

## CDC Work@Health Program FAQ

### **What is the CDC Work@Health Program?**

The Work@Health Program provides employers with training in how to maximize employee engagement and participation in workplace health program offerings; raise employee awareness and education around health; and help establish a healthy work environment to address unhealthy behaviors and lifestyle choices and reduce employee risk for chronic disease and injury.

### **Who is providing the program?**

This program is funded by the Centers for Disease Control and Prevention (CDC). Many parts of the project are being managed by ASHLIN Management Group. ASHLIN is a private business consulting firm based in Greenbelt, Maryland. ASHLIN concentrates in the area of health and human services, and they are helping CDC implement the Work@Health program.

### **Why am I eligible to participate?**

There are two opportunities to participate in the pilot testing of the Work@Health training program.

- A. Employers are eligible for participation in the testing of a hand-on, online, and blended training model if they are based in the US, have at least 30 employees, have a valid business license, and have been in business for at least one year. In addition, employers must also have minimal workplace health program knowledge and experience as well as offer health insurance to their employees.

Employers and organizations that support employer workplace health efforts such as a health department, business coalition, or trade association are eligible to participate in the testing of a train-the-trainer model if they have the following:

1. A referral from one of the following types of organizations
  - a. State or local Health Department
  - b. Employer membership organization
  - c. Community-based health organization
  - d. Private/non-profit organization
2. Workplace health program knowledge and skills as evidenced by:
  - a. Completion of the Work@Health Program Online, Blended OR Hands-on training model OR
  - b. Knowledge and skills that are substantively equivalent to those expected in the Work@Health curriculum as demonstrated within a

workplace health/wellness program or on-the-job and documented in a portfolio assessment.

3. Training skills and experience including:
  - a. At least one year of successful experience instructing, coaching or facilitating employers/employees in workplace health/wellness knowledge and skills;
  - b. Intermediate proficiency and comfort using technology in online and blended training models.
4. Implementing workplace health programs
  - a. At least one year of successful experience in a leadership role implementing a workplace health/wellness program in a business, agency or organization

Your participation is very important to this project because no other organization is exactly like yours!

**Does the Work@Health Program cost anything?**

No, all aspects of the Work@Health Program are completely free to participating employers.

**What is the purpose of the pilot test?**

The pilot test of the Work@Health Program will help to inform the training used during the full-scale implementation of the Work@Health Program. The pilot evaluation will provide CDC with changes participants would recommend for the curriculum, how employers would best learn about a workplace health and wellness training, and what would encourage employers to attend training.

**How else can I participate?**

In addition to the training itself, you will be invited to participate in a Peer Learning Network with a cohort of fellow employers. Peer Learning Networks will support learning and resource development for the workplace as your workplace health programs are developed, implemented and modified; therefore, addressing the changing needs of the workplace environment resulting from implementing workplace health programs. Peer Learning Networks will carry on the learning and engagement after the training is conducted.

**What are the benefits of participation?**

The Work@Health Program aims to increase your knowledge and awareness of workplace health program concepts and principles as well as provide you with tools and resources to support the design, implementation, and evaluation of effective workplace health strategies and interventions. This is an opportunity for you to make a valuable contribution to your workplace!

**What data will be collected and for what purpose?**

Following the training, you will be asked to complete a survey to assess your satisfaction with the training, whether the training was engaging, and whether the facilitator, materials, and activities supported the goals of the training. Feedback given in these surveys may lead to revisions of the training methods, curricula, supporting materials, and evaluation instruments. Your participation in this program and any surveys is voluntary. In the course of the survey, you may refuse to answer specific questions. You may also choose to end the survey at any time.

**How are privacy and security maintained?**

The CDC Work@Health Program is strongly committed to respecting your privacy and to maintaining the security of the information you provide us. Your name and the name of your business will not be linked to the information you give on any surveys. Public Health Management Corporation (PHMC), the evaluation subcontractor to ASHLIN, will be the only organization to collect, store, and maintain individual level information. Information will be combined with data from other participants in the program and only group results will be reported.

**What are the potential risks involved in participating?**

There are no personal risks to you for participating in Work@Health.