

Healthy Workplace Basics

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 Well-being Education

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?

Examples: 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.

Healthy Policies and Benefits

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.

Measuring Effectiveness

10. Do you have any data showing the effectiveness of your health and well-being programs on your employee population? If so, please describe.

11. What has been the most effective campaign, according to data or employee satisfaction, for your employees?

12. How will you make changes in 2018 based on the results of your 2017 health and well-being programs?

Anything else?

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

BONUS: Upload files to help us see your company's health and well-being program in action. You can upload up to 10 separate files.

Examples could include pictures, videos, employee communications, marketing material, press releases and more. Your photos and videos could be shared during the 2018 Group Leader Workshop and on the LiveLifeBlue website. If you have any difficulty uploading files, please send them directly to Charleigh.Elebash@bcbssc.com.

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