

Mobilize

Assess

Plan

Do

Evaluate

DO

Carrying out the Workplace Wellness Plan is what this step is all about. As the program is underway, keep in mind that it's important for organizational leaders to be continuously involved and employees to be engaged.



Key Steps

- Implement the Workplace Wellness Plan ensuring that offerings are available to all workers.
- Provide ongoing communication that promotes the wellness activities, the benefits of participating, changes to any policies, etc. It is ideal to have this communication come from leadership as it demonstrates that employee wellness is important to the organization.
- Respect each employee's choice to participate.
- Track participation in wellness activities and collect other helpful information for measuring progress later on.
- Make program adjustments as needed. If the program appears to be faltering, examine reasons as to why and how it could be improved.
- Maintain strong linkages with the Joint Occupational Health and Safety Committee, the Psychological Health & Safety Committee, and other groups as appropriate.
- Encourage employees to provide ongoing feedback and ideas to the Workplace Wellness Committee, either formally or informally.
- Orient any new staff to what the organization offers to support employee wellness.



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