

**All Organizations (120 orgs.)
Section III - Services for Employees**

	Organizations		Avg	Mode		Range	
	#	%		Value	# Orgs	Low	High
Wellness Programs							
Organizations that sponsor programs and activities designed to promote and maintain the physical and psychological health of employees:	109	90.8%					
Of the organizations that sponsor these programs and activities, types of wellness programs offered:							
On-site vaccinations/flu shots	99	90.8%					
Weight reduction	68	62.4%					
CPR/First-aid/Defibrillator training	67	61.5%					
Fitness activities	63	57.8%					
Health screenings/risk assessments (HRA)	60	55.0%					
Health and wellness fairs	57	52.3%					
Ergonomic assessment	56	51.4%					
Stress reduction/management	50	45.9%					
Fitness center membership	49	45.0%					
Smoking cessation	46	42.2%					
Lunchtime wellness sessions	43	39.4%					
Informal sports leagues	42	38.5%					
On-site fitness center	39	35.8%					
Nutrition counseling	37	33.9%					
Well baby programs	17	15.6%					
Prenatal care	15	13.8%					
Personal trainers	13	11.9%					
Health coach/wellness coach	13	11.9%					
Women's health issues	12	11.0%					
Men's health issues	11	10.1%					
Medical consumerism training	10	9.2%					
Support groups	6	5.5%					
Wellness mentors	3	2.8%					
Types of communications provided about wellness activities:							
Printed material listing wellness activities	62	56.9%					
Wellness newsletter	36	33.0%					
Web information/web site	56	51.4%					
Banners/posters promoting wellness activities/programs	56	51.4%					
Email notices about wellness activities	86	78.9%					
Other	2	1.8%					
Mailings to employees' homes, videos/meetings							
Types of supportive efforts offered for wellness programs:							
Healthy food choices program	39	35.8%					
Showers for exercisers	57	52.3%					
Release time for exercise	14	12.8%					
Preventative medical benefit coverage	49	45.0%					
Wellness policies	20	18.3%					
Wellness incentives	41	37.6%					
Bike racks	45	41.3%					
Walking paths/trails	39	35.8%					
Other	3	2.8%					
Weight loss and fitness reimbursement through insurance, paid registration fees for walk/run events							