



Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

This Work Healthy Program is funded by the Fund for Healthy Maine, which supports the Healthy Maine Partnerships.

The Fund for Healthy Maine (FHM) was created by the Maine Legislature in 1999 to receive and disburse Maine's annual tobacco settlement payments. Maine participated in the national tobacco settlement because many Maine people have suffered disease and death as a result of tobacco use.

Healthy Androscoggin is one of the Healthy Maine Partnerships.



Healthy Androscoggin
300 Main Street
Lewiston, ME 04240
Physical location: 130 East Ave
(207) 795-5990
www.healthyandroscoggin.org

Application Inside!

WORK Healthy!



**Win an
Award for
Your Healthy
Worksite!**



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Healthy Androscoggin Work Healthy Award Program

The Healthy Androscoggin Workplace Award recognizes businesses and organizations within Greater Androscoggin County that have placed a high priority on promoting good health for their employees. By supporting tobacco-free lifestyle, encouraging physical activity and/or promoting healthy eating, businesses and organizations may realize the benefits of a healthier workforce including:

- Reduced absenteeism
- Reduced disability costs
- Reduced health care costs
- Improved productivity
- Money saved

Application Process

The Work Healthy Award provides businesses and organizations with the opportunity to be recognized as a community leader in promoting good health.

To apply for any level of award, you must have a written tobacco-free policy.

Categories: Apply within one or several of the following categories:

- Work Tobacco-Free (Required for an award at any level)
- Encourage Physical Activity
- Promote Healthy Eating
- Bonus Category

Recognition Level: Specify the level of recognition for which you are applying:

- Merit Award
- Quality Award
- Excellence Award

Special Distinction Award: Businesses and organizations that have earned recognition across the categories of tobacco-free, physical activity, and healthy eating will be honored by Healthy Androscoggin with a special distinction award. The Bonus Category is optional and your business or organization may earn a higher level of distinction. The three levels are:

- Bronze
- Silver
- Gold

Healthy Androscoggin Work Healthy Technical Assistance

Work Healthy! is a free service of Healthy Androscoggin that is offered to Greater Androscoggin County businesses and organizations. We provide technical assistance, educational materials and support to employers to promote the healthy behaviors and lifestyles of employees. By working together, we can reduce the risks of chronic disease in Greater Androscoggin County's workforce.

Need help getting started?

Looking to enhance your existing policies and initiatives?

Healthy Androscoggin can provide no cost/low cost ideas and guidance to implement strategies to improve the health of your workforce and business. With Healthy Androscoggin's technical assistance, local businesses and organizations have begun to do the following:

- Implement the company's tobacco policy
- Offer a brown bag forum on healthy eating
- Pay part of the fee for your employee to attend Weight Watchers or an exercise program
- Offer healthy food options when hosting meetings
- Organize a corporate team to participate in a charity walk
- Offer flextime for all employees
- Role model healthy behaviors (use the stairs, park further away...)
- Promote healthy habits – raise awareness through displays, posters, table tents, paycheck stuffers...
- Form a Wellness Committee
- Promote the wellness benefits offered through their health insurance
- Implement a healthy offerings vending machine policy
- Enhance appearance of stairwells to encourage use of stairs
- Offer flextime for all employees to exercise

***Work Healthy is now offered in additional counties!
Contact Healthy Androscoggin for more information.***

Work Healthy Award

Application Deadline:

March 1st

Remove and Mail \ Fax to:

Healthy Androscoggin
300 Main Street
Lewiston, ME 04240
Fax: (207) 795-5992

To apply for any level of award, you must have a written tobacco-free policy. This policy must be attached to the application when submitted. Please also include Physical Activity and/or Healthy Eating policies.

Company/Organization Name: _____

Contact: _____ Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____ # of employees: _____

of Locations: _____ Counties: _____

Please check:

- I am applying for at least one category and level of award. I have attached our tobacco-free policy.
- I'd like assistance in qualifying for an award.
- Please call me – I'd like more information
- Yes, I am willing to share my experiences with Work Healthy

Attach an additional sheet if necessary.

Questions?

Contact Healthy Androscoggin at
207-795-5990 or visit our website at www.healthyandroscoggin.org

Work Healthy Award Application

Award Categories and Levels

Check one level of award in each category and provide copies of your policies.

Complete Pages A, B, C, and D. Return to Healthy Androscoggin.

To apply for any level of award,
you must have a written tobacco-free policy.

Work Tobacco-Free

The Merit Award

1. Written Policy meets the Workplace Smoking Act of 1985 – Use of cigarettes, pipes, cigars is prohibited and also prohibited in employer vehicles; and
2. Promote tobacco-free lifestyles by providing employees with self-help materials or referral information on quitting tobacco use; and
3. Signs are posted that state the tobacco policy.

The Quality Award

1. Meets Merit Award; and
2. Written policy provides for a tobacco-free building and no tobacco use within 50 feet of all entrances, air intake and walkways. Tobacco use includes any tobacco product – including cigarettes, pipes, cigars, chew, snuff, and spit; and
3. Written policy provides some level of coverage on a one time basis for cessation services through Health Insurance coverage or employer reimbursement - i.e.: medications, cessation classes, etc.

The Excellence Award

1. Meets Quality Award and
2. Written policy provides for a tobacco-free property; and
3. Written policy includes provisions for enforcement and communicating the policy to all employees on an annual basis; and
4. Written policy provides on-going full coverage for cessation services through Health Insurance coverage or employer reimbursement - i.e.: medications, cessation classes, etc.- either on or off-site.

Encourage Physical Activity

The Merit Award


1. Promote exercise and recreational activities to employees.

The Quality Award

1. Meets Merit Award; and
2. Provide incentives for engaging in exercise and recreational activities, and/or provide discounts/offer reimbursements for participation in fitness programs.

The Excellence Award

1. Meets Quality Award; and
2. Provide on-site programming that support exercise and recreational activities.



Your *Work Healthy* business will be recognized at a Chamber of Commerce breakfast with a recognition award. Your business will also be recognized in Central Maine Business News, Twin City Times, and the Sun Journal as a *Work Healthy* award winner.

Promote Healthy Eating

The Merit Award

1. Offer healthy alternatives in vending machines/cafeteria/company meetings and promote nutrition and weight management programs.

The Quality Award

1. Meets Merit Award; and
2. Written policy in place that supports healthy food options and promotes nutrition and weight management programs; and
3. Provide incentive for participating in nutrition or weight management.

The Excellence Award

1. Meets Quality Award; and
2. Provide on-site programming to support healthy eating and/or weight management.

Bonus Category

- Written policy for Breastfeeding in the work place.
- Promotion of Health Screenings – cholesterol, mammograms, prostate, etc. Description _____
- Employee Assistance Program (EAP).
- Drug-Free Workplace Policy.
- Healthy Eating written policy encourages the use of local foods when appropriate and available.