

Get Fit Kaua'i

2020 Worksite Wellness Challenge Scorecard

List of Policies you can write for the 2020 Challenge

Total of 66 points available

Company Name: _____

General Health Environment	Copy in Binder
Question #3 - Your company has a written policy that conducts evaluations for worksite wellness programs and evaluates worksite wellness programs by gathering and reviewing data such as employee participation rates and/or satisfaction with wellness programs/events, etc. (Must submit copies of completed evaluation forms to coach). – 6 pts	
Question #6 - Your company has a written company wellness plan and/or policy, which is reviewed annually. – 4 pts	
Question #7 - Your company has a written policy to support breast-feeding women (e.g., allows flexible breaks to allow women to breastfeed or express milk). – 4 pts	
Question #8 - Your company has a written policy and conducts employee health risk appraisals/assessments through vendors, on-site staff, or health plans, and provides individual feedback plus health education. – 4 pts	

Physical Activity	Copy in Binder
Question #1 - Your company has a written policy that subsidizes or discounts the cost of on- site or off-site exercise facilities. – 4 pts	
Question #2 - Your company has a written policy to subsidize bus passes for employees who would like to take the bus to work. – 4 pts	
Question #3 - Your company has either a separate written physical activity policy or includes a physical activity policy in the overall written company wellness plan / policy / strategic plan. – 4 pts	

Nutrition (Healthy Eating)	Copy in Binder
<p>Question #1 - Your company has a written policy for the provision of healthy food and beverage options at employee meetings and events (e.g., the policy or formal communication makes vegetables, fruits, 100% fruit juices, whole grain items or trans-fat-free / low-sodium snacks available during meetings).</p>	
<p>Question #2 - Your company has a written policy to offer an on-site farmers market or offers flex time to attend a nearby farmers market where fresh fruits and vegetables are sold.</p>	
<p>Question #3 - Your company has a written policy stating that more than 50% of the food and beverage choices available in vending machines, snack bars, or other points of purchase are healthy food items (e.g., skim milk, 1% milk, water, unsweetened flavored water, diet drinks, 100% fruit juice, low-fat and low-sodium snacks, or fresh fruit).</p>	
<p>Question #4 - Your company has a written policy to offer meals that include healthy options in cafeteria settings.</p>	
<p>Question #5 - Your company has a written policy to identify healthier food and beverage choices with signs or symbols (e.g., the “Choose Healthy Now” program or your company puts a “heart” next to a healthy item in vending machines, cafeterias, snack bars, or other points of purchase).</p>	
<p>Question #6 - Your company has a written policy or plan for hosting a minimum of one healthy food drive per year (see the “Healthy Food Drive” flyer on www.GetFitKauai.com).</p>	

Tobacco Control	Copy in Binder
<p>Question #1 - Your company has a written policy banning all tobacco use at your worksite. – 4 pts</p>	
<p>Question #2 - Your company has a written policy banning all Electronic Smoking Device usage at your worksite. – 4 pts</p>	

Signs & Symptoms of Heart Attack and Stroke / Emergency Response to Heart Attack and Stroke	Copy in Binder
<p>Question #1 - Your company has a written policy that includes a written emergency response plan that addresses acute heart attack and stroke events (e.g., who needs to be notified?). – 4 pts</p>	