


Ideas	Staff Time - Minutes			Cost			Resource/Reference
	<5	6-14	>15	Free	<\$5	>\$5	Click
Well-Being — A sense of satisfaction with work, finances, health, happiness and social connectedness.							
Provide LiVe Well bulletin boards for health information exchange. These could include helpful books, apps, recipes, workout routines, movies, or how to save money.	✓				✓		LiVe Well Fact Sheets
Provide a bulletin board (or white paper) and invite staff to write what quarterly activity they are working on and what they are learning from the activity.	✓				✓		LiVe Well Bulletin Board Ideas
Add a Live Well message to staff communications (meetings, huddles, emails, newsletters, etc.).	✓			✓			LiVe Well LiVe Well Health Portal - Health Library LiVe Well e-tips
Watch a LiVe Well Learning Module together as a team and discuss together. Send feedback to livingwell@imail.org.		✓		✓			My Learning
LiVe Healthy — Care for your body with sleep, activity, and healthy food.							
Form a team to participate in the quarterly ShapeUp challenges.	✓			✓			ShapeUp Challenges
Encourage participation in the 10,000 Step Challenge. Post tracking sheets for competition.	✓			✓			10,000 Step Tracker
Provide fruit or vegetable snacks on occasion.	✓				✓		
Have an employee lead a team stretch before or after huddle.	✓			✓			A Wellness Microbreak
Pick a move from the Workout at Work handout and practice the move for a week as a team.	✓			✓			Workout at Work
LiVe Happy — Be your best self, especially during times of change and stress.							
Provide occasional chair massages for staff.			✓			✓	Incorporate Massage – 800.556.2950 - \$60/Hr.
Encourage staff to eat lunch away from the office.	✓			✓			
Assign staff to share a joke a day for a month.	✓			✓			
Send out daily quotes with encouraging messages and have employees share their favorites to use in the following days.	✓			✓			
Celebrate small steps along the way during change. Don't wait to celebrate until the change is done.			✓	✓			
Post LiVe Well e-tips or EAP Quick Tips in areas that your employees read.	✓			✓			LiVe Well e-tips , EAP Quick Tips
Sponsor a LiVe Well EAP Workplace Training. There are more than 30 topics available.			✓	✓			LiVe Well EAP Workplace Trainings

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LiVe Secure — Be financially secure today and in the future.							
Highlight the financial tools on .net.	✓			✓			Financial Tools
Highlight the Employee Discount Program.	✓			✓			Employee Discount Program
Create and review your department emergency plan at work.		✓		✓			
Hand out a work or car emergency kit list. Have staff collaborate to put them together.		✓		✓			Build an Emergency Preparedness Kit
LiVe Engaged — Be highly engaged at work. Love what you do each day.							
Arrange support and coverage for staff to attend your facility LiVe Well Fair.			✓	✓			2016 LiVe Well Health Fair Schedule
Encourage staff to use their PTO and to not work when they are at home.	✓			✓			
Do a staff activity where employees discuss the strengths of each team member and how these strengths contribute to team success.			✓	✓			
Link your Engagement Impact Plan with LiVe Well.			✓	✓			Impact Planning
LiVe Connected — Create and sustain healthy, positive relationships at work, home and in the community.							
Send employees personally-signed thank you letters. Consider sending a note to the employee's family about their contributions at work.		✓		✓			
Sponsor a Random Acts of Kindness month.	✓			✓			 Make My Day and Live Well.pptx
Do a service project as a team.			✓	✓			
Plan on a team walk/run that sponsors a charity the team values.			✓			✓	

Do you have more ideas to share? Email us at ilivewell@imail.org.

