

October 27th, 2022



Dear Chisago County Employer,

Are you interested in increasing employee productivity, decreasing absenteeism, improving morale and well-being and managing health care costs? Then investing in the health of your employees is an important step to take. Chisago County SHIP (Statewide Health Improvement Partnership) is here to help!

Chisago County SHIP offers employers a **free** opportunity to learn about starting and/or building their wellness programs through our county worksite collaborative. The Worksite Collaborative is a group of employers who meet to learn best practices about starting workplace wellness programs. Beginning in Winter of 2023, employers will meet monthly for 6 months with additional meetings as needed.

Each meeting, SHIP staff will host foundational presentations to help employers create a strong workplace wellness program. Topics range from creating a culture of health, garnering management support, creating a wellness team, assessing current wellness program efforts, and setting goals for workplace health strategies, such as healthy eating, physical activity, tobacco cessation, breastfeeding support, or well-being. The initiative focuses on helping employers make sustainable changes to create healthy opportunities for their employees every day!

Participating employers will have the opportunity to collaborate on wellness initiatives with other participating employers. Outside of our regular (monthly) meetings, our staff are always available for questions and site visits.

SHIP is a success for Minnesota Workplaces:

- ✓ **100%** of Minnesota employers recently surveyed ^[1] believe that building a culture of health is an important goal to have in a workplace.
- ✓ **73%** of employers observed improvements in healthy food and beverages consumed.
- ✓ **67%** noticed positive changes in physical activity among employees.
- ✓ **92%** percent indicated that their wellness program efforts have advanced due to SHIP.

Is your business outside of the Chisago County area? If so, visit the Minnesota Department of Health website for more information and to connect with your local SHIP staff: <https://www.health.state.mn.us/communities/ship/>

This program is funded by SHIP and there is no cost to participate - plus, many best practice recommendations take little to no financial resources, just staff time to plan and implement!

We recommend that two people from each organization attend the meetings, but it is not mandatory, especially with smaller businesses. If you are not able to attend a meeting, we ask that you send someone else from your organization to help your organization stick with your wellness program efforts.

Are you ready to join us for the next collaborative? Employers may register by completing the registration survey monkey link, or by scanning the QR code below before December 9th. *Space is limited, so apply today!

***<https://www.surveymonkey.com/r/ccwwregistration>**

*If your organization is not interested in the Workplace Wellness Collaborative at this time but is interested in partnering with SHIP in another capacity, contact us with any questions or project proposals. *

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