



Prescription for a Healthier Workplace

Technical Assistance Request Form

By implementing the **Prescription for a Healthier Workplace**, an organization can make the healthy choice the easy choice for its employees.

Check all areas of the **Prescription for a Healthier Workplace** that your department would like to work on as you move towards becoming a healthier workplace.

Workplace Policy

- Physical Activity**
Adopt a policy that supports access to physical activity in the workplace. The policy may include access to physical activity breaks during the workday and support a work environment that will encourage employees to be active by promoting safe walking routes and stairwell usage.
- Healthy Foods and Beverages**
Adopt policies that support access to healthy food and beverage choices in the workplace. This could include one or more of the following policies: Healthy Meeting, Healthy Vending or Water.
- Lactation Support**
Adopt a policy to support employees who are breastfeeding to include the following three criteria:
 - Reasonable break time for an employee to express milk.
 - Private lactation rooms with a locking door will be provided for breastfeeding employees.
 - Access to a refrigerator for storage of breast milk and a sink for proper clean-up.
- Tobacco**
Adopt a policy that supports a tobacco-free workplace.
- Active Transportation**
Adopt a policy that supports active and alternative forms of transportation such as walking, biking, and mass transit.

Environmental Supports

- Promoting Stairwell Usage
- Promoting Carpool/Vanpool
- Creating Walking Routes
- Promoting Transit
- Creating a Walking Club
- Creating a Lactation Support Program
- Creating Healthy Meeting Guidelines
- Installing Bike Racks
- Creating Healthy Vending Guidelines
- Promoting Tobacco Cessation

Please provide contact information for your department and a member of the Healthy Workplace Team will contact you to assist in working towards becoming a healthier workplace.

Contact Name: _____

Phone Number: _____

Email Address: _____