

## What Is Work@Health?

The Work@Health employer-training program is an initiative of the U.S. Centers for Disease Control and Prevention (CDC) to promote workplace wellness through employer education, training, and technical assistance. Training is delivered by professional instructors who undergo a rigorous certification process.

Having a healthier workforce not only benefits individual employees, but also employers, thanks to greater productivity and lower costs.

Work@Health uses web-based training and in-person training labs to deliver content and provide ongoing technical assistance and support both to program graduates and new participants.

Work@Health has been shown to improve employer knowledge, readiness, and ability to use science-based interventions.



### Key Components of Work@Health

- The **Employer Core Training Program** combines web-based and in-person training by certified trainers. It uses science-based employer training curricula.
- The Basic and Advanced **Technical Assistance Program** provides employers who have completed their Core training with one-on-one support and a custom technical assistance plan.
- The **Train-the-Trainer Program** prepares newly certified trainers who will train employers in their communities.
- The **Master Trainer Program** provides additional training to a select group of certified trainers, preparing them to train other trainers.
- Participants collaborate with regional and national **stakeholder organizations** that support employee health and wellness issues.
- Top experts in the field provide access to Work@Health tools, information, and technical assistance.



## A Workplace Wellness: A Health and Economic Benefit

Chronic diseases are costly in the health and quality of life impact to individual workers and their families and the economic burden to employers and employees. The U.S. spends more than \$2.9 trillion a year on medical costs; 86 percent of those costs are related to chronic conditions like heart disease, cancer, stroke, arthritis, diabetes, and obesity.

Productivity losses from personal and family health problems cost U.S. employers more than \$225 billion a year. The indirect costs of poor health—including absenteeism, disability, and reduced work output—are even higher. That's why science-based workplace health programs make good business sense.

Employers can control their healthcare costs while improving America's health. Workplace health programs can improve employees' health knowledge and skills and promote healthy behaviors, like regular check-ups, active lifestyles, and follow-up care.

## Work@Health Employer Training Content

The curricula cover a number of foundational and core workplace health principles including:

- Why having a workplace wellness program makes good business sense.
- How to assess the workplace health needs of organizations.
- How to create an environment that supports workplace health programs, policies, and practices.
- How to know if your workplace health and wellness program is working and continuously improve its quality.

## Work@Health Goals

- Increase awareness of the benefits to employers and the skills to implement effective workplace training with science-based workplace health programs.
- Create a highly trained corps of instructors, coaches, and trainers to train and support employers with worksite wellness programs.
- Increase employers' knowledge of workplace health concepts and principles.
- Improve employer capacity for developing, expanding, and sustaining workplace health programs.
- Promote peer-to-peer, community-based cooperation and mentoring among employers.

## How You Can Be Involved

Visit [www.cdc.gov/workathealth/](http://www.cdc.gov/workathealth/), or contact Work@Health at [workplacehealth@cdc.gov](mailto:workplacehealth@cdc.gov)