

SMALL BUSINESS RESOURCES

Simple ideas for small business health



As a small business owner, you know how crucial your employees are to the success of your business. And when employees feel their best, they tend to take fewer sick days and be more focused at work. Fortunately, you can support their health in the workplace – and we can help you.

Tools to get your employees engaged

Make it easier for your employees to adopt healthy lifestyles with our interactive resources about:

- ▶ [Flu facts](#)
- ▶ [Healthy eating at work food policy](#)
- ▶ [Healthy meetings](#)
- ▶ [Sleep management](#)
- ▶ [Stress management](#)
- ▶ [Tobacco cessation](#)
- ▶ [Walking for workforce health](#)
- ▶ [Weight management](#)

Find these tools and more at our [Thrive at Work](#) page.

Tips for creating a healthy work environment

You can support healthy habits right in the workplace. Here are 4 simple ideas to get you started:

- Provide healthy snacks and meals.
- Give your employees pedometers and encourage them to take walking breaks.
- Include a 5-minute stretch break for every hourlong meeting.
- Make exercise balls and standing desks available to help employees sit less.

Support for self-care

Encourage your employees to visit the [Health & Wellness](#) section of [kp.org](#) and browse these resources at their convenience. Most are available at no cost, and some are available to both Kaiser Permanente members and nonmembers.¹



[The Total Health Assessment](#) is a comprehensive survey that provides a personalized health summary, including recommendations on goals members can work toward to improve their health.



[Educational tools](#), including health and drug encyclopedias, calculators, and a symptom checker, give employees a clearer picture of their health.



[Healthy lifestyle programs](#) offer advice, encouragement, and tools to help your employees form healthy habits such as losing weight and quitting smoking.



[Online health videos](#) highlight a wealth of important health topics to keep employees informed and engaged on their wellness journey.

Efforts to help
employees manage
chronic illnesses saved:

\$3.78

in health care costs for
every \$1 invested.²

➤ Find more ways to create a culture of health at work at [kp.org/workforcehealth](#).

1. These value-added services are extra services provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and are neither offered nor guaranteed under any KFHP-MAS contract. These entities may change or discontinue offering these services at any time. KFHP-MAS disclaims any liability for the services provided by these entities. The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington. 2. "Workplace Wellness Programs Can Cut Chronic Illness Costs," Rand Corporation press release, January 6, 2014. • Information may have changed since publication. • The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington.