

Wellness in the Hearts of Employees

Initiative in Brief

Printek employees carried wellness in their hearts without even realizing it. Employees identified heart health as a priority based on the results from interest surveys and health risk assessments. The wellness committee responded by arranging a heart health blood screen and blood pressure measurement clinic for employees and planned to repeat the process in one year to measure progress. The committee also purchased an Automated External Defibrillator (AED) for the worksite and trained two employees as first responders in case of an emergency.

Employees were also interested in ways they could keep their loved ones safe. CPR and first aid classes were provided, and 15 percent of the employees attended. Most employees agreed that it is comforting to know that there are people certified in CPR and first aid, and have the skills to respond to an emergency, if needed.

Stress management was another priority area for employees. Printek planned to offer stress reduction/management sessions through its employee assistance program.

The wellness committee was able to deal with the stress of implementing a wellness program on top of their daily priorities because of the assistance they received from an outside facilitator. Chris Yeager, Human Resource Manager, said, "Melissa Schultz from Lakeland Care was a huge help in initiating, implementing, and coordinating the entire *Healthy Workplace* project with us."

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Benefits

Noted benefits of the program are:

- Employees know where they stand when it comes to their health.
- Implemented programs that were beneficial and of interest to employees.
- Improved employee health.

"The idea of finally being able to have various wellness programs in place at Printek, Inc. is a huge benefit to all of our employees now and in the future."

Chris Yeager
Human Resource Manager

Lessons Learned

- Not everyone is as healthy as they thought.
- There are a variety of programs available to help improve the health of employees.
- An outside facilitator can be of great assistance in implementing a worksite wellness program, especially when there is little staff time to dedicate to the program.

Cost: Minimal
Risk Factor: Stress, cardiovascular health
Impact/Reach: 100 percent
Business/Sector: Printing/Manufacturing