

# Blue Edge ROADMAP TO A HEALTHY ORGANIZATION

Organization Name: \_\_\_\_\_

Date: \_\_\_\_\_

• Click on the **blue** circles to mark each action your organization supports

	BUILDING FOUNDATIONS	CREATING HEALTHY HABITS	SUSTAINING CHANGE
	Incorporate at least 1 action item	Incorporate 1–2 action items	Incorporate 3+ action items
LEADERSHIP SUPPORT	<div>Leadership engages through any of the following:</div>	<div><div><input type="radio"/> Written and/or verbal communication</div><div><input type="radio"/> Leaders highlight and celebrate wellness</div><div><input type="radio"/> Part of a corporate strategic plan</div><div><input type="radio"/> Wellness is part of the company's vision/mission</div></div>	<div><div><input type="radio"/> Wellness participation is supported as schedule allows</div><div><input type="radio"/> Leadership participates in the wellness program and community</div><div><input type="radio"/> Blue Edge funds, in-kind contributions, and additional financial contributions</div></div>
WELLNESS TEAM DESIGN	<div>Incorporate at least 1 team element</div> <div><div>Required for all levels:</div><div><input type="radio"/> Regularly scheduled wellness team meetings</div></div>	<div><div>Enhancing team elements:</div><div><input type="radio"/> Lead has employee wellness efforts as part of their job description or annual performance goal</div></div>	<div><div><input type="radio"/> Dedicated wellness contact</div><div><input type="radio"/> Has a formal wellness committee or team with diverse representation, responsible for planning and promoting wellness</div></div>
DATA	<div>Utilize 1–2 sources of data</div> <div><div>Use data from any of the following sources:</div></div>	<div><div>Utilize 2–3 sources of data</div><div><div><input type="radio"/> Health assessment/biometric screenings</div><div><input type="radio"/> Health interest survey or focus group to assess employees' wants, needs and feelings</div><div><input type="radio"/> Vendor data (EAP, WC, dental, etc.)</div></div></div>	<div><div>Utilize 3+ sources of data</div><div><div><input type="radio"/> Blue Cross VT analytic data</div><div><input type="radio"/> Culture/engagement survey</div></div></div>
PREVENTIVE CARE	<div><div><input type="radio"/> Launch “Make the Most of Your Health Plan” campaign</div><div><input type="radio"/> Establish current preventive care visit rate</div></div>	<div><div><input type="radio"/> Offer Preventive Care Letter with optional incentive</div><div><input type="radio"/> Promote <i>My Care Checklist</i></div><div><input type="radio"/> Share <i>Find a Doctor Tool</i></div><div><input type="radio"/> Aim for a rate of 35–45%</div></div>	<div><div><input type="radio"/> Offer on-site screenings</div><div><input type="radio"/> Promote telemedicine services</div><div><input type="radio"/> Launch <i>Know Before You Go</i></div><div><input type="radio"/> Encourage completion of age-appropriate screenings and other relevant screenings (vision, dental, vaccines, etc.)</div><div><input type="radio"/> Aim for a rate of 45% or higher</div></div>
INITIATIVES TO SUPPORT THE WHOLE EMPLOYEE	<div><div>The goal is for the organization to support the full spectrum of health and wellness:</div><div><div><input type="radio"/> Physical</div><div><input type="radio"/> Mental/emotional</div><div><input type="radio"/> Social</div><div><input type="radio"/> Spiritual</div><div><input type="radio"/> Work/career</div><div><input type="radio"/> Community</div><div><input type="radio"/> Financial</div></div></div>		
TYPES OF PROGRAMMING	<div><input type="radio"/> Awareness and/or education</div>	<div><div><input type="radio"/> Awareness</div><div><input type="radio"/> Education</div><div><input type="radio"/> Behavior change</div></div>	<div><div><input type="radio"/> Awareness</div><div><input type="radio"/> Education</div><div><input type="radio"/> Behavior change</div><div><input type="radio"/> Cultural enhancement</div><div><input type="radio"/> Facilitating connection</div></div>
WELLNESS PROGRAMMING	<div><input type="radio"/> Implement a minimum of one program that addresses BEC's top conditions (Musculoskeletal, Mental Health, and Circulatory)</div>	<div><input type="radio"/> Implement a minimum of two programs that support behavior change and address BEC's top conditions</div>	<div><div><input type="radio"/> Offer a minimum of three programs that address all top conditions</div><div><input type="radio"/> Programming type to include awareness, education, behavior change, cultural and environmental enhancements</div></div>
WELLNESS FUNDING			

Comments/Next Steps:

Questions? Contact your Health and Wellness Consultant, or click [here](#) for more information.