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

|  |
| --- |
| **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.
 |