

## CDC Worksite Health Scorecard

Public reporting of this collection of information is estimated to average 75 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-1014).

Respondents/Sources	Method	Content	Timing	Respondents	Time per Respondent
Employers (e.g., wellness/human resources Representative)	Online	<ul style="list-style-type: none"> <li>Presence of health promoting practices and programs</li> </ul>	Participants may begin the survey immediately after they agree to participate, establish an account, and receive a login code via email.	800	1.25 hrs

The CDC Worksite Health ScoreCard is a tool designed to help employers assess whether they have implemented evidence-based health promotion interventions or strategies in their worksites to prevent heart disease, stroke, and related conditions such as hypertension, diabetes, and obesity.

Although chronic diseases are among the most common and costly of all health problems, adopting healthy lifestyles can help prevent them. A wellness program aimed at keeping employees healthy is a key long-term human asset management strategy. To curb rising health care costs, many employers are turning to workplace health programs to make changes in the worksite environment, help employees adopt healthier lifestyles and, in the process, lower their risk of developing costly chronic diseases. The approach that has proven most effective is to implement an evidence-based comprehensive health promotion program that includes individual risk reduction programs, coupled with environmental supports for healthy behaviors and is coordinated and integrated with other wellness activities. To better understand these employer-based workplace health programs, the U.S. Centers for Disease Control and Prevention (CDC) is conducting this organizational survey of employer workplace health programs, policies, and practices.

The assessment contains 154 questions that assess how evidence-based health promotion strategies are implemented at a worksite. These strategies include health promoting counseling services, environmental supports, policies, health plan benefits, and other worksite programs shown to be effective in preventing heart disease, stroke, and related health conditions. Employers can use this tool to assess how a comprehensive health promotion and disease prevention program is offered to their employees, to help identify program gaps, and to prioritize across the following health topics:

- Organizational Supports (25 questions)
- Tobacco Use (8 questions)
- Nutrition (14 questions)
- Physical Activity (10 questions)
- Weight Management (4 questions)
- Stress Management (7 questions)
- Depression (7 questions)
- High Blood Pressure (6 questions)
- High Cholesterol (5 questions)
- Prediabetes and Diabetes (6 questions)

- Heart Attack and Stroke (12 questions)
- Alcohol and Other Substance Use (6 questions)
- Maternal Health Lactation Support (7 questions)
- Sleep and Fatigue (8 questions)
- Occupational Health and Safety (9 questions)
- Vaccine-Preventable Diseases (6 questions)
- Musculoskeletal Disorders (7 questions)
- Cancer (7 questions)

In this survey, worksite is defined as a building, unique location, or business unit within an organization where work occurs. A worksite can include a campus of multiple buildings if all buildings are in close proximity (walking distance) and defined as part of the organization.

On average, it will take you 75 minutes to complete the survey. You may need to consult with another person to provide the most accurate and complete information on your workplace health programs, policies, and practices. Examples of people to consult with include human resource managers, health benefit managers, health education staff, occupational nurses, medical directors, wellness directors, or others responsible for worksite health promotion in an organization.

Completing the survey is voluntary. No names will ever be reported.

If you have any questions, you can contact Jason Lang at the Centers for Disease Control and Prevention. His phone number is 770-488-5597 and his email is [jlang@cdc.gov](mailto:jlang@cdc.gov).

### ***Instructions***

- Answer “yes” or “no” for each question on the tool.
- All questions should be answered consistently with your worksite practices and programs that are current or that have been in place within the last 12 months.
- There are 19 sections to the tool; you may complete each section in separate sittings and in any order. Individual scores can be tallied for each section and combined for an overall score once all sections are completed. The entire survey will take approximately 75 minutes to complete.
- We recommend that you form a small team, representing different organizational units to complete this survey together. A team-based approach will allow for more accurate responses, increase ownership and involvement amongst the team, and decrease effort for any single team member. Since a strong knowledge of your organization and its health promotion program(s) is recommended to accurately complete the tool, strive to pick team members who occupy the following positions:
  - o Members of a worksite health promotion committee
  - o Human resource managers
  - o Health benefits managers
  - o Health education staff
  - o Occupational nurses
  - o Medical directors
  - o Wellness directors
  - o Health promotion coordinators
  - o Building facilities managers

- Scan each section before attempting to respond. Answers to most questions are readily available following a review of organizational health policies (e.g., a policy handbook), benefit plan designs, interviews with key stakeholders, and direct observation. In some cases, answers may not be immediately obvious to the person assigned to complete the section. If you do not know the answer to the question, leave the box empty, and then engage others at the worksite to help you answer it.
- Some questions ask you to describe your health insurance plan. If your organization offers more than one health insurance option, refer to the health insurance plan with the highest enrollment.
- Throughout the survey, questions refer to “health promotion” at your worksite. This is also known as “worksite wellness” or “wellness programs”.

The CDC Worksite Health ScoreCard is a tool designed to help employers assess whether they have implemented evidence-based health promotion interventions or strategies in their worksites to prevent heart disease, stroke and related conditions such as hypertension, diabetes and obesity. It provides guidance on key evidence-based strategies that employers can put in place to promote a healthy workforce, increase productivity, and reduce the risk and associated cost of poor employee health.

**Log In**  
 Enter Your Log-in Code:  
  
*Log-In Codes are not case-sensitive*  
 Go [Forgot Your Log-In Code?](#)

**Register**  
 Create a CDC Worksite Health ScoreCard account to assess and build health promotion programs offered to employees, save your information electronically, access reports, and monitor progress over time.  
 To participate in the CDC Worksite Health ScoreCard, each employer must register two types of accounts:

- **One or more worksite accounts** (one for each



**Download the Worksite Health ScoreCard**  
If you want to complete the Worksite Health ScoreCard manually, you can download it here.

[Worksite Health ScoreCard](#)



**Sample Worksite Health ScoreCard Report**  
See a sample of a report that would be generated after you register your employer and worksite and submit your scorecard.

[Sample Worksite Health ScoreCard Report](#)



**Worksite Health ScoreCard Checklist**  
The following checklist has been prepared for users of the CDC Worksite Health ScoreCard system as they register to the site and prepare to create and submit their Health ScoreCard.

