

EMPLOYER RESPONSIBILITIES

Employer must select activities from a minimum of two categories.

		2-50 Enrolled Employees (must select at least 2 activities)	51-300 Enrolled Employees (Must select at least 3 activities)	301-1000 Enrolled Employees (Must select at least 4 activities)	1001+ Enrolled Employees (Must select at least 5 activities)
Tobacco Cessation	Offer a smoke-free campus				
	Offer a smoke-free environment				
	Offer on-site tobacco cessation				
	Offer reimbursement for off-site tobacco cessation				
Diet/Nutrition	Offer healthy vending, beverage, snack food and/or meal				
	Adopt identification system for marking healthy options in vending machines				
	Offer healthy beverage, snack and/or meal options at office cafeteria				
	Install water coolers				
	Offer on-site consultation with health educator/nutrition counselor				
Weight	Offer on-site weight loss programs				
	Offer discounts for or incentives to use off-site weight loss programs				
Physical Activity	Layout walking routes and trails				
	Post signs at elevators to encourage use of the stairs				
	Provide free pedometers in conjunction with programs to encourage physician activity (e.g., 10,000 steps)				
	Offer on-site exercise facilities and/or sport-specific exercise areas (e.g., basketball court)				
	Offer discounts for or incentives to use off-site				
	Sponsor employee sports teams				
Stress Management	Offer on-site stress management classes				
	Offer on-site massage				
General Health	Offer health fairs				
	Offer wellness accounts/incentives to encourage healthy behaviors				