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| **Environmental Assessment** |
| **Simon Pearce – 3/11/2020** |

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| **Observations** | | |
| Overall, my biggest recommendation is around education and how to display that information for employees. Wellness funds can be used to purchase the material necessary to communicate the programs you are offering.  Secondly, I think there is an opportunity for more social well-being among the buildings. It seems like office staff stay in the office and even those working in non-office space keep to themselves. Can a wellness program bring a bit more comradery and team mentality to the group?  Kudos to all the work/accommodations made in partnership with the PT. I can say that does not happen with many groups and I am sure the payoff is great in employee health and morale.  . | | |
| **No Cost** | **Low Cost** | **Higher Investment** |
| * Table tents in breakroom or desk drops to showcase education and upcoming programs. * Build wellness champion to take the lead to post educational items/create the culture of well-being in the glass area (seems to be in the works with the running group). * Create a walking route map for walking loop on campus. * Vending “Eat this not that” campaign. This could be coupled with a Wellness Wednesday in educating on better options through healthy snacks provides once a month. * Cleaning out water bubblers to make them seem more appealing. * Menus to local restaurants showing healthier choices. | * Bulletin boards in high traffic areas to put wellness/benefits information. * Games or puzzles in the break room to promote socialization. * Wellness items that can be “checked” out: this could include mini under desk bike, wellness books, and stretch bands. * Office plants in areas that need a little perking up. * Natural light lamps for those in the middle offices/minimal light from the window. * Blenders for break area with a smoothie starter kit in freezers. * Wellness Wednesday fruit with education provided one Wednesday a month. * Umbrellas for outside area that is not utilized because it gets too hot. | * TV communication boards for higher traffic areas/break rooms. * Dedicated lactation room (this could be coupled with a “calm” room. * Bike rack * AED * Stand up desks – could there be a stand up kiosk for those to try out the desks to see if they like them/can “check out” time to use. * Employee garden could bridge the gap between 2 buildings. |