair support provided by CDPHP staff
- Guidance on wellness policy development and implementation

ASSESSMENT AND EVALUATION

- Personal Health Assessment (PHA)
- Employee interest survey
- Clinical data assessment
- Organizational assessment
- Wellness program summary report

CDPHP®

A plan for life.

CDPHP® Workplace Health Program Topics

CDPHP Workplace Health Services offerings are always evolving to provide your business up-to-date education and engaging activities to promote well-being. The examples below are for your reference. Consult with your CDPHP Workplace Health Strategist to customize a plan for your organization based on the most current offerings.

Health Education

- Asthma and lung health
- Heart health
- Medical self-care/management
- Musculoskeletal health
- Preventing and managing diabetes
- Understanding biometric values
- Understanding your health plan and benefits

Nutrition

- Budgeting and shopping for healthy eating
- Eating for heart health
- Healthy eating challenges
- Label reading and portion control
- Mindful eating

Physical Activity/Fitness

- Movement-based classes
- Physical activity and fitness basics
- Risks of being sedentary
- Walking and running basics
- Building a fitness habit
- Custom activity

Living Well

- Caregiver well-being
- Dimensions of wellness
- Financial health
- Mental wellbeing
- Motivation
- Self-care
- Sleep hygiene
- Stress management
- Time management

Preventive Health

- Cancer prevention and awareness
- CDPHP Health Hub education and promotion
- Flu shot education and promotion
- Health literacy
- Managing and maintaining weight
- Personal Health Assessment awareness
- Lifestyle and health

CDPHP Workplace Health Services activities are available in a variety of formats to support the unique needs of your business.

Formats include:

- Workshops
- Health awareness campaigns
- Employee challenges
- Digital interactive learning modules
- Recorded webinars
- Education tabling