

2016 Healthy Workplace Awards Program



A regional collaboration among Highmark Blue Cross Blue Shield, ChamberChoice and the following Chamber partners:

- Greater Hazleton
- Greater Wilkes-Barre
- Greater Pittston
- Northern Poconos
- Greater Pocono
- Williamsport/Lycoming
- Greater Scranton

The purpose of the program is to recognize companies throughout northeastern and north central Pennsylvania that are adopting wellness practices at work.

Each Chamber will issue a call for nominations this summer. Companies may nominate themselves, or a third party can nominate them, by completing a simple form available from each participating Chamber. Regional winners will be chosen in each of two categories — companies with 1 to 49 employees and companies with 50 or more employees. Previous winners may apply to be recognized for their ongoing efforts with the Continuing Excellence Award. Judges will evaluate nominations based on the strength and creativity of their workplace wellness efforts. Awards will be presented this fall at high-profile community events.



2015 Continuing Excellence Award Winners

Wayne Memorial Hospital
Vigon International, Inc.
Susquehanna Health
Fidelity Deposit & Discount Bank
Pride Mobility

Not sure what constitutes a workplace wellness program? Or looking for ways to get one started? Here are a few suggestions:

- Organize a wellness committee composed of employees at all levels.
- Conduct an employee wellness survey.
- Invite speakers on wellness topics during company time.
- Distribute wellness information to employees; use newsletters, email blasts and posters to raise awareness.
- Publicize and promote the national calendar of health observances (e.g., “October is Breast Cancer Awareness Month”).
- Define a walking course adjacent to your workplace.
- Coordinate lunchtime exercise groups.
- Arrange employee discounts to a health club.
- Offer smoking cessation workshops.
- Commit to a plan to make your workplace 100% smoke-free.
- Organize a weight-loss support group at work.
- Ensure that your cafeteria or vending machines offer healthy food choices, and healthy snacks and drinks.
- Arrange employee health screenings.
- Organize an employee health fair.
- Cooperate with nearby employers or neighbors on wellness activities; share information and generate competition.



2015 Healthy Workplace Award Winners

Prime Inc.
Frank Martz Coach Company
STEP, Inc.
St. Luke’s University Health Network
Northampton Community College, Monroe Campus
Wayne County Courthouse
Alfred Benesch & Company
MetLife

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