

Live Well Champion Application

The Jefferson Chamber's Health & Wellness Committee created the LiveWell Champion designation to recognize companies that foster a workplace focused on health and wellness.

Benefits

- LiveWell Champion decal for your business window.
- LiveWell Champion logo to place on your company website.
- Recognition on the LiveWell Jefferson website, www.LiveWellJefferson.org.
- Recognition at the annual LiveWell Jefferson Worksite Wellness Summit.
- Recognition throughout the year on LiveWell Jefferson promotional materials and resources.
- This designation is good for 5 Years!

Criteria:

A. Become a Level 3 Well-Ahead Well Spot OR receive the American Heart Association's Workplace Health Achievement recognition.

B. Complete the LiveWell Champion Application with benchmarks based on the 5 pillars of health:

1. Nutrition
2. Physical Activity
3. Tobacco Cessation
4. Work-Life Integration
5. Environment

C. Successful applicants must score at least a 70% on the application.

Submission Deadline:

- Ongoing.
- Application are reviewed on a rolling basis by the Health & Wellness Committee.

Open To:

All companies in Jefferson Parish, regardless of membership with the Jefferson Chamber.

- All Jefferson Chamber members, regardless of business location.
 - You must be located in Jefferson Parish OR a member of the Jefferson Chamber to apply.
 - If you have employees, customers, or brick & mortar in Jefferson Parish, you are welcome to join the Chamber.
- <http://jeffersonchamber.org/membership-plans/>

Questions:

For questions or assistance in applying for the LiveWell Champions designation, please contact Whitney Hymel at whitney@jeffersonchamber.org.

Section 1: Contact Information & Pre-Requisite Designation (Well-Ahead or AHA)

1. Name

First and last name

2. Title

3. Company

4. Email

5. Phone

6. Full Mailing Address

7. Please select one of the following options (Mark only one box)

Check all that apply.

- My company is a Level 3, 2, or 1 Well-Ahead Spot
- My company received the American Heart Association's Workplace Health Achievement Recognition
- Other:

For More Information: Level 3 Well-Ahead Well Spot

<http://wellaheadla.com/WellSpots/Become-A-WellSpot>

For More Information: American Heart Association's Workplace Health Achievement Recognition

<https://www.heart.org/en/professional/workplace-health/workplace-health-achievement-index>

8. If you selected "My Company is a Level 3, 2, or 1 Well-Ahead Spot", please copy and paste the link to your Company's Well Spot Directory page in the textbox below. For Example: <http://wellaheadla.com/WellSpots/FindWellSpots/WellSpot-Detail?FacilityID=5302>

9. If you selected "My company received the American Heart Association's Workplace Health Achievement Recognition", please enter the year you received that recognition below.

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Nutrition

10. We offer healthy food and beverage options at company meetings. (Mark only one)

Check all that apply.

- True
 False

11. We offer at least one healthy option in our cafeteria(s), vending machine(s), common area(s), and/or breakroom(s). (Mark only one box)

Check all that apply.

- True
 False

12. We post signs in the kitchen/cafeteria or break/common areas, which encourage employees to make healthier decisions. (Mark only one box)

Check all that apply.

- True
 False

13. We regularly send out healthy eating communications to educate and guide employees and their families on the importance of good nutrition. (Mark only one box)

Check all that apply.

- True
 False

14. We offer incentives for participation in nutrition programs/campaigns/book studies/coaching/counseling sessions, etc. (Mark only one box)

Check all that apply.

- True
 False

15. We offer nutrition coaching or counseling services for our employees. (Mark only one box)

Check all that apply.

- True
 False

16. We offer nutrition education information, programs, campaigns/challenges, book studies, etc. for our employees. (Mark only one box)

Check all that apply.

- True
 False

17. We offer our employees information and resources on healthy nutrition, food and hydration choices at work and at home (i.e. bulletin boards, websites, intranet, etc.) (Mark only one box)

Check all that apply.

- True
 False

18. We have a clear goal to promote nutrition among our employees. (Mark only one box)

Check all that apply.

- True
 False

19. We evaluate nutrition engagement, leadership and policies, and resources available through an annual review process. (Mark only one box)

Check all that apply.

- True
 False

20. We make changes to improve based on the annual review findings (i.e. additional program offerings, subsidized programs by the company, etc.) (Mark only one box)

Check all that apply.

- True
 False

21. Other initiatives that meet the nutrition section (please describe):

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Physical Activity

22. We allow time for physical activity during the work day including walking/standing meetings, stretch breaks, etc. (Mark only one box)

Check all that apply.

- True
 False

23. We support and encourage physical activity outside the workplace. (Mark only one box)

Check all that apply.

- True
 False

24. We educate our employees and promote the value of physical activity at work and at home. (Mark only one box)

Check all that apply.

