

## Healthy Workplace Basics

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1. Do you have a tobacco-free workplace? This includes all campuses and company vehicles.

- Yes
- No

2. Do you sponsor annual health screenings for employees?

- Yes
- No

3. Do you sponsor annual flu shots for employees?

- Yes
- No

4. Do you sponsor an annual health survey for employees?

- Yes
- No

Health and Wellness Education

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**5. What types of educational campaigns have you hosted internally?**

Tell us about the material and content you've shared to increase awareness for common health issues. Include whether you've taken advantage of BlueCross' Health Hub calendar.

**6. How have you encouraged employees to participate in physical activity?**

This could include sponsoring intramural leagues or walking clubs, offering onsite gym access or gym membership discounts, hosting events to get people moving, distributing educational material and more.

**7. How have you encouraged healthy eating at your workplace?**

Examples: Displaying nutritional facts onsite, healthy cafeteria menus, discounting healthy menu items, offering healthy vending machines, healthy catering programs and more.

## Policies and Employee Benefits

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### **8. Does your company offer incentives to encourage healthy behavior?**

Tell us about your incentive program. Include whether you currently offer one of BlueCross' programs, such as Rally Rewards or a Health Incentive Account (HIA).

### **9. What policies have you implemented at the corporate level to support the well-being and work/life balance of employees and their family members?**

Examples: Offering flexible scheduling, onsite child care, designated breastfeeding areas, financial counseling, education reimbursement, behavioral health programs, employee assistance programs (EAP) and more.

Anything else?

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**Is there anything else you'd like to tell the LiveLifeBlue committee about why your company deserves a coveted Blue Shoe award?**

**Optional: Upload any documents that will help us get a better picture of your company's health and well-being program. You can upload up to five separate files.**

Examples: Pictures, employee communications, marketing material, press releases, etc.

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