



**Business Name:** \_\_\_\_\_  
**Contact Name:** \_\_\_\_\_  
**Contact Email:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_  
**Business Address:** \_\_\_\_\_  
**Number of Employees:** \_\_\_\_\_  
**Insurance Provider:** \_\_\_\_\_

## BRONZE

Employer must complete all 5 core activities and 2 optional activities to qualify for Bronze Certified Organization.

### CORE REQUIREMENTS:

Promotion of Tobacco Free Education.



**Examples:** Included, but not limited to 802 Quits, handouts readily available, Human Resource referrals to local and statewide tobacco cessation opportunities.

Vermont Department of Health Bronze Level Breastfeeding Friendly Employer.

- Are you willing to be a Breastfeeding Friendly Place for the community?



**Resource:** [http://www.healthvermont.gov/sites/default/files/documents/2016/11/HPDP\\_PA%26N%20Worksite%20BF\\_employer\\_application.pdf](http://www.healthvermont.gov/sites/default/files/documents/2016/11/HPDP_PA%26N%20Worksite%20BF_employer_application.pdf)

Daily encouragement of physical activity or walking.




**Examples:** This may include stair point-of-decision prompts for increasing stair use where elevators exist, allowing employees to utilize scheduled breaks for physical activity, timer built into worksite email prompting movement.

---

Celebrations, events and meeting include at least one healthy option.

- Please see Vermont Department of Health Healthy Eating Guidelines for Worksites.

 **Resource:** see page 41 [http://www.healthvermont.gov/sites/default/files/documents/pdf/New%20Worksite%20Wellness%20Toolkit\\_2017%20Update.pdf](http://www.healthvermont.gov/sites/default/files/documents/pdf/New%20Worksite%20Wellness%20Toolkit_2017%20Update.pdf)

---


Employer encourages employees to take the RiseVT Pledge.

- Employer to work with RiseVT to identify strategies to encourage and motivate employees to sign the pledge (i.e. email, pledge box, raffle).
- *“I pledge to become a Rise Vermonter and learn about simple lifestyle changes I can make that I know will give me lasting benefits to my health and well-being.”*

## OPTIONAL ACTIVITIES (SELECT 2):


---

Food/beverage is not used as a reward.

 **Example:** Employer pledges to use alternatives to rewards such as Wellness Day, massages, extra walking breaks, water bottles, etc.

---

Personal Stress Management is encouraged embedded within the organization.

 **Example:** This could include but is not limited to brain breaks, mindfulness, daily stretching, and yoga.

---

Free drinking water is readily available and accessible on-site.

---

Did we miss something or is your business doing something else that is healthy and fun? Tell us more :  
-----

## SILVER

Employer must complete all 5 core activities and 2 optional activities to qualify for Silver Certified Organization.

\*In addition to bronze requirements.

When a business reaches Silver, a prize will be awarded.

### CORE REQUIREMENTS:

---

- A wellness data tracking method is established.



**Example:** Options include insurance claims data, surveys, participation in events or contests, health risk assessment platform, individualized systems, etc.

---

- Employer participates in at least 1 community engagement activity per year.



**Example:** This could include but is not limited to mentoring, volunteering, donations, gleaning through Healthy Roots ([www.vermontgleaningcollective.org](http://www.vermontgleaningcollective.org)) or food drives.

---

- Incentives are offered to encourage and motivate employees to embrace a healthy lifestyle.



**Example:** This could include, but is not limited to, financial benefit, space with videos and/or equipment on site, discount gym memberships.

---


- Established Worksite Wellness Committee that is named and meets at least quarterly, or there is a designated staff person with employee wellness in their job description.
- 

- Identified area in the worksite for breaks, which includes a microwave and refrigerator.

## OPTIONAL ACTIVITIES (SELECT 2):


---

Counseling services and/or EAP services are available through the worksite.