[Registration Checklist](#)

worksite) for users who maintain worksite-level information and complete scorecards for individual worksites

- **One employer administrator account** for users who maintain employer-level information or who must review or complete scorecards for multiple worksite accounts

An employer administrator account must be created before you can register a worksite and complete a CDC Worksite Health ScoreCard.

[Get Started](#)

[See FAQs for more information](#)

#### Conditions of Use and Logon

This is a U.S. Federal Government system and shall be used only by authorized persons for authorized purposes. Users do not have a right to privacy in their use of this government system. System access, activity, and information stored or transmitted may be monitored for adherence to acceptable use policy. Users of this system hereby consent to such monitoring. Improper or illegal use detected may result in further investigation for possible disciplinary action, civil penalties, or referral to law enforcement for criminal prosecution. This system contains non-public information that must be protected from unauthorized access, disclosure, sharing, and transmission violation of which can result in disciplinary action, fines, and/or criminal prosecution.

By logging into this application, I understand and agree to use the application in the manner in which it is intended. I agree to keep my user ID or password secured, not allowing others access. Unauthorized access to information or information systems is prohibited. Failure to comply with these rules will result in loss of access.

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# Module 1: Worksite Demographics (8 questions)

## CDC Worksite Health ScoreCard Administration

[CDC HSC Admin Home](#) > [Test Employer](#) > [Test Worksite](#)

### Worksite -- Test Worksite

#### 2019 Worksite ScoreCard

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Worksite Demographics

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#### Worksite Demographics

[0] of [1] Points for this Topic **Required**



* Industry Type	<p>Please select the category that best describes the primary business function of your worksite. Select one.</p> <p><input checked="" type="radio"/> Manufacturing</p>
* Total Number of Employees (at this Worksite only)	<input type="text"/>
Number of Employees Eligible for the Health Programs (optional)	<input type="text"/>
Workforce Unionized (optional)	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>
* Health Programs Offered at this Worksite	<p>What health programs are offered at your worksite? Check all that apply.</p> <p><input type="checkbox"/> Health education</p> <p><input type="checkbox"/> Links to related employee services</p> <p><input type="checkbox"/> Supportive physical and social environment for health improvement</p> <p><input type="checkbox"/> Integration of health promotion into your organization's culture</p> <p><input type="checkbox"/> Employee screenings with adequate treatment and follow-up</p> <p><input type="checkbox"/> N/A</p>
* Workforce Status	<p><input type="text"/> % Full-time</p> <p><input type="text"/> % Part-time</p> <p><input type="text"/> % Temporary</p> <p><b>0.0% Total</b></p>
<p><b>The remaining questions apply to permanent employees only.</b></p> <p><input type="checkbox"/> Start with same percentages as Employer's (percentages will be editable)</p>	
Workforce Sex (optional)	<p><input type="text"/> % Male</p> <p><input type="text"/> % Female</p> <p><b>0.0% Total</b></p>
Workforce Age Groups (optional)	<p><input type="text"/> % less than 18 years of age</p> <p><input type="text"/> % 18 to 34 years of age</p> <p><input type="text"/> % 35 to 44 years of age</p> <p><input type="text"/> % 45 to 64 years of age</p> <p><input type="text"/> % 65 years of age or older</p> <p><b>0.0% Total</b></p>
Average Workforce Age (optional)	<input type="text"/>

Workforce Race/Ethnic Groups <i>(optional)</i>	<input type="text" value="0.0"/> % Non-Hispanic White
	<input type="text" value="0.0"/> % Non-Hispanic Black/African American
	<input type="text" value="0.0"/> % Hispanic/Latino
	<input type="text" value="0.0"/> % Asian/Asian American
	<input type="text" value="0.0"/> % American Indian/Alaska Native
	<input type="text" value="0.0"/> % Native Hawaiian/Pacific Islander
	<input type="text" value="0.0"/> % Other <input type="text"/>
<b>0.0% Total</b>	
Workforce Education Levels <i>(optional)</i>	<input type="text" value="0.0"/> % Less than high school
	<input type="text" value="0.0"/> % High school graduate/GED
	<input type="text" value="0.0"/> % Some college/technical school
	<input type="text" value="0.0"/> % College graduate
	<input type="text" value="0.0"/> % Post-graduate/advanced degree
<b>0.0% Total</b>	
* Work at this Worksite is Performed in Shifts?	<input type="radio"/> Yes <input type="radio"/> No
Workforce Job Type <i>(optional)</i>	<input type="text" value="0.0"/> % Salaried
	<input type="text" value="0.0"/> % Hourly
<b>0.0% Total</b>	
* Worksite Resources	<p>Does your worksite provide employees with health related information, programs, or resources from any of the following organizations? (Check all that apply)</p> <p><input type="checkbox"/> Federal, state, or local public health agencies (e.g., Centers for Disease Control and Prevention)</p> <p><input type="checkbox"/> Health insurance plan, broker, or workers' compensation provider</p> <p><input type="checkbox"/> Health management program and/or wellness program provider/vendor</p> <p><input type="checkbox"/> Health-related organizations (e.g., American Heart Association, American Cancer Society)</p> <p><input type="checkbox"/> Healthcare professionals (e.g., hospitals, providers, pharmacists, nutritionists)</p> <p><input type="checkbox"/> Business groups or councils (e.g., Wellness Council, Chamber of Commerce)</p> <p><input type="checkbox"/> Faith-based and/or religious-affiliated organizations (e.g., YMCA)</p> <p><input type="checkbox"/> Other</p> <p><small>Check this box if, for example, you work with an organization not listed above such as an employee assistance program, food services vendor, foundation, etc. to provide health information, programs, or resources to employees.</small></p>
* Worksite Training	<p>Does your worksite receive consultation, guidance, advice, training, and/or direction from any of the following organizations related to the design and delivery of a worksite wellness program? (Check all that apply)</p> <p><input type="checkbox"/> Federal, state, or local public health agencies (e.g., Centers for Disease Control and Prevention)</p> <p><input type="checkbox"/> Health insurance plan, broker, or workers' compensation provider</p> <p><input type="checkbox"/> Health management program and/or wellness program provider/vendor</p> <p><input type="checkbox"/> Health-related organizations (e.g., American Heart Association, American Cancer Society)</p> <p><input type="checkbox"/> Healthcare professionals (e.g., hospitals, providers, pharmacists, nutritionists)</p> <p><input type="checkbox"/> Business groups or councils (e.g., Wellness Council, Chamber of Commerce)</p> <p><input type="checkbox"/> Faith-based and/or religious-affiliated organizations (e.g., YMCA)</p> <p><input type="checkbox"/> Other</p> <p><small>Check this box if, for example, you work with an organization not listed above such as an employee assistance program, food services vendor, foundation, etc. to provide health information, programs, or resources to employees.</small></p>
* Community Coalitions	<p>Does your worksite participate in any Community Coalitions focused on or targeting health, including through business and community partnerships?</p> <p><input type="radio"/> Yes <input type="radio"/> No</p>
<input type="button" value="Save"/>	
Worksite Demographics <input type="button" value="v"/>	
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## Module 2: Organizational Support (Q#1-Q#25)

