

WORKPLACE HEALTH PROMOTION FOR SMALL COMPANIES



MOST
WORK AT
SMALL
BUSINESSES



NO \$ FOR
WORKPLACE
HEALTH
PROMOTION
PROGRAMS



RESEARCH
SHOWS low-wage
workers engage in higher
rates of risky health behaviors



We decided to develop and
test a low-cost workplace
health promotion program
tailored for small companies



HealthLinks

BASED ON THE CDC'S



FOCUSED ON

EATING BETTER • MOVING MORE
TOBACCO CESSATION • HEALTH SCREENING
JOB STRESS REDUCTION

"We knew we wanted to help
employees get healthier, but we
didn't know where to start. HealthLinks
made the process so much easier!"

*Shannon Barnes, HR Director
Seattle Automotive Distributing
Seattle, WA*

"We're committed to achieving
a healthier workplace, and
HealthLinks has been invaluable in
giving us the tools to do just that."

*Kay Sund, HR Director
Anchor Bank
Aberdeen, WA*

ENDORSED BY

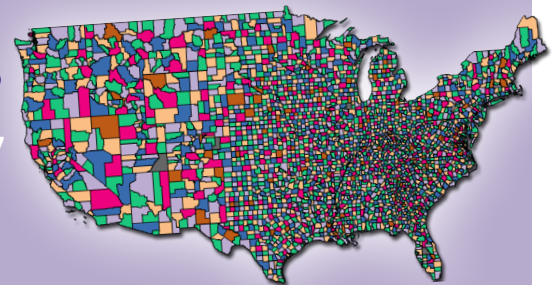


Pilot tested in one Washington
county—now expanded to

179 worksites
in **9** counties
reaching
14,810 employees



Ready to go
nationwide
to **3,007**
counties!



Sources

- "Wage Statistics for 2014 issued by the Social Security Administration" available at <https://www.ssa.gov/cgi-bin/netcomp.cgi?year=2014>
- Agency for Healthcare Research and Quality, Medical Expenditure Panel Survey, 2008
- 2012 Population Estimates. United States Census Bureau



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