5 Practices to Consider In Creating Supportive Environments

1. ENVIRONMENT, POLICIES AND PRACTICES

a. The built environment (WELL Building Standard™, FitWell®, etc.)

b. Worksite and workstation conditions that are designed to support more movement

c. Access to healthy food

d. Access to private/quiet spaces

e. Create nudges through choice architecture to encourage positive health practices and discourage negative health practices

2. EMPLOYEE BENEFITS

3. ORGANIZATIONAL CULTURE INCORPORATES MULTIPLE TOUCHPOINTS FOR WELLNESS

a. Communication systems

b. Traditions & symbols

c. Training integrates health and wellness

d. Recognition programs and models for pro-wellness behaviors

4. SUPPORTIVE SOCIAL ATMOSPHERE/OPPORTUNITIES FOR CONNECTIVITY

5. SUSTAINABLE AND SOCIALLY RESPONSIBLE BUSINESS PRACTICES