



Tyler's Healthiest Workplace Application Packet

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Fit City Tyler

Improving the Culture of Health in Tyler and East Texas

Fit City Tyler is a community wellness coalition that supports individuals, families, and businesses to create action toward adopting healthy lifestyles.

Our efforts have expanded across northeast Texas, supporting the collaborative efforts of our coalition members who engage local businesses, churches, schools, non-profit organizations and individual citizens.

The Fit City Tyler coalition consists of more than 100 local organizations: the media, hospitals, gyms, public and private schools, city and county government, community clinics, public health organizations, non-profits, restaurants, churches, health clubs, fitness gyms, Cross Fit boxes and numerous community volunteers.

*Making Tyler a Fit City,
One Step, One Bite and
One Health-Conscious
Decision at a Time*

Become a Fit City Tyler Healthiest Workplace Award Winning Company

The best asset of every community is the people and the best asset of every organization is the employees. Fit City Tyler is committed to providing awareness towards the health and wellbeing of every person in East Texas.

With the help of our local organizations, we can spread the word, provide encouragement and promote healthy lifestyles. East Texas has many businesses, schools, hospitals, and other facilities that provide ongoing wellness programs and community outreach. Help us recognize you and your facility as being one of Tyler's Healthiest Workplace facilities. Share your ideas and programs with other business organizations on how to build a successful healthy workplace environment.

By becoming one of Fit City Tyler's Healthiest Workplace, you encourage other community organizations to promote wellness in the workplace.

Email your completed application to JoinFitCityTyler@gmail.com no later than Friday, February 15, 2019.

Designation Criteria

Instructions

- The Healthiest Workplaces Application is composed of five (5) categories.
- Each category has criteria that can each be worth one point or several points each.
- Your organization does not have to be able to meet all criteria in one category, but may be able to earn multiple points in another category.

Categories

- ❖ **Demonstrates a commitment to employee health and well-being**
- ❖ **Actively promotes and supports healthy nutrition options at work**
- ❖ **Provides and encourages opportunities for physical activity in the workplace**
- ❖ **Lifestyle and Disease management strategies are provided annually**
- ❖ **Community Outreach activities are available for your employees to participate**

How to Complete a Category

- ❖ *A communication plan exists that promotes healthy activities and a wellness program*

Company does not have communication plan - Total points 0 - No evidence attached

	Total Points	Evidence attach
A communication plan exists that promotes healthy activities and a wellness program	0	

- ❖ *Goals for the organization reflect a commitment to employee health and well-being*

Your organization has a written goal in place – One of the pillars of our organization is to encourage work-life balance for all employees to maintain a healthy life inside and outside of the workplace.

1 point – Evidence attached – attach a copy of the organizations pillar statement.

It is the goal of employee health to make sure that every associate has the opportunity to obtain the influenza vaccine. If the employee is unable to pay for the vaccinations the vaccine will be provided to the employee at no charge.

1 point – Evidence attached – attach a copy of the organizations communication to employees

	Total Points	Evidence attach
Goals for the organization reflect a commitment to employee health and wellbeing	2	Yes

Fit City Tyler's Healthiest Workplaces Application

Complete Your Wellness Designation Criteria	Total Points Each Evidence 1 point	Evidence Attached
Demonstrates a commitment to employee health and well-being		
A communication plan exists that promotes healthy activities and a wellness program		
Goals for the organization reflect a commitment to employee health and wellbeing		
The organization has a policy/ procedure in place to maintain employee wellness		
The organization has a 'No Tobacco Use' policy		
other examples: may write in		
Actively promotes and supports healthy nutrition at work		
The benefits of proper nutrition are communicated on a regular basis		
Healthy food options are provided at company functions, meetings and/or the cafeteria if applicable		
Access to free drinking water is conveniently available to all employees		
Provides kitchen equipment for the preparation or storage of nutritional foods		
other examples: may write in		
Provides and encourages opportunities for physical activity in the work place		
Provides onsite exercise equipment, exercise classes or alternative		
Provides flextime for employees to engage in physical activity or promotes physical activity breaks		
Offers Gym discounts or memberships		
Promotes safe walking/ running at worksite		
Provides policies/guidelines that support physical activity		
other examples: may write in		
Lifestyle and Disease management strategies provided annually		
Health screenings provided on site – (example: Blood pressure checks or other) at least annually		
Preventive services or resources effectively communicated		
Communicates the benefits of physical activity on an annual basis		
other examples: may write in		
Community Outreach		
The organization makes available for employees to participate in at least 2 community outreach projects annually that promotes physical activity		
The organization makes available for employees to participate in at least 2 community outreach projects that promotes good nutrition		
The organization makes available for employees to participate in at least 2 community outreach projects annually that provides health screenings		
The organization makes available to employees to participate in 2 outreach projects that educate on modifiable and non-modifiable risk factors		