**2019 Worksite ScoreCard**
Save

Organizational Supports ▼
Topic 2 of 19

**Organizational Supports**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...



- 1. Demonstrate organizational commitment and support of worksite health promotion at all levels of management?**  
 Answer "yes" if, for example, all levels of management participate in activities, send communications to employees, or have performance objectives related to healthy workforce.

Yes    No
- 2. Include references to improving or maintaining employee health and safety in the business objectives, core values, or organizational mission statement?**

Yes    No
- 3. Have a strategic plan that includes goals and measurable organizational objectives for the health promotion program?**  
 Answer "yes" if, for example, your organization identifies SMART (i.e., specific, measurable, achievable, realistic, time bound) goals and objectives.

Yes    No
- 4. Have an annual budget or receive dedicated funding for health promotion programs?**

Yes    No
- 5. Have an active and diverse health promotion committee?**  
 Answer "yes" if, for example, your health promotion committee is routinely engaged in planning and implementing programs, and includes workers from all levels of the organization, various departments, as well as representatives from special groups (e.g., remote workers, organized labor).

Yes    No
- 6. Have a paid health promotion coordinator whose job (either part-time or full-time) is to manage the worksite health promotion program?**  
 Answer "yes" if the staff member is located on or off site and has responsibility for health promotion as part of his or her job description or performance expectations.

Yes    No
- 7. Conduct an employee needs and interest survey for planning health promotion activities?**  
 Answer "yes" if, for example, your organization administers surveys or conducts focus groups to assess your employees' readiness, motivation, or preferences for health promotion programs.

Yes    No
- 8. Conduct employee health risk appraisals (HRAs) or health assessments (HAs) and provide individual feedback plus health education resources for follow-up action?**  
 Answer "yes" if, for example, your organization conducts HRAs through vendors, on-site staff, or health plans and provides individual feedback through written reports, letters, or one-on-one counseling.

Yes    No
- 9. Conduct ongoing evaluations of health promotion programming that use multiple data sources to inform decision-making?**  
 Answer "yes" if, for example, your organization routinely measures the quality and impact of health promotion programs. This may be measured using data on employee health risks, medical claims, employee satisfaction, or organizational climate surveys.

Yes    No
- 10. Promote and market health promotion programs to employees?**  
 Answer "yes" if, for example, your worksite's health promotion program has a brand name or logo or uses multiple channels of communication to inspire and connect employees to health promotion resources. These may include sharing employees' health-related "success stories."

Yes    No
- 11. Use tailored health promotion communications to ensure that they are accessible and appealing to employees of different ages, genders, education levels, job categories, cultures, languages, or literacy levels?**

Yes    No
- 12. Have a champion or network of champions who actively promote health promotion programs?**

Yes    No
- 13. Use and combine incentives with other strategies to increase participation in health promotion programs?**  
 Answer "yes" if, for example, your organization offers incentives such as gift certificates, cash, paid time off, product or service discounts, reduced health insurance premiums, employee recognition, or prizes.

Yes    No
- 14. Use individual or team competitions or challenges in combination with additional interventions to support employees making behavior changes?**  
 Answer "yes" if, for example, your organization offers physical activity competitions.

Yes    No
- 15. Support employee volunteerism?**  
 Answer "yes" if, for example, your organization supports participation in community events, such as corporate walks or school-based efforts.

Yes    No

16. Implement or maintain healthy building design principles?  
Answer "yes" if, for example, your worksite provides access to windows and natural light, communal spaces, and plants.  
 Yes  No

17. Extend access to key components of the program to all workers, including hard to reach workers (e.g., telecommuters, contract workers, night shift workers, part-time workers)?  
Answer "yes" if, for example, your organization offers alternative options for participating in programs or services, such as 24-hour gym access or virtual access to lectures.  
 Yes  No

18. Provide an employee assistance program (EAP)?  
Answer "yes" if, for example, employees have access to an EAP that offers services addressing financial health, depression, stress management, grief counseling, substance use, and other mental and emotional health issues.  
 Yes  No

19. Implement educational programming to improve health care consumerism?  
Answer "yes" if, for example, your organization provides employees with written or interactive guidance on improving doctor-patient relationships, promoting patient-centered care, and appropriate use of medical resources.  
 Yes  No

20. Educate employees about preventive services and benefits covered by their health insurance plan on an ongoing basis, above and beyond what occurs during annual health insurance enrollment?  
Answer "yes" if, for example, your worksite communicates information about benefits such as smoking cessation medication and counseling, weight management tools, and flu vaccinations through emails or newsletters that are distributed across the calendar year.  
 Yes  No

21. Provide and support flexible work scheduling policies?  
Answer "yes" if, for example, policies allow for flextime schedules, the option to work at home, or allowing time during the day for employees to engage in health promotion activities.  
 Yes  No

22. Provide work-life balance programming and resources?  
Answer "yes" if, for example, your worksite provides resources related to elder care, child care, tuition reimbursement or financial counseling.  
 Yes  No

