

Benefits of Promoting Health and Wellness in the Workplace

Blue Cross and Blue Shield of Alabama offers the Nutrition Tool Kit to use as part of your workplace wellness program. This kit includes links to three separate topics: Portion Distortion, Facts on Food Labels, and information on MyPlate, the USDA's official food guide. Also included in the kit are educational materials for each topic. The Nutritional Tool Kit may be broken into three separate topics or presented as one single video series.

Health and wellness information can help your employees better manage their health. By providing information about health and wellness, you create a "win-win" situation for you and your employees.

Using the Nutrition Tool Kit as Part of Your Wellness Program

Here are a few suggestions on how to use the Nutritional Tool Kit in your workplace. Since every workplace is different, find out what works best for yours:

- Hold a lunchtime seminar where the video series is shown and discussed. Distribute handouts to attendees.
- Separate topics into a three-part series and hold a meeting once a month. Show the videos and discuss the topics. Use posters to help advertise meetings and distribute handouts to those in attendance.
- Display posters and play the video series in your break room. Leave the handouts where they will be available for employees.



To order additional myBlueWellness tool kit materials, simply follow these steps:

1. Go to AlabamaBlue.com/employers and sign in.
2. Select **Forms and Materials**.
3. Enter the stock number to download or order materials.

Title	Stock Number
Find Your Healthy Eating Style - Handout	FYH-220
MyPlate, My Wins: Make it yours - Poster	FYH-221
Portion Distortion - Poster	FYH-222
Use Food Labels to Help You Choose - Poster	FYH-223
What makes a Healthy Meal? - Handout	FYH-224
"MyPlate"	Video Link
"Portion Distortion" video	Video Link
"Food Labels" video	Video Link