

# Put Wellness to Work in Kansas

Health and wellness education for employees

HealthyOptions<sup>SM</sup>

There are many reasons to offer health and wellness educational events for your employees. First, onsite education highlights the importance of your wellness program and contributes to the culture of health. In addition, these sessions are an opportunity to build individual knowledge and skills.

By offering educational sessions, you will establish a starting place to engage your employees in a positive message about why health and wellness is important and help them gain skills and knowledge about how to change behavior and how to use the resources available to them.

Attendance at these sessions should be required for all employees. Options for speakers include Blue Cross and Blue Shield of Kansas wellness staff as well as local experts in the health and wellness field. Scheduling should be managed by the group. If not all staff will be able to attend, the group might want to offer a virtual session which could also be recorded or combine in-person with virtual.

## Possible details to set up

- **Facilities needed:** For in-person sessions, conference or classroom-type setting, with space for tables and chairs. Virtual sessions can be offered in group settings or to be accessed at individual work stations.
- **Equipment preferred:** Projector and laptop onsite with internet access.

Check with presenter for:

- Length of sessions: 30–45 minutes
- Time of day
  - Schedule sessions based on employee availability.
  - Will employees be able to attend on work time? This is important, if possible, since it emphasizes the importance of the event.
  - Consider hosting a “Lunch and Learn.” Provide a healthy lunch or snack, or ask employees to bring their own brown bag meal.
- A great topic for a first session:
  - “Why” health and wellness
  - “Why” health and wellness at work
  - Blue Cross wellness resources
  - Blue Cross website tour
  - Strategies for smart use of health insurance

## Health and wellness education

Blue Cross and Blue Shield of Kansas worksite wellness staff are available to present on a variety of health and wellness educational topics. For topic list and scheduling information, visit: [www.bcbsks.com/documents/15-479-presentation](http://www.bcbsks.com/documents/15-479-presentation)

Visit us at [bcbsks.com](http://bcbsks.com)



1133 SW Topeka Blvd, Topeka, KS 66629

An independent licensee of the Blue Cross Blue Shield Association.