23. Make any health promotion programs available to family members?  
 Yes  No

24. Offer all employees paid time off for days or hours absent due to illness, vacation, or other personal reasons (including family illness or bereavement)?  
Answer "yes" if, for example, paid time off, not including paid parental leave, is provided to all benefits-eligible employees.  
 Yes  No

25. Coordinate programs for occupational health and safety with program for health promotion and wellness?  
 Yes  No

[Save](#)

Organizational Supports   Topic 2 of 19

### Module 3: Tobacco Use (Q#26-Q#33)

**2019 Worksite ScoreCard** [Save](#)

Tobacco Use   Topic 3 of 19

**Tobacco Use**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...



26. Have and promote a written policy banning tobacco use at your worksite?  
Answer "yes" if, for example, your policy covers cigarettes and/or other tobacco products and is communicated to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

27. Provide educational materials that address tobacco cessation?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters on tobacco cessation, including referral to 1-800-QUIT-NOW or smokefree.gov, either as a single health topic or along with other health topics.  
 Yes  No

28. Provide and promote interactive educational programming on tobacco cessation?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes on tobacco cessation. These programs may be provided in group or individual settings, in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

29. Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to quit using tobacco?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners. This may include referral to 1-800-QUIT-NOW or smokefree.gov.  
 Yes  No

30. Prohibit the sale of tobacco products on company property?  
 Yes  No

**31.** Provide incentives for being a current non-smoker and for current smokers who are actively trying to quit tobacco by participating in a free or subsidized, evidence-based cessation program?  
 Answer "yes" if, for example, your organization provides discounts on health insurance, additional life insurance for non-smokers, or other benefits for non-smokers and smokers who are actively trying to quit.  
 Yes  No

**32.** Provide health insurance coverage with free or subsidized out-of-pocket costs for FDA-approved prescription tobacco cessation medications?  
 Answer "yes" if, for example, your organization provides coverage for inhalers, nasal sprays, bupropion (e.g., Zyban) and varenicline (e.g., Chantix).  
 Yes  No

**33.** Provide health insurance coverage with free or subsidized out-of-pocket costs for FDA-approved over-the-counter nicotine replacement products?  
 Answer "yes" if, for example, your organization provides coverage for nicotine replacement gum, patches, or lozenges.  
 Yes  No

**Save**

Tobacco Use Topic 3 of 19

## Module 4: High Blood Pressure (Q#34-Q#39)

**2019 Worksite ScoreCard** **Save**

High Blood Pressure Topic 4 of 19

**High Blood Pressure**  
 {0} of {1} Points for this Topic During the past 12 months, did your worksite...



**34.** Provide free or subsidized blood pressure screening (beyond self-report) followed by directed feedback and clinical referral when appropriate?  
 Yes  No

**35.** Provide educational materials on preventing and controlling high blood pressure?  
 Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address high blood pressure/pre-hypertension, either as a single health topic or along with other health topics.  
 Yes  No

**36.** Provide and promote interactive educational programming on preventing and controlling high blood pressure?  
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address high blood pressure/pre-hypertension. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**37.** Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal blood pressure management goals?  
 Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**38.** Make blood pressure monitoring devices available with instructions for employees to conduct their own self assessments?  
 Yes  No

**39.** Provide health insurance coverage with free or subsidized out-of-pocket costs for blood pressure control medications?  
 Yes  No

**Save**

High Blood Pressure Topic 4 of 19

## Module 5: High Cholesterol (Q#40-Q#44)

**2019 Worksite ScoreCard** Save

High Cholesterol Topic 5 of 19

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**High Cholesterol**  
[0] of [1] Points for this Topic During the past 12 months, did your worksite...



**40.** Provide free or subsidized cholesterol screening (beyond self-report) followed by directed feedback and clinical referral when appropriate?  
 Yes  No

**41.** Provide educational materials on preventing and controlling high cholesterol?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address high cholesterol, either as a single health topic or along with other health topics.  
 Yes  No

**42.** Provide and promote interactive educational programming on preventing and controlling high cholesterol?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address high cholesterol. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**43.** Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal cholesterol management goals?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**44.** Provide health insurance coverage with no or low out-of-pocket costs for cholesterol or lipid control medications?  
 Yes  No

Save

High Cholesterol Topic 5 of 19

## Module 6: Physical Activity (Q#45-Q#54)

**2019 Worksite ScoreCard** Save

Physical Activity Topic 6 of 19

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**Physical Activity**  
[0] of [1] Points for this Topic During the past 12 months, did your worksite...



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**45.** Provide educational materials that address the benefits of physical activity?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address the benefits of physical activity, either as a single health topic or along with other health topics.  
 Yes  No

**46.** Provide and promote interactive educational programming on physical activity?  
Answer "yes" if, for example, your worksite offers timely reminders/prompts to move, or "lunch and learns," seminars, workshops, or classes that teach and promote physical activity. These programs may be provided in group or individual settings, in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**47.** Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal physical activity goals?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**48.** Provide an exercise facility on-site?  
 Yes  No

**49.** Subsidize or discount the cost of on or off site exercise facilities?  
 Yes  No

**50.** Provide or promote other environmental supports for recreation or physical activity?  
Answer "yes" if, for example, your worksite provides trails or a track for walking/jogging, maps of suitable walking routes, a basketball court, treadmill workstations, lockers, a shower, or changing facility.  
 Yes  No

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**51.** Post signs at elevators, stairwell entrances and other key locations and use design enhancements to encourage employees to use the stairs?  
Design enhancements may include artwork, music, and good lighting in stairwells.  
 Yes  No

**52.** Provide and promote organized physical activity programs for employees (other than the use of an exercise facility)?  
Answer "yes" if, for example, your worksite organizes walking groups, stretching programs, group exercise classes, recreational leagues, or buddy systems to create supportive social networks for physical activity.  
 Yes  No

**53.** Provide or promote the use of activity trackers to support physical activity?  
Answer "yes" if, for example, your worksite provides or subsidizes the cost of pedometers, wearable trackers, online tools, or mobile apps.  
 Yes  No

**54.** Encourage active transportation to and from work?  
Answer "yes" if, for example, your worksite subsidizes public transportation; subsidizes a bike share program; provides secure bicycle storage, lockers and shower facilities for employees; allows for a flexible dress code; and/or organizes workplace challenges, employee recognition programs, or community events to increase active transportation.  
 Yes  No

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Save

Physical Activity Topic 6 of 19

## Module 7: Weight Management (Q#55-Q#58)

**2019 Worksite ScoreCard** Save

Weight Management Topic 7 of 19

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**Weight Management**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...



