



## Making the *Healthy* Choice the *Easy* Choice!

Get Healthy CT (GHCT) is a coalition dedicated to promoting healthy lifestyles by removing the barriers to healthy eating and physical activity. GHCT creates and provides resources (website, newsletter, monthly health feature and workplace wellness series) that can help support employers and organizations who want to create a health promoting environment. Make a pledge today to improve the health of your worksite or organization. Sites that complete this form will receive follow-up information and resources\* as well as recognition from GHCT.

### 1. Pledge to promote a culture of health through any of the following (*select all that apply*):

- Promote the GHCT website [www.GetHealthyCT.org](http://www.GetHealthyCT.org) on your website, intranet, newsletter, etc.
- Distribute the GHCT monthly newsletter to employees/members. This online newsletter highlights various health and wellness events taking place around Fairfield and New Haven Counties, as well as gives tips and information to support healthy lifestyles.
- Distribute or engage employees/members in the GHCT Monthly Health Feature. Each month, GHCT develops a packet of information around a different health topic. Each packet contains simple healthy eating and physical activity tips and can be downloaded from the GHCT website.
- Access the GHCT monthly Workplace Wellness Ideas series and implement at least 2 new ideas in a year. The Workplace Wellness Series provides businesses with low or no cost ideas to support healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health.
- Offer voluntary biometric screenings, health risk assessments and follow-up health education.
- Create a comprehensive smoke-free policy including e-cigarettes, vaping, and all other electronic vaping devices, that covers all property owned by the worksite.
- Offer CPR certification or provide Hands-Only CPR education and/or AED training to all employees.

### 2. Pledge to adopt healthy eating guidelines as recommended from the American Heart Association's Food & Beverage Toolkit [www.heart.org/FoodWhereUR](http://www.heart.org/FoodWhereUR) (*select all that apply*):

- Improve vending machine options by reducing the number of sugar-sweetened beverages offered and reducing sodium and calories in food so that at least 50% of vending items meet AHA healthy guidelines. *AHA staff may be available to assist in a site audit.*
- Improve provided/cafeteria/catered meals on-site to make them consistent with a healthy dietary pattern.
- Improve the overall food and beverage environment and adopt policies to make healthier choices easy.

### 3. Pledge to adopt suggested guidelines for increasing physical activity in the workplace (*select all that apply*):

- Increase awareness of physical activity options within the workplace through information and signage.
- Provide appropriate motivation and means through workplace challenges, environmental assessments and improvements, or showcase senior leadership's participation.

Company/Organization: \_\_\_\_\_

# of Employees/Members: \_\_\_\_\_

Town: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Title: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please email completed forms to Get Healthy CT at [moreinfo@gethealthyct.org](mailto:moreinfo@gethealthyct.org)

*\*Depending on your selection, local Get Healthy CT members will work with you to provide resources.*

*\*\*Talk to your organization's insurance provider to determine what incentives may be available to your organization*