

Benefits of Promoting Health and Wellness in the Workplace

Blue Cross and Blue Shield of Alabama offers the Nutrition Tool Kit to use as part of your workplace wellness program. This kit includes educational material on three separate topics: Portion Distortion, Facts on Food Labels, and information on MyPlate, the USDA's official food guide. The Nutritional Tool Kit may be broken into three separate topics or presented as one educational workshop.

Health and wellness information can help your employees better manage their health. By providing information about health and wellness, you create a "win-win" situation for you and your employees.

Using the Nutrition Tool Kit as Part of Your Wellness Program

Here are a few suggestions on how to use the Nutritional Tool Kit in your workplace. Since every workplace is different, find out what works best for yours:

- Hold a lunchtime seminar and distribute material and discuss with attendees.
- Separate topics into a three-part series and hold a meeting once a month. Use posters to help advertise meetings and distribute handouts to those in attendance.
- Display posters in your breakroom and leave the handouts where they will be available for employees.

To order additional myBlueWellness tool kit materials, simply follow these steps:

1. Go to **AlabamaBlue.com/employers** and sign in.
2. Select **Forms and Materials**.
3. Enter the stock number to download or order materials.

Title	Stock Number
Find Your Healthy Eating Style - Handout.....	FYH-220
MyPlate, My Wins: Make it yours - Poster.....	FYH-221
Portion Distortion - Poster	FYH-222
Use Food Labels to Help You Choose - Poster.....	FYH-223
What makes a Healthy Meal? - Handout.....	FYH-224



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