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## *Worksite Wellness*

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### DiabetesAtWork.org Program

This online diabetes and health resource kit, part of the National Diabetes Education Program, helps businesses and managed care companies assess the impact of diabetes in their workplace. It also provides easy-to-understand information for employers to help their employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease. The website offers user-friendly fact sheets and ready-to-present lesson plans.

Website: [www.DiabetesAtWork.org](http://www.DiabetesAtWork.org)

### Diabetes Toolbox

The Diabetes Toolbox was designed by the Alliance to help employers improve employee wellness and reduce the burden of diabetes. The Toolbox contains detailed information on specific workplace strategies including: Diabetes Overview, Early Detection, Education, Supportive Work Environment, and Tools to Assist Individuals with Diabetes.

Website: [www.alliancehealthcoop.com/diabetes](http://www.alliancehealthcoop.com/diabetes)

### National Business Group on Health

The National Business Group on Health, formerly the Washington Business Group on Health, is the only national nonprofit organization exclusively devoted to representing the perspective of large employers and providing practical solutions to its members' most important health care problems.

Website: [www.businessgrouphealth.org](http://www.businessgrouphealth.org)

### Wellness Councils of America (WELCOA)

A national nonprofit membership organization dedicated to promoting healthier lifestyles for all Americans, especially through health promotion initiatives at the worksite. Organizationally, WELCOA serves as an umbrella, linking communities and coalitions together into a supportive network that includes locally affiliated Wellness Councils, Well City initiatives, Well Workplaces, and individual and corporate members throughout the United States.

Tel: (402) 827-3590

Email: [wellworkplace@welcoa.org](mailto:wellworkplace@welcoa.org)

Website: [www.welcoa.org](http://www.welcoa.org)

### Wellness Council of Wisconsin

The Wellness Council is the only nonprofit organization in Wisconsin dedicated exclusively to helping employers design results-oriented wellness programs to maximize the health and productivity of their most valuable asset – their employees. The Wisconsin affiliate of Wellness Councils of America, all programs and services are consistent with the mission to promote worksite wellness in Wisconsin.

Tel: (414) 291-9355

Email: [wcwi@wellnesscouncilwi.org](mailto:wcwi@wellnesscouncilwi.org)

Website: [www.wellnesscouncilwi.org](http://www.wellnesscouncilwi.org)

### Worksite Wellness Resource Kit

The Worksite Wellness Resource Kit is a tool to assist worksites with implementing strategies that have been proven to be effective. The kit provides information to implement a broad range of strategies or programming; some will require very little or no resources while other strategies may require considerable resources. The kit shows you ways to get started and make a difference in the health of your employees, regardless of the size of your worksite and its available resources. The kit was developed through a collaborative effort between the Nutrition and Physical Activity Program, Diabetes Prevention and Control Program, Heart Disease and Stroke Prevention Program, Comprehensive Cancer Control Program, and Arthritis Program.

Website: <http://dhfs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>