



## WalkingWorks Tool Kit

### Benefits of Promoting Health and Wellness in the Workplace

- Healthier employees are more productive and miss less time at work.
- Since employees spend much of their time at work, the workplace provides a great opportunity to raise awareness about health and wellness.
- Developing a culture of healthy living can have positive, long-term results.

Physical activity is an important component of a healthy lifestyle. Here are tips for using the WalkingWorks Tool Kit in your workplace.



Hold a company-wide walking challenge. Have employees compete as teams, and hold an event at the end of the challenge to celebrate accomplishments.



Connect employees with community 5K walks, or sponsor a 5k to support a local charity.



Get your company moving with a National Walk@Lunch Day event. Visit [AlabamaBlue.com/WalkatLunch](http://AlabamaBlue.com/WalkatLunch) or email [walkatlunch@bcbsal.org](mailto:walkatlunch@bcbsal.org) for more information.



Employees can use the WalkingWorks app for an easy way to count their steps through the day.  
*\*Requires a Walking Works account.*



For a more detailed administrator’s tool kit, contact us at [BeHealthyWellness@bcbsal.org](mailto:BeHealthyWellness@bcbsal.org).

Pictures shown are representations of tool kit print materials. Actual photos or layout may vary.

## WELLNESS TOOLS FOR YOU

Providing health and wellness information is the first step to helping your employees better manage their health. By encouraging healthier lifestyles in the workplace, you create a “win-win” situation for you and your employees.

Blue Cross and Blue Shield of Alabama offers the **WalkingWorks.com** site and the WalkingWorks Tool Kit to use as part of your workplace wellness program and help your employees increase their physical activity. The kit includes posters, handouts, walking log, and program and incentive ideas.



### How to order the WalkingWorks Tool Kit

- 1 Go to [www.AlabamaBlue.com/employers](http://www.AlabamaBlue.com/employers).
- 2 Select “Forms and Materials.”
- 3 Enter the stock number to download or order materials.

Title	Stock Number
Escalator Poster .....	FHV-40
Parking Lot Poster .....	FHV-41
Mobile App Flier .....	FYH-103
Sitting Exercises Flier .....	FYH-104
Sample Email Communication .....	FYH-105
WalkingWorks Flier .....	FYH-107
WalkingWorks for You.....	FYH-179
WalkingWorks Poster .....	FYH-204
WalkingWorks Log.....	FYH-226