- True
 False

25. We offer wellness coaches/trainers to help employees with exercise. (Mark only one box)

Check all that apply.

- True
 False

26. We offer discounts/subsidies for gym memberships and/or attendance at fitness classes that teach and support physical activity. (Mark only one box)

Check all that apply.

- True
 False

27. We host team/individual competitions that encourage physical activity. (Mark only one box)

Check all that apply.

- True
 False

28. We have a clear goal to promote physical activity among our employees. (Mark only one box)

Check all that apply.

- True
 False

29. We evaluate physical activity, leadership and policies, and resources and engagement available through an annual review process. (Mark only one box)

Check all that apply.

- True
 False

30. We make changes to improve based on the annual review findings (i.e. additional programs are offered, subsidized by the company, etc.) (Mark only one box)

Check all that apply.

- True
 False

31. Other initiatives that meet the physical activity section (please describe):

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Tobacco Cessation

32. Our employees are prohibited from using tobacco products inside our workplace. (Mark only one box)

Check all that apply.

- True
 False

33. Our contractors, subcontractors, clients, patients, visitors, and other non-employees are prohibited from using tobacco products in our workplace. (Mark only one box)

Check all that apply.

- Option 1

34. We offer written information to employees about tobacco cessation. (Mark only one box)

Check all that apply.

- True
 False

35. We offer tobacco cessation support programs for employees. (Mark only one box)

Check all that apply.

- True
 False

36. We reimburse employees for a portion of the cost of tobacco cessation programs OR cover a portion of the cost of the program up-front. (Mark only one box)

Check all that apply.

- True
 False

37. We educate employees regarding the benefits of tobacco cessation and send reminders of the tobacco cessation benefits and programs offered to them at least annually. (Mark only one box)

Check all that apply.

- True
 False

38. We have a clear goal to reduce the number of employees who use tobacco products. (Mark only one box)

Check all that apply.

True

False

39. We evaluate tobacco cessation engagement, leadership and policies, and resources available through an annual review process. (Mark only one box)

Check all that apply.

True

False

40. We make changes to improve based on the annual review findings (i.e. additional programs are offered, subsidized by the company, etc.) (Mark only one box)

Check all that apply.

True

False

41. Other initiatives that meet the tobacco cessation section (please describe):

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Work Life Balance

42. We have policies supporting flexible work hours and schedules. (Mark only one box)

Check all that apply.

- True
 False

43. We have a gender-neutral parental leave policy. (Mark only one box)

Check all that apply.

- True
 False

44. We have a dedicated onsite private space for mothers who wish to breastfeed or pump. (Mark only one box)

Check all that apply.

- True
 False

45. We contribute to a 401(K) or other retirement savings plan for employees. (Mark only one box)

Check all that apply.

- True
 False

46. We offer an employer-sponsored medical plan and/or and employee assistance program. (Mark only one box)

Check all that apply.

- True
 False

47. We provide programs for employees to use for practicing mindfulness skill building techniques, or other stress reduction methods, such as meditation. (Mark only one box)

Mark only one oval.

True

False

48. We provide ongoing mentorship/coaching opportunities and conversations for our employees within the organization. (Mark only one box)

Check all that apply.

True

False

49. We use a survey tool to determine employee job satisfaction/engagement. (Mark only one box)

Check all that apply.

True

False

50. We host reverse evaluations (i.e. 360's) to allow for employee feedback and/or conduct employee exit surveys/interviews in an effort to improve employee retention. (Mark only one box)

Check all that apply.

True

False

51. Other initiatives that meet the whole person section (please describe):

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Design-Built Environments

52. We provide a dedicated onsite space at the workplace for mindfulness skill building techniques, stress reduction practices, meditation, etc. (Mark only one box)

Check all that apply.

True

False

53. We provide a visual lighting design/review to enhance comfort and productivity. (Mark only one box)

Check all that apply.

True

False

54. We provide a dedicated onsite space at the workplace for resting, reading, etc. (Mark only one box)

Check all that apply.

True

False

55. We support a collaborative work environment in which the work space(s) are designed for adaptability to different work requirements such as social connections and a variety of work functions. (Mark only one box)

Check all that apply.

- True
 False

56. We have a formal process to evaluate workstations to support better health and performance such as ergonomics, lighting, increased physical activity, human-nature. (Mark only one box)

Check all that apply.

- True
 False

57. We evaluate design and build environment components through a scheduled review process. (Mark only one box)

Check all that apply.

- True
 False

58. We make changes to improve based on the annual review findings (i.e. work space modifications, additional ergonomic opportunities, etc.) (Mark only one box)

Check all that apply.

- True
 False

59. Other initiatives that meet the built environment section (please describe):

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