



Be Healthy! Sierra Vista

WORKSITE **CHAMPION**

Be Healthy! Sierra Vista wants to recognize and celebrate the businesses and organizations in the Sierra Vista area who want or are currently making their workplace a healthy, thriving & positive place to work.

Have your worksite commit to at least 2 goals from our prepared checklist, receive a window decal and an in-person celebration declaring your workplace a...
Be Healthy! Sierra Vista Worksite Champion!

**For more information contact
Evelyn Whitmer at
emarkee@arizona.edu**

Help us promote
health and wellness at
your workplace!





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WORKSITE **CHAMPION** APPLICATION

Name of organization: _____

Person completing application: _____

of individuals within organization: _____

Primary contact phone #: _____ email: _____

Date application submitted: _____

To be eligible for recognition as a Be Healthy! Sierra Vista Champion, your organization must select at least two goals to complete within a year of application submission. Goals can be selected from the below list, or you can write in your own goals in the space provided.

<input type="checkbox"/> Regularly participate in Be Healthy! Sierra Vista committee meetings	<input type="checkbox"/> Educate employees about preventive services and benefits covered by health insurance on an ongoing basis	<input type="checkbox"/> Integrate a regular scheduled physical activity break your management and staff
<input type="checkbox"/> Provide and support flexible work scheduling policies	<input type="checkbox"/> Provide periodic education on a health or wellness topics	<input type="checkbox"/> Provide work-life balancing programming and resources
<input type="checkbox"/> Offer incentives for management and staff who volunteer or organize a volunteer effort	<input type="checkbox"/> Have and provide a written policy banning tobacco use at your worksite	<input type="checkbox"/> Start the work day with a mindfulness or physical activity
<input type="checkbox"/> Provide educational materials that address tobacco cessation	<input type="checkbox"/> Have an internal health and wellness committee	<input type="checkbox"/> Make blood pressure monitoring devices available with instructions for employees to conduct their own self assessments



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<input type="checkbox"/> Conduct an employee needs and interests survey annually, use results to implement changes	<input type="checkbox"/> Provide educational materials that address the benefits of physical activity	<input type="checkbox"/> Have a dedicated and compensated employee champion to promote health activities
<input type="checkbox"/> Provide access to exercise equipment or provide gym membership/discount to employees	<input type="checkbox"/> Have healthy competitions that support positive behavior changes (i.e, bring your own nutritious lunch for how many days in a row)	<input type="checkbox"/> Take group breaks or have meetings with walking, mindfulness, dancing, stretching, etc.
<input type="checkbox"/> Encourage employees to track their physical activity via phones, logs, or smart watches	<input type="checkbox"/> Integrate healthy food policies (healthy meetings, water only, etc.)	<input type="checkbox"/> Have healthy choices available in cafeterias/snack bars/vending machines.
<input type="checkbox"/> Provide visual nutritional information (beyond standard food labels) on sodium, calories, trans fats, or saturated fats.	<input type="checkbox"/> Enroll in the Healthy Worksites program through Cochise Health & Social Services	<input type="checkbox"/> Provide staff with information about mental health resources regularly
<input type="checkbox"/> Become a Breastfeeding Friendly Organization through the Cochise County Breastfeeding Taskforce	<input type="checkbox"/> Provide additional paid time off work or "leave early" days	<input type="checkbox"/> Install a filtered water station that is easily accessible for all employees

Other goals, not listed above:



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Note: Be Healthy! Sierra Vista committee is available to answer any questions about the above goals, assist you in implementing, or connect you with resources. Reach out to Evelyn at emarkee@arizona.edu!

GOAL	1st step to take to accomplish goal	Who will need to be involved to accomplish goal	Potential barriers to accomplishing	Ideas to overcome barriers identified

Date the goals will be completed by (one year from application submission):