 **Example:** This could include offering conflict resolution at the worksite.


---

Promotion of special events and incentives to motivate employees to participate in work-site wellness activities.

 **Examples:** Contests, health challenges, team based competitions, entering local walks and runs as a team, publicity of success stories).

---

Providing education and awareness to employees around healthy local food options.

 **Resource:** Contact the Healthy Roots Collaborative at (802) 524-8947 or [info@healthyrootsvt.org](mailto:info@healthyrootsvt.org).

---

Did we miss something or is your business doing something else that is healthy and fun? Tell us more :  
-----

## GOLD

Employer must complete all 6 core activities and 3 optional activities to qualify for a Gold Certified Organization.

\*In addition to bronze and silver requirements.

Upon reaching Gold, your business can receive a \$100 prize to be used as a wellness incentive.

## CORE REQUIREMENTS:

---


At least one of the following wellness opportunities are offered at the worksite: biometric screenings, immunization clinics, or health coaching.

---

Worksite is tobacco free, with appropriate signage and website advertisement, if applicable.

---

50% of employees are participating in worksite wellness program.


 **Examples:** This may be a cumulative number that includes all wellness activities including but not limited to: Immunization clinic, health coaching, biometric screenings, incentive programs.

---

Organization wellness committee has a vision, mission and plan to develop and expand worksite wellness, using data points and tracking methods to guide decision making.


---


Wellness activities are regularly built into in-service meetings, retreats and/or meetings.


 **Examples:** This could include but is not limited to – Brain breaks, staff led stretching exercise, walk and talk meetings, standing meetings.


---

Policy adopted for workplace for one or more of the following:

 **Tobacco:** [http://www.healthvermont.gov/sites/default/files/documents/2017/03/HPDP\\_Quit%40Work\\_ModelSmokeFreePolicy\\_2017.pdf](http://www.healthvermont.gov/sites/default/files/documents/2017/03/HPDP_Quit%40Work_ModelSmokeFreePolicy_2017.pdf)

 **Nutrition:** [http://www.healthvermont.gov/sites/default/files/documents/pdf/SAMPLE%20NUTRITION%20WORKSITE%20POLICY\\_1.pdf](http://www.healthvermont.gov/sites/default/files/documents/pdf/SAMPLE%20NUTRITION%20WORKSITE%20POLICY_1.pdf)


 **Physical Activity:** <http://www.healthvermont.gov/sites/default/files/documents/pdf/SAMPLE%20PHYSICAL%20ACTIVITY%20WORKSITE%20POLICY.pdf>

 **Breastfeeding:** [http://www.healthvermont.gov/sites/default/files/documents/pdf/Breastfeeding-Policy\\_Basic-Sample.pdf](http://www.healthvermont.gov/sites/default/files/documents/pdf/Breastfeeding-Policy_Basic-Sample.pdf)

### **OPTIONAL ACTIVITIES (SELECT 3):**

---

Complete the Vermont Department of Health's Organizational Assessment.

 **Resource:** <https://www.surveymonkey.com/r/WorksiteWellnessOrganizationalAssessment>

---

Connection with Vermont Department of Health Lactation Consultant to improve support to breastfeeding women in the workplace.

---

Flexible hours are offered for wellness opportunities to be taken during the day.

---

Physical activity at the work site is more accessible through one of the following: fitness room onsite, fitness equipment onsite (such as yoga mats, bands, weights), discounted or full gym memberships, available shower, or partnership with an organization in the community to open facilities for physical activity outside of business hours.

---

Provide an employee Community Supported Agriculture (CSA) pick up site for employees, or refer to a local CSA site.

---

Provide local food in your cafeteria.

---

**Did we miss something, or is your business doing something else that is healthy and fun?**

That's Great! Tell us more here:

---

---

---

---

**LET'S #RISEVT TOGETHER!**

© 2018 RiseVT. All rights reserved | [www.risevt.org](http://www.risevt.org)

V2.0