

HEALTHY MAINE WORKS

What is Healthy Maine Works?

Healthy Maine Works (HMW) is a FREE initiative with tools designed to guide Maine employers in developing an effective worksite wellness program.

Supporting employee health can reduce absences, boost productivity and improve morale and performance.



How can HMW work for you?



Employee Health and Interests Surveys

Available for employers to use to find out what health needs and interests their employees have.



Monthly Newsletters

Monthly, electronic newsletter provides employers with information, ideas, and resources to help create healthy worksites.



Healthy Us Scorecard

The Healthy Us Scorecard is an online tool designed to guide and support employers in developing worksite wellness programs. It is easy to use and helpful to employers of all sizes and types across the state.

To learn more visit:
www.HealthyMaineWorks.com



Maine Center for Disease Control and Prevention

An Office of the Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner



Healthy Us Scorecard

The *Healthy Us Scorecard* is an online tool designed to guide and support employers in developing worksite wellness programs which support the health and well-being of employees through evidence-based recommendations and resources. Supporting employee health is good for business – it can improve employee on-the-job performance and impact the bottom line; it helps individuals and families stay well.

The *Healthy Us Scorecard* is easy to use and helpful to employers of all sizes and types across the state:

- It offers an assessment tool to establish health related priorities
- Provides detailed recommendations for new programs
- Allows users to sort and prioritize activities and create a wellness action plan which can be downloaded or printed
- With no-cost and minimal time commitment for worksites utilizing the tool, the Scorecard simplifies the process of choosing activities and programs which best meet an organization's particular needs related to worksite wellness
- Regardless of whether or not a worksite has a wellness program, the *Healthy Us Scorecard* is a useful tool.
 - For employers just getting started, the simple, guided and no-cost process for developing a worksite wellness plan is a great first step.
 - For worksites with existing programs, the tried and tested activities combined with the expertise and resources provided by local health department or healthy community coalition staff, will give any wellness program a boost.
- The *Healthy Us Scorecard* scoring system allows employers to benchmark against other organizations using the tool; encouraging employers to make improvements to their program thus ensuring continued use of the tool over time



Healthy Us provides organizations with resources and ideas to support their wellness initiatives.

The *Healthy Us Scorecard* also supports the sponsoring state or regional program staff by providing real time, customizable reports. Reports that can:

- Identify policy and environmental gaps by industry, employer size and geographic location
- Track changes employers make over time, showing the impact the sponsoring program efforts are having on employers
- Support the reporting requirements for the federal Prevention and Control Grant
- Support the sponsoring organization's reporting requirements for other local funders or grants
- Provide data for future funding opportunities

MCD Public Health will work with the sponsoring organization to ensure optimal use of the tool by:

- Providing training and technical support to the sponsoring organization staff on the use of the *Healthy Us Scorecard*
- Provide helpdesk support services to users of the *Scorecard*
- Customize the *Scorecard* to match the sponsoring organization's brand, reporting and program delivery needs.