

well@work *West Virginia* Healthy Worksite Initiative

2016 to 2017

How to get started: 5 Easy Steps

- Recruit coworkers to be part of your employee wellness committee (if your committee is unestablished)
- [Review and share the HPCD's well@work WV HWI webpage](#)
- [Review online CDC Worksite HSC online video tutorials](#) (approximately 40 minutes total)
- [Create an online account and complete CDC Worksite HSC](#)
- Schedule a follow-up meeting with Dasheema.Jarrett@wv.gov or 304-356-2416 December to complete a Health Improvement Plan

well@work West Virginia Healthy Worksite Initiative

Technical Assistance Scheduled Office Hours Details

November 2016 to December 2016

Dial in number: **1-877-302-0757**

Conference ID: **2166145**

Call Purpose: To discuss and share progress challenges, successes, and additional address additional needs

Date	Time (EST)
Tuesday, November 15th	10:00am to 11:00am
Wednesday, November 17th	1:30pm to 2:30pm
Tuesday, December 13th	1:30pm to 2:30pm
Wednesday, December 16th	10am to 11:00am

*Participation is optional and highly encouraged

Book Mark Me!

<http://www.dhhr.wv.gov/hpcd/Pages/Well@WorkWV.aspx>

<http://www.cdc.gov/workplacehealthpromotion/index.html>

<http://www.dhhr.wv.gov/hpcd/Pages/CDC-Worksite-HealthScoreCard-Video-Tutorials.aspx>

[CDC Worksite Health ScoreCard Manual](#)