

At-A-Glance

Aligning the worksite with a focus on health

The work environment may impact decisions made throughout the day. Looking to align your worksite with a focus on health and well-being? If so, consider the following environmental enhancements taken by other UnitedHealthcare customers.

Move	Eat	Feel	Care
Walk-and-Talk Meetings	Onsite Cooking Demonstrations	Mindfulness Sessions	Telehealth Office (for Virtual Visits)
Onsite Walking Trails Mapped	Healthier Vending/Cafeteria Options	Quiet/Relaxation Rooms	Onsite Biometric Screenings and Flu Shots
Onsite Fitness Equipment & Classes	Fruit Sampling Day	5-Minute Stretching Routine	Wellness Champion Network
Treadmill Conference Rooms	Onsite Gardens	Paid Time Off for Volunteer Work	Tobacco-Free Worksite
Stand Up Desks	Free Onsite Salad Bar	Behavioral Health Counseling	Financial Wellbeing Programs

Ensure healthier food options

are available in vending machines, cafeterias, and at company events. And, consider putting healthier options at eye-level within vending machines and denoting those options with stickers.

Having a meeting? **Put your walking shoes on** and talk on the go... have a "Walk-and-Talk" meeting.

Onsite yoga has numerous physical and emotional benefits.¹

Consider dedicating a private room to Virtual Visits. Allow employees to **connect to a Virtual Visit provider** as needed and during the work day.

Use available office space to create a low-lit "Relaxation Room" to **help employees recharge and lower their stress levels**. Consider providing noise-cancelling headphones with soothing music and/or mindfulness audio programs.

Consider banning all forms of tobacco (and vaping/e-cigarettes) from company premises, at company events, and within company vehicles.

¹ Exercise Mind and Body with Yoga and Mindful Movement. American Heart Association. <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/exercise-mind-and-body-with-yoga-and-mindful-movement>. Accessed November 2018