**55.** Provide free or subsidized body composition measurement (beyond self-report) followed by directed feedback and clinical referral when appropriate?  
Answer "yes" if, for example, your worksite offers periodic height and weight measurement, body mass index (BMI) scores, or other body fat assessments (beyond HRAs), plus follow-up recommendations. This may be offered as part of an occasional health fair or routine care at an on-site clinic.  
 Yes  No

**56.** Provide educational materials that address the health risks of overweight or obesity?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address the risks of overweight or obesity, either as a single health topic or along with other health topics.  
 Yes  No

**57.** Provide and promote interactive educational programming on weight management?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach and promote weight management. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**58.** 4. Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal weight management goals?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app), on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

Save

Weight Management Topic 7 of 19

## Module 8: Nutrition (Q#59-Q#72)

**2019 Worksite ScoreCard**
Save

Nutrition
Topic 8 of 19

**Nutrition**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...



**59. Provide places to purchase food and beverages?**  
 Answer "yes" if, for example, your worksite provides vending machines, cafeterias, snack bars, or other purchase points. IF NO, PLEASE SKIP TO QUESTION 66  
 Yes  No

**60. Have and promote a written policy that makes healthier food and beverage choices available in cafeterias or snack bars?**  
 Answer "yes" if, for example, your worksite has a policy or contract that makes vegetables, fruit, fish, whole grain items, nuts and legumes available in cafeterias and limits sugary beverages, unhealthy fats (saturated or trans fats), and highly-processed or high-sodium foods. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places  
 Yes  No

**61. Have and promote a written policy that makes healthier food and beverage choices available in vending machines or other vending outlets?**  
 Answer "yes" if, for example, your worksite has a policy or contract that makes nuts, whole grain items, trans fat-free/low-sodium snacks, vegetables, fruit, or unsweetened beverages available in vending machines. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

**62. Make most (more than 50%) of the food and beverage choices available in vending machines, cafeterias, snack bars, or other purchase points healthy food items?**  
 Answer "yes" if the healthy foods and beverages are items such as vegetables, fruit, unsweetened beverages, or low-sodium snacks.  
 Yes  No

**63. Provide visible nutritional information (beyond standard food labels) on sodium, calories, trans fats, or saturated fats for foods and beverages sold in worksite cafeterias, snack bars, or other purchase points?**  
 Yes  No

**64. Identify healthier (or less healthy) food and beverage choices with signs or symbols?**  
 Answer "yes" if, for example, your worksite puts a heart ( ) next to a healthy item or uses red-yellow-green color-coding to indicate the healthfulness of items in vending machines, cafeterias, snack bars, or other purchase points.  
 Yes  No

**65. Subsidize or provide discounts on healthy foods and beverages offered in vending machines, cafeterias, snack bars, or other purchase points?**  
 Yes  No

**66. Have and promote a written policy making healthy food and beverage choices available in break rooms, during meetings, conferences or company sponsored events when food is served?**  
 Answer "yes" if, for example, the policy makes vegetables, fruits, unsweetened beverages, whole grain items, or trans fat-free/low-sodium snacks available during meetings. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

**67. Offer or promote an on-site or nearby farmers market or other arrangement where fresh fruits and vegetables are sold?**  
 This may include coordinating Community Supported Agriculture (CSA) or vendors/venues that are or are not operated by farmers.  
 Yes  No

**68. Provide educational materials that address healthy eating?**  
 Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that teach and promote healthy eating, either as a single health topic or along with other health topics.  
 Yes  No

**69. Provide and promote interactive educational programming on nutrition?**  
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach and promote healthy eating. These sessions can be provided in-person or virtually (online, telephonically, mobile app), on or off site, in group or individual settings, through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**70. Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal nutrition goals?**  
 Answer "yes" if these programs are provided in group or individual settings, in-person or virtually (online, telephonically, mobile app), on or off site, in group or individual settings, through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**71. Provide employees with food preparation/storage facilities and a place to eat?**  
 Answer "yes" if, for example, your worksite provides a microwave oven, sink, refrigerator, and a place for employees to eat other than at their workstations.  
 Yes  No

**72. Promote and provide access for increased water consumption?**  
 Answer "yes" if, for example, your worksite used promotional materials and improved access by increasing water in vending machines or installing water bottle filling stations or water fountains.  
 Yes  No

Nutrition
Save

Nutrition
Topic 8 of 19

## Module 9: Heart Attack and Stroke (Q#73-Q#84)

**2019 Worksite ScoreCard**
Save

Heart Attack and Stroke
Topic 9 of 19

**Heart Attack and Stroke**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...




**73.** Provide educational materials that address signs, symptoms, and emergency response to heart attack?  
 Answer "yes" if, for example, your worksite offers employees brochures, videos, or newsletters, or posts flyers in the common areas of your worksite that teach the signs and symptoms and appropriate response to heart attack.

Yes  No

**74.** Provide educational materials that address signs, symptoms, and emergency response to stroke?  
 Answer "yes" if, for example, your worksite offers employees brochures, videos, or newsletters, or posts flyers in the common areas of your worksite that teach the signs and symptoms and appropriate response to stroke.

Yes  No

**75.** Provide and promote interactive educational programming that addresses signs, symptoms, and emergency response to heart attack?  
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach the signs and symptoms and appropriate response to heart attack. These programs may be provided in group or individual settings, in-person or virtually (online, telephonically, mobile app), on or off site, through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.

