

# At-A-Glance

## Aligning the worksite with a focus on health

The work environment may impact decisions made throughout the day. Looking to align your worksite with a focus on health and well-being? If so, consider the following environmental enhancements taken by other UnitedHealthcare customers.

Move	Eat	Feel	Care
Walk-and-Talk Meetings	Onsite Cooking Demonstrations	Mindfulness Sessions	Telehealth Office (for Virtual Visits)
Onsite Walking Trails Mapped	Healthier Vending/Cafeteria Options	Quiet/Relaxation Rooms	Onsite Biometric Screenings and Flu Shots
Onsite Fitness Equipment & Classes	Fruit Sampling Day	5-Minute Stretching Routine	Wellness Champion Network
Treadmill Conference Rooms	Onsite Gardens	Paid Time Off for Volunteer Work	Tobacco-Free Worksite
Stand Up Desks	Free Onsite Salad Bar	Behavioral Health Counseling	Financial Wellbeing Programs

### Ensure healthier food options

are available in vending machines, cafeterias, and at company events. And, consider putting healthier options at eye-level within vending machines and denoting those options with stickers.

Having a meeting? **Put your walking shoes on** and talk on the go... have a "Walk-and-Talk" meeting.

**Onsite yoga** has numerous physical and emotional benefits.<sup>1</sup>

Consider dedicating a private room to Virtual Visits. Allow employees to **connect to a Virtual Visit provider** as needed and during the work day.

Use available office space to create a low-lit "Relaxation Room" to **help employees recharge and lower their stress levels**. Consider providing noise-cancelling headphones with soothing music and/or mindfulness audio programs.

**Consider banning all forms of tobacco** (and vaping/e-cigarettes) from company premises, at company events, and within company vehicles.

<sup>1</sup> Exercise Mind and Body with Yoga and Mindful Movement. American Heart Association. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/exercise-mind-and-body-with-yoga-and-mindful-movement>. Accessed November 2018