



Healthy Worksite Thought Starter #6

Offer

Health Screenings and Employee Education

Routine check-ups provide an opportunity to identify and treat preventable health problems before they become more serious and more costly, yet many people neglect to visit their physician as often as they should. As an employer who offers health coverage to your employees, it is in your best interest to offer support in the identification and prevention of disease and disability. Offering onsite health screenings and providing health and safety education to your employees can provide them with the knowledge they need to prevent injuries and worsening health conditions or finally make the call to see the doctor.

» Here are a few ways you can provide onsite health support to your employees:

- **Offer onsite health screenings.** Schedule one day every year or every six months when physicians visit your campus and offer routine screenings for preventable diseases.
- **Administer flu shots.** During flu season, set up a flu shot station where employees can receive a discounted or free vaccination.
- **Conduct mental health screenings.** Test for stress, anxiety and depression in your workforce. Many people suffer from such disorders and do not realize it.
- **Host health fairs.** Remind your employees of the benefits they are currently entitled to as well as introduce new offerings. Encourage employee participation by including free health-promoting rewards such as smoothies or pedometers.
- **Leverage national health promotions.** Keep a calendar of national health awareness days, weeks and months and remind your employees via email, newsletters and posters to screen for cancer, high blood pressure, diabetes, and other chronic disease as appropriate.
- **Invite expert guest speakers.** Offer your employees informational sessions on disease prevention, stress management, nutrition and fitness.