Yes  No

**76.** Provide and promote interactive educational programming that addresses signs, symptoms, and emergency response to stroke?  
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach the signs and symptoms and appropriate response to stroke. These programs may be provided in group or individual settings, in-person or virtually (online, telephonically, mobile app), on or off site, through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.

Yes  No

**77.** Have an emergency response plan that addresses acute heart attack and stroke events?  
 Yes  No

**78.** Have an emergency response team for medical emergencies?  
 Yes  No

**79.** Offer access to a nationally-recognized training course on Cardiopulmonary Resuscitation (CPR) that includes training on Automated External Defibrillator (AED) usage?  
 Yes  No

**80.** Have and promote a written policy that requires an adequate number of employees per floor, work unit, or shift, in accordance with pertinent state and federal laws, to be certified in CPR/AED?  
 This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

**81.** Have one or more functioning AEDs in place?  
 IF NO, PLEASE SKIP TO QUESTION 85.  
 Yes  No

**82.** Have an adequate number of AED units such that a person can be reached within 3-5 minutes of collapse?  
 Yes  No

**83.** Identify the location of AEDs with posters, signs, markers, or other forms of communication other than on the AED itself?  
 Yes  No

**84.** Perform maintenance or testing on all AEDs in alignment with manufacturer recommendations?  
 Yes  No

Heart Attack and Stroke
Save

Heart Attack and Stroke
Topic 9 of 19

## Module 10: Prediabetes and Diabetes (Q#85-Q#90)

**2019 Worksite ScoreCard** Save

Prediabetes and Diabetes Topic 10 of 19

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**Prediabetes and Diabetes**

{0} of {1} Points for this Topic During the past 12 months, did your worksite...



**85.** Provide free or subsidized prediabetes and diabetes health risk assessment (beyond self-report) and feedback, followed by blood screening (fasting glucose or A1c) and clinical referral when appropriate?  
 Yes  No

**86.** Provide educational materials on prediabetes and diabetes?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address prediabetes and diabetes, including topics such as diet modification, physical activity, foot exams, and eye exams, either as a single health topic or along with other health topics.  
 Yes  No

**87.** Provide and promote interactive educational programming on preventing and controlling diabetes?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address prediabetes and diabetes control and prevention. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**88.** Provide and promote free or subsidized intensive lifestyle coaching/counseling and follow-up monitoring for employees with prediabetes or diabetes?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**89.** Provide and promote self-management programs for diabetes control?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**90.** Provide health coverage with free or subsidized out-of-pocket costs for diabetes medications as well as supplies for diabetes management (e.g., glucose test strips, needles, monitoring kits)?  
 Yes  No

Save

Prediabetes and Diabetes Topic 10 of 19

## Module 11: Depression (Q#91-Q#97)

**2019 Worksite ScoreCard** Save

Depression Topic 11 of 19

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**Depression**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...



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**91.** Provide free or subsidized clinical assessment for depression by a provider followed by directed feedback and clinical referral when appropriate?  
Answer "yes" if these services are provided directly through your organization or indirectly through a health insurance plan.  
 Yes  No

**92.** Provide access to self-administered depression screening tools followed by directed feedback and clinical referral when appropriate?  
 Yes  No

**93.** Provide educational materials on preventing, detecting, and treating depression?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address depression, either as a single health topic or along with other health topics.  
 Yes  No

**94.** Provide and promote interactive educational programming on preventing, detecting, and treating depression?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes focused on reducing the risk factors for depression and reducing the stigma surrounding depression. These programs may be provided in group or individual settings, in-person or virtually (online, telephonically, mobile app), on or off site, through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**95.** Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal goals for managing depression?  
Answer "yes" if these programs are provided in group or individual settings, in-person or virtually (online, telephonically, mobile app), on or off site, through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**96.** Provide training for managers that improves their ability to recognize depression and refer employees to company/community resources for managing depression?  
 Yes  No

**97.** Provide health insurance coverage with free or subsidized out-of-pocket costs for depression medications?  
 Yes  No

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Depression Topic 11 of 19 Save

## Module 12: Stress Management (Q#98-Q#104)

**2019 Worksite ScoreCard** Save

Stress Management Topic 12 of 19

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**Stress Management**

{0} of {1} Points for this Topic During the past 12 months, did your worksite...



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**98.** Provide educational materials on stress management?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address aspects of stress management, including coping skills and relaxation techniques, either as a single health topic or along with other health topics.  
 Yes  No

**99.** 2. Provide and promote interactive educational programming on stress management?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes on topics such as assertiveness, coping, and relaxation techniques. Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**100.** Provide and promote free or subsidized lifestyle coaching/counseling or self-management programs that equip employees with skills and motivation to set and meet their personal stress management goals?  
Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**101.** Provide dedicated space that is quiet where employees can engage in relaxation activities, such as deep breathing exercises?  
 Yes  No

**102.** Sponsor or organize social activities designed to improve engagement with others, and provide opportunities for interaction and social support?  
Answer "yes" if, for example, your worksite sponsors or organizes team building events, company picnics, holiday parties, or employee sports teams.  
 Yes  No

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**103.** Provide training for managers that improves their ability to recognize and reduce workplace stress-related issues?  
Answer "yes" if, for example, your worksite provides training on performance reviews, communication, personnel management, assertiveness, time management, or conflict resolution.  
 Yes  No

**104.** Provide opportunities for employee participation in organizational decisions regarding workplace issues that affect job stress?  
Answer "yes" if, for example, your worksite provides opportunities for employees to participate in decisions about work processes and environment, work schedules, participative problem-solving, and management of work demands.  
 Yes  No

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Save

Stress Management Topic 12 of 19

## Module 13: Alcohol and Other Substance Use (Q#105-Q#110)

**2019 Worksite ScoreCard** Save

Alcohol and Other Substance Use Topic 13 of 19

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**Alcohol and Other Substance Use**

[0] of [1] Points for this Topic During the past 12 months, did your worksite...



