FEDERAL EMPLOYEE HEALTH BENEFITS

Give your agency a healthy boost

Resources to move your wellness strategy forward

Designing a workforce health strategy that’s just right for your agency can be easier than you think. No matter where you are on your path to a healthier workforce, Kaiser Permanente offers you a comprehensive suite of tools and resources to help you along the way – including a wealth of programs and activities to inspire your employees to make lasting healthy changes.¹
Take charge of employee health

Each day you have the opportunity to impact the health and productivity of your agency’s employees. By promoting healthy habits at work, you can reduce serious risk factors associated with chronic conditions while increasing on-the-job potential.

Get employees up and moving

Employees who exercise for at least 30 minutes a day, three times a week are up to 27 percent less likely to miss work. A workplace walking program is a great, low-cost way to get them moving – and we can help. Our no-cost walking toolkit offers recommendations on how to build a walk-friendly workplace, a step-by-step guide for launching and managing your program, and links to additional materials, resources, and programs.

Build a tobacco-free workplace

Creating a tobacco-free campus policy is a proven way to invest in the health of your employees. Try our no-cost toolkit for planning and implementation tips, a step-by-step action plan, and sample materials to help your agency’s employees kick the habit. You can also provide employees with a variety of tools and resources to help them quit tobacco – including our smoking-cessation topic center, Wellness Coaching by Phone, and an online healthy lifestyle program.

Keep employees focused with healthier meetings

Busy American professionals attend more than 60 meetings a month on average. Fortunately, it’s easy to make healthy meetings part of your employees’ everyday routine. Using our no-cost toolkit, you can make a few simple changes to your next meeting agenda that can help everyone stay sharp, energetic, and productive.
Motivate your employees to eat healthier

Offering employees tools that promote healthy eating can give them the boost they need to make lasting lifestyle changes. Show your employees what a healthier diet can do for them — including lowering the risk of certain chronic conditions — with our healthy eating programs.

Bring the farmers market to your workplace

Eating healthy foods can keep employees engaged all day long. Make it easier for them to get their daily dose of fruit and vegetables with deliveries scheduled online. Employees can pick them up right in the office — conveniently packaged and ready to take home.

Better nutrition, better employees

A healthy diet can help keep your employees at their best, but many Americans don’t follow recommended nutritional guidelines. By helping your employees improve their eating habits and establish a healthier lifestyle, you can:

- increase productivity
  employees with healthy diets are more likely to report increased productivity compared to those with unhealthy diets

- decrease medical problems
  an unhealthy diet is a major risk factor for chronic conditions such as diabetes, high blood pressure, osteoporosis, cancer, and stroke

- lower absenteeism
  employees with poor nutrition reported 50% more sickness-related absences than those with good nutrition

Contact us for more

These programs are just a few ways to boost your workforce health strategy. Contact your Kaiser Permanente representative to learn about all of our available employee health tools and programs.
Engage employees in their own health

Employees who actively engage in their own well-being can be more focused and productive – which boosts your agency’s performance. While simple participation is an important start, encouraging lasting behavior change is the key to improving the long-term health of your agency and employees.

Healthy support is a phone call away
Convenient telephone sessions with wellness coaches can make sticking to healthy habits easier, allowing employees to make positive changes with one-on-one expert guidance. There’s no cost for members, and coaching is available to all employees for a fee.

Promote employee wellness with targeted lifestyle programs
You can improve the effectiveness of your wellness strategy by having employees choose lifestyle programs designed to address specific health risks that matter to them. To help employees find the right programs, invite them to take a Total Health Assessment, which evaluates their health risk factors. There’s no cost for members, and it’s available to all employees for a fee.

Motivate employees with on-site health promotion classes
With our on-site health promotion classes, employees can learn about smoking cessation, stress reduction, weight management, better sleep habits, and more. For example, employees who want to quit smoking begin their journey in a positive environment with the help of trained experts. They learn about skills, activities, and resources for quitting, and how to avoid relapse – making it easier for you to build a culture of health at your workplace.

Manage health needs without leaving the workplace
By detecting and managing chronic conditions early, you can help your employees stay healthy and productive. Our mobile health vehicle lets you do just that – delivering screenings and primary care visits to your office. It’s like having a Kaiser Permanente medical office right outside your door.

Maximize workforce health
To find a workforce health strategy that’s right for your agency, contact your Kaiser Permanente representative. And visit the workforce health section at kp.org/feds to learn about our easy-to-use tools and cost-effective resources for building a culture of health at work.
Help employees know their numbers

Encourage participation in your wellness programs by offering your agency’s employees a new and innovative way to check their body mass index (BMI). The BioMeasure system is a freestanding device that calculates BMI at the push of a button – and prints the results on a ticket for employees to keep.

How it works

An employee steps onto the scale platform and follows the audio and visual instructions.

- The automatic, self-calibrating system calculates the employee’s weight while an ultrasonic device measures height.
- The system then uses these measurements to calculate the employee’s BMI.
- The employee is prompted to enter basic health information into the keypad, then grasp handheld electrodes to calculate body fat percentage.
- A ticket is printed listing the time and date of the screening, height, weight, BMI, body fat percentage, and fat mass in pounds.

Contact your Kaiser Permanente representative to learn more about the BioMeasure system and how it can improve the health of your agency.
A BETTER WAY TO INVEST IN EMPLOYEE HEALTH

Rewards for healthy behaviors

The right tools are key to building a culture of health at your agency. Personalized coaching that helps employees address specific health risks is one way to achieve better results.

And for 2015, eligible members can earn reward cards worth up to $75 for taking steps to improve their health. Rewardable activities include completing a Total Health Assessment for $50 and completing an online healthy lifestyle program for $25. Healthy lifestyle programs can help employees manage weight, reduce stress, quit tobacco, eat healthy, and more. Call your Kaiser Permanente representative for details.