



Creating a world without heart disease one community at a time

WORKSITE WELLNESS

Since 2009, Hearts Beat Back has worked to engage employers in the rural area of New Ulm, Minn., (population 13,500) in worksite wellness programs. Healthy employees are more productive and enjoy their work more, and research shows employers may realize reduced health care costs.

WHY WE DID IT

Employers can improve employee health by making small changes to create a culture of wellness in the workplace. With a supportive environment, employees are empowered to learn about healthful habits and develop and maintain them at work and at home.



LESS THAN 100 employees is the average size of a New Ulm employer



WE PROVIDED



FREE HEART-HEALTH SCREENINGS

Comprehensive aggregate screening data provided to largest employers pinpointed top heart attack risk factors among employees and compared results with the entire community



RESOURCES

Consulting, educational materials, newsletters, presentations, packaged health improvement programs



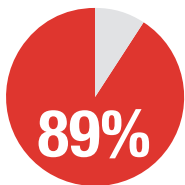
30 EMPLOYERS completed the WELCOA Well Workplace Checklist in both 2010 and 2014 to evaluate current wellness promotion efforts and worksite wellness environment



ANNUAL WORKSITE SUMMIT

Featuring nationally recognized presenter on wellness initiatives, policies or programs

RESULTS



of employers now promote community programs and resources for health; focus groups showed employers prefer this vs. separate worksite programming



Visit www.heartsbeatback.org to read success stories from New Ulm employers.



HEARTSBEATBACK
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Our population health experts can provide you with real-world technical assistance through consultation, strategy development, program development guidance, evaluation and presentations.