**105.** Have and promote a written policy banning alcohol and other substance use at the worksite?  
Answer "yes" if, for example, your worksite has a written policy that bans alcohol and other substance use at the worksite or while operating a motor vehicle, requires universal drug testing (in appropriate safety-sensitive industries), or indicates options offered for assistance and referral to behavioral health services. This policy can be communicated to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

**106.** Provide access to alcohol and other substance use screening followed by brief intervention and referral for treatment when appropriate?  
Answer "yes" if, for example, these services are provided through a health risk assessment (HRA), health insurance plan, and/or employee assistance program (EAP).  
 Yes  No

**107.** Provide educational materials that help workers understand the risks of alcohol and other substance use and guide them to receive help?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address alcohol and other substance use, either as a single health topic or along with other health topics.  
 Yes  No

**108.** Provide and promote interactive educational programming that integrates health promotion with substance use prevention?  
Answer "yes" if, for example, your worksite offers health promotion "lunch and learns", seminars, workshops, or classes. These may address alcohol and other substance use either directly or indirectly through topics such as stress management, conflict resolution, managing multiple priorities, personal finance planning, and team-building.  
 Yes  No

**109.** Discourage or limit access to alcohol or use of company funds for alcohol at work-related events?  
 Yes  No

**110.** Provide a health plan with insurance benefits that include substance use disorder prevention and treatment?  
Answer "yes" if, for example, your worksite health plan offers coverage for medication-assisted treatment without prior authorization and lifetime limits, while preventing overuse of addictive substances such as opioid pain relievers (e.g., reimbursement for nonpharmacological treatments for pain, use of drug utilization review and pharmacy lock-in).  
 Yes  No

Save

Alcohol and Other Substance Use Topic 13 of 19

## Module 14: Sleep and Fatigue (Q#111-Q#118)

**2019 Worksite ScoreCard** ◀ ▶

Sleep and Fatigue ⌵ Topic 14 of 19

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**Sleep and Fatigue**

6 of 11 Points for this Topic

During the past 12 months, did your worksite...



**111.** Have and promote a written policy related to the design of work schedules that aims to reduce employee fatigue?  
Answer "yes" if, for example, your worksite has a policy related to self-scheduling, limiting the number of consecutive days or hours allowed to be worked, or specifying a minimum time interval between shifts.  
**No** 0 of 2 pts.

**112.** Provide access to a self-administered sleep screening tool that provides a feedback report with recommendations for clinical action, as needed?  
**Yes** 2 of 2 pts.

**113.** Provide educational materials that address sleep habits and treatment of common sleep disorders?  
Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address topics such as recommended sleep schedules, recognizing the signs and symptoms of fatigue or daytime sleepiness, and appropriate use of caffeine.  
**No** 0 of 1 pt.

**114.** Provide and promote interactive educational programming that addresses sleep habits and treatment of common sleep disorders?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach and promote appropriate sleep habits. These programs may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); onsite or offsite; through vendors, onsite staff, health insurance plans/programs, community groups, or other practitioners.  
**Yes** 2 of 2 pts.

**115.** Provide training for managers to improve their understanding of the safety and health risks associated with poor sleep and their skills for organizing work to reduce the risk of employee fatigue?  
**No** 0 of 1 pt.

**116.** Offer solutions to discourage distracted or drowsy driving?  
**Yes** 1 of 1 pt.

**117.** Have and promote a written policy and program for monitoring the onset (and early detection) of ergonomic-related musculoskeletal symptoms?  
Answer "yes" if, for example, employees are regularly informed through emails, newsletters, or signage in public places.  
**No** 0 of 1 pt.

**118.** Conduct ergonomic assessments of work space design and equipment when problems are identified, or anticipated, to reduce the risk of musculoskeletal disorders?  
Answer "yes" if, for example, the policy includes assessments of workstations, equipment, tools, manually-handled loads, or repetitive tasks conducted either on a schedule or when requested on an as needed basis.  
**Yes** 1 of 1 pt.

Your Worksite's Sleep and Fatigue Section Score:  
6  
Maximum Sleep and Fatigue Section Score:  
11

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Sleep and Fatigue ⌵ Topic 14 of 19

## Module 15: Musculoskeletal Disorders (Q#119-Q#125)

**2019 Worksite ScoreCard** Save

Musculoskeletal Disorders Topic 15 of 19

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**Musculoskeletal Disorders**  
 [0] of [1] Points for this Topic During the past 12 months, did your worksite...



**119.** Have and promote a written policy that requires regular evaluation of the design of work spaces and job requirements?  
 Answer "yes" if, for example, the policy includes ergonomic assessments for office-based workers and is promoted to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

**120.** Conduct an ergonomic assessment of workstations, when appropriate, to reduce the risk of musculoskeletal disorders?  
 Yes  No

**121.** Make adjustments to job design, when appropriate, to reduce the risk of musculoskeletal disorders?  
 Answer "yes" if, for example, your worksite has adjusted work routines and workloads, implemented job rotation, or mechanized tasks that pose increased risk.  
 Yes  No

**122.** Provide educational materials on musculoskeletal disorders?  
 Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that teach and promote strategies that minimize the incidence of musculoskeletal disorders such as ergonomic design, stretching, regular breaks, and weight management, either as a single health topic or along with other health topics.  
 Yes  No

**123.** Provide and promote interactive educational programming on musculoskeletal disorders?  
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that teach strategies that minimize the risk of musculoskeletal disorders such as ergonomic design, stretching, regular breaks, and weight management. These programs may be provided in group or individual settings: in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on-site staff, health insurance plans/programs, community groups, or other practitioners.  
 Yes  No

**124.** Provide training for managers that improves their ability to recognize potential risks for musculoskeletal disorders and refer employees to company/community resources?  
 Yes  No

**125.** Provide health insurance that includes appropriate access to therapies and treatment for musculoskeletal disorders?  
 Answer "yes" if, for example, coverage options are aligned with best practices recommended by the Occupational Safety & Health Administration (OSHA), American College of Occupational & Environmental Medicine (ACOEM), or American College of Rheumatology.  
 Yes  No

Save

Musculoskeletal Disorders Topic 15 of 19

**2019 Worksite ScoreCard** Save

Occupational Health and Safety Topic 16 of 19

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**Occupational Health and Safety** 


[0] of [1] Points for this Topic During the past 12 months, did your worksite...

