

Worksite Wellness is a FREE Rhode Island Department of Health “health promotion” program designed to help target your company’s specific needs in order to promote a healthy lifestyle and wellbeing for your employees.

We can provide valuable health information, resources, and corporate solutions for:

- Physical Activity
- Stress Management
- Nutrition
- Smoking Cessation
- Injury Prevention
- Immunizations
- Access to Healthcare
- Screenings (blood pressure, cholesterol, mammograms, etc.)

Call Today!

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Worksite Wellness Coordinator  
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**Research shows that companies with worksite wellness programs on site have:**

- Reduced healthcare costs
- Increased productivity
- Increased employee morale and self-esteem
- Lower rates of absenteeism
- Reduced injury and accident rates

Healthy  
lifestyle  
choices  
can be  
contagious!



HEALTH Information Line  
401-222-5960 RI Relay 711  
We speak English and Spanish.

[www.health.ri.gov](http://www.health.ri.gov)

Well  
Well  
Well  
How are  
your employees  
doing?

**Worksite  
Wellness  
Solutions**