



### Activated Business Challenge Checklist

\*\*Before sitting down to complete the survey, make sure that you have these items ready and/or have knowledge around the following topics in regards to your workplace

Support of Management level/CEO for wellness activities, health promotion

Names of wellness champions and/or chair of wellness committee if applicable

Any company wide policies around healthy eating, breastfeeding support, tobacco and active living that are already in place

Knowledge of any programs offered through the company, insurance or third party that incorporate health and wellness including screenings, health risk assessments, etc.

Knowledge around coverages provided through health care insurance offered through the company

Educational materials that are available to employees focused on health/wellness topics

Knowledge of any Employee Assistance Programs (AEP) that are in place

Knowledge of employee handbook/employee manual

Attendance within the last year at a community sponsored health related activity including Heart Chase and the Business Olympics