



*In a Nutshell*

### **What we have created...**

Community Strong SCC has built a certification for healthy workplaces in the St. Charles County area. The application for the Healthy Workplace Award is finalized and each criterion on the application is based on evidenced health interventions. Additionally, our action team of subject experts and professionals in nutrition, fitness, substance cessation, and mental health have created a supplementary online toolkit. The intention of the CSWW Toolkit is to provide all the tips and resources needed to satisfy the application for certification with little-to-no-cost. Employers need only to follow a simple, guided process outlined in the Toolkit to receive the award.

We are providing a healthy arrangement of health resources for employees and employers as one of the more robust CSWW tools. The CSWW Provisions Guide, includes a wide array of no-cost/low-cost: counseling, classes, trainings, apps, ask-an-expert forums, guides (etc.) for each of our modules of health (Nutrition, Fitness, Cessation, and Mental Health). Want to have a *Lunch-and-Learn* at your workplace with certified educators? The CSWW Toolkit and Community Strong SCC team works to deliver exactly what you would like to see- accommodating a variety of nuanced subjects and at nearly any budget. We even provide the wellness assessment tools to suggest what resources and wellness areas might benefit your organization most!

Strong community partnerships were arranged to provide great value within the Toolkit, but much of what is listed is already available to the community; We have simply leveraged our intimate understanding of the St. Charles County healthy-living landscape into a consolidated pool of information that is intuitive, easy to use, and adaptable for both employer and employees' interests.

### **There are Large Organizational Benefits from Effectively Promoting Employee Health**

*The cost of healthcare is estimated to escalate for employers with a projected combined cost of 2.8 Billion in Medical and Productivity Costs for St. Charles County over the next 10 years.*

Outside of genuine care and support of your employees, there are large financial returns for companies that successfully promote a culture of health. With modest effort and some genuine enthusiasm, employers can:

- Dramatically reduce health care costs  
*Harvard Business Review and many others have published at length regarding the substantial ROI from implementing workplace wellness programs. A rigorous Baicker et al. (2010) study on this suggested that "medical costs fall by about \$3.27 for every dollar spent on wellness programs". Some studies have shown medical costs falling as much as \$6 for every dollar spent.*
- Reduce the number of employee sick days  
*Baicker et al. (2010) also found that "absenteeism costs fall by about \$2.73 for every dollar spent"*
- Manage/reduce disability claims  
*According to a comprehensive analysis from the Institute for Healthcare Consumerism (IHC), effective wellness programs lead to an average of a 30% decrease in workers' compensation and disability management claims.*



*In a Nutshell*

There are numerous other benefits to your company's adoption of workplace wellness:

- Reduce employee health risks
- Improve employee job satisfaction
- Improve employee productivity
- Improve employee morale
- Attract or retain talented employees
- Improve employee energy levels at work
- Increase on-the-job safety
- Impact business performance and profitability
- Improve comradery and team effectiveness
- Reduce presenteeism
- Have fun!!!

With a certification from Community Strong SCC through our partners and stakeholders, there will be an observed authenticity awarded to participating companies on various websites. While the location of observances hasn't been finalized, some of our stakeholders, partners, and collaborators include:

- The four major hospitals systems of St. Charles County (Mercy, SSM, St. Luke's, BJC)
- Economic Development Center of St. Charles
- The St. Charles County Dept. of Public Health
- St. Charles County Government
- St. Charles Community College
- Lindenwood University
- City of St. Peters
- Wentzville School District
- YMCA
- Community Council
- Renaud Center

### **Sign-up to Be a Pilot Participant today**

Any organization that can meet the requirements of the application would be eligible for the Healthy Workplace Award. The only deadlines are for the wellness assessments/surveys to occur at the beginning and end of the award cycles. This first year's awards will be presented at the Community Strong Workplace Wellness Summit on April 15th, 2021. Surveys for this cycle, are due on October 8th, 2020 for the initial assessment- and then again on March 15th, 2021 to mark the end of the cycle. See survey instructions under CSWW Surveys on the CSWW Toolkit page.

Organizations that sign up to be Pilot Participants have the opportunity to receive tailored program support, special award commendations, and provide us with the feedback necessary to improve the CSWW Program.

**Sign-up now to be among the first certified healthy workplaces in St. Charles County by calling or emailing Thomas at [Tredd@edcsc.com](mailto:Tredd@edcsc.com) – 314.336.8381**

**Community Strong is commissioned by...**

