RISE VT
Embracing Healthy Lifestyles

BUSINESS
Scorecard

Business Name: _____

Contact Name: _____

Phone Number:_____

Business Address: _____

Number of Employees: _____

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

☐ Bronze Level Breastfeeding Friendly Employer

☐ Daily encouragement of physical activity or walking *(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

☐ RiseVT Pledge form is posted in worksite and employer encourages employees to sign pledge.

- Employer to work with RiseVT to identify strategies to encourage and motivate employees to sign the pledge
- *"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:

☐ Food/beverage is not used as reward
(Employer pledges to use alternatives to rewards such as Wellness Day, massages, etc.)

☐ Personal Stress Management is embedded within the organization.
(This could include but is not limited to mindfulness, daily stretching, and yoga.)

☐ Drinking water is readily available onsite

☐ 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)

Core Requirements:

☐ 50% of employees have signed the RiseVT Pledge and taken Individual Scorecard Challenge

- [ ] Employer participates in at least 1 community engagement activity per year.
  This could include but is not limited to mentoring, volunteering, donations or food drives.
  What have they done _____

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

- [ ] Identified area in the worksite for breaks, which includs a microwave and refrigerator.

Optional Activities:

- [ ] Counseling services and EAP services are offered at the worksite.
  (This could include offering conflict resolution at the worksite.)

- [ ] Promotion of special events and incentives to motivate employees to participate in worksite wellness activities *(Examples: Contests, health challenges, team based competitions, publicity of success stories)*

- [ ] Providing education and awareness to employees around one of these activities:
  - Identifying a local food champion on staff who would promote the use of Vermont's Harvest of the Month Program
  - Establish/revise a food policy to include healthy local food at all business events
  - Creation of a procedure for donating food to local food shelf or charitable organization after business events that provide food
  - CSA information is posted and dispersed

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

GOLD

Employer must complete all 5 Core Activities and 3 optional activities to qualify for a Gold Certified Organization (in addition to bronze and silver requirements)

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 *(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.

☐ Wellness activities are building into in-service meetings, retreats and/or staff meetings. *(This could include but is not limited to – Brain breaks, staff led stretching exercise, walk and talk meetings, standing meetings)*

Optional Activities:

- ☐ Connection with Vermont Department of Health Lactation Consultant to improve support to breastfeeding women in the workplace
- ☐ Refillable water stations have been installed
- ☐ Fitness Room onsite
- ☐ Joint Use Agreement between organization in community to open facilities for physical activity outside the business hours *(Example: Open gym, fitness classes, weight rooms)*
- ☐ Did we miss something or is your business doing something else that is healthy and fun?
  Tell us more : _____

LET'S #RISEVT TOGETHER!

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