**126.** Have and promote a written policy on injury prevention and occupational health and safety?  
This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.  
 Yes  No

**127.** Provide opportunities for employee input on hazards and solutions, and implement these solutions when appropriate?  
Answer "yes" if, for example, there were all-hands meetings, surveys, or focus groups for discovering and solving job health and/or safety issues.  
 Yes  No

**128.** Encourage employees to report uncomfortable, unsafe, or hazardous working conditions to a supervisor, occupational health and safety professional or through another reporting channel?  
Answer "yes" if, for example, employees are directed to report workplace injuries, bullying, or sexual harassment using a designated hotline.  
 Yes  No

**129.** Carefully investigate the primary cause of any reported work-related illnesses or injuries and take specific actions to prevent similar events in the future?  
 Yes  No

**130.** Provide educational materials about health and safety at work?  
Answer "yes" if, for example, your worksite provides brochures, videos, posters, newsletters, or timely reminders for issues such as hand washing, taking breaks to reduce eye strain, or wearing personal protective equipment.  
 Yes  No

**131.** Provide and promote interactive educational programming on how to avoid accidents or injury on the job?  
Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address injury prevention. These sessions can be provided in-person or virtually (online, telephonically, mobile app), on or off site, through vendors, on-site staff, or other practitioners.  
 Yes  No

**132.** Have a process in place for measuring and, if necessary, improving worksite air quality?  
Answer "yes" if, for example, your worksite routinely tests heating, ventilation, and air conditioning (HVAC) systems, vacuums carpets, and controls moisture levels to prevent mold growth.  
 Yes  No

**133.** Make adjustments or provide resources where necessary to reduce the risk of eye injury or vision impairment?  
Answer "yes" if, for example, your worksite provides proper lighting to work areas, protective eyewear in hazardous environments (e.g., factories, construction sites) or ergonomic setup at work stations.  
 Yes  No

**134.** Proactively support employees returning to work after illness or injury?  
Answer "yes" if, for example, your organization provided temporary job modifications or phased return-to-work options.  
 Yes  No

Save

Occupational Health and Safety Topic 16 of 19

**2019 Worksite ScoreCard** ◀ ▶

Vaccine Preventable Diseases Topic 17 of 19

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**Vaccine Preventable Diseases**

7 of 13 Points for this Topic

During the past 12 months, did your worksite...



**135.** Conduct a seasonal influenza vaccination campaign that includes educational materials or programming?  
**No** 0 of 3 pts.

**136.** Provide health insurance coverage with free or subsidized vaccinations for illnesses other than influenza?  
 Answer yes if, for example, your worksite provides coverage for pneumococcal, tetanus, diphtheria, and pertussis (Tdap), or Zoster (shingles) vaccines?  
**Yes** 3 of 3 pts.

**137.** Provide free or subsidized vaccinations at your worksite for illnesses other than influenza?  
 Answer "yes" if, for example, your worksite offers employees pneumococcal, tetanus, diphtheria, and pertussis (Tdap), or Zoster (shingles) vaccines through a temporary vaccine clinic run by an outside organization, internal occupational health staff, or other arrangement.  
**No** 0 of 1 pt.

**138.** Promote vaccinations other than influenza with educational materials or educational programming?  
 Answer "yes" if, for example, your worksite offers brochures, videos, posters, newsletters, timely reminders, or sessions that provide information on adult vaccine requirements and benefits, either as a single health topic or along with other health topics.  
**Yes** 3 of 3 pts.

**139.** Promote good hand hygiene in the worksite?  
 Answer "yes" if, for example, your worksite provides soap, water, hand sanitizer and educational materials in strategic workplace locations such as bathrooms, breakrooms, doors, elevators, or other strategic workplace locations.  
**No** 0 of 2 pts.

**140.** Have and promote a written policy on breastfeeding for employees?  
 Answer "yes" if, for example, this policy is communicated at the time of hiring and/or at the time of maternity leave planning.  
**Yes** 1 of 1 pt.

Your Worksite's Vaccine Preventable Diseases Section Score:  
 7  
 Maximum Vaccine Preventable Diseases Section Score:  
 13

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Vaccine Preventable Diseases Topic 17 of 19

**2019 Worksite ScoreCard** Save

Maternal Health and Lactation Support Topic 18 of 19

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**Maternal Health and Lactation Support** 

[0] of [1] Points for this Topic During the past 12 months, did your worksite...

**141.** Have a well-communicated written policy on breastfeeding for employees?  
 Answer "yes" if, for example, this policy is communicated at the time of hiring and/or at the time of maternity leave planning.  
 Yes  No

**142.** Provide a private space (other than a restroom) that may be used by employees to express breast milk?  
 Answer "yes" if, for example, your worksite has a private space with an electrical outlet, comfortable chair, and sink.  
 Yes  No

**143.** Provide flexible break times to allow employees to pump breast milk?  
 Yes  No

**144.** Provide access to a breast pump at the worksite?  
 Answer "yes" if, for example, your worksite provides on-site access to a breast pump or offers insurance coverage that subsidizes the purchase of a pump for personal use.  
 Yes  No

**145.** Provide and promote maternal health and breastfeeding support groups, educational classes, or consultations?  
 Answer "yes" if these programs are provided in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, peer and/or professional consultants, on-site staff, or health insurance plans/programs.  
 Yes  No

**146.** Offer paid parental leave, separate from any accrued sick leave, annual leave, or vacation time?  
 Yes  No

**147.** Offer health insurance coverage with no or low out of pocket costs for pre- and postnatal care?  
 Yes  No

Save

Maternal Health and Lactation Support Topic 18 of 19

Cancer

Topic 19 of 19

**Cancer**

4 of 11 Points for this Topic

During the past 12 months, did your worksite...



- 148.** Provide educational materials that address skin, breast, cervical, or colorectal cancer prevention?  
 Answer "yes" if, for example, your worksite offers brochures, videos, posters, reminders, or newsletters that promote sun protection, evidence-based vaccinations, or evidence-based cancer screenings, either as a single health topic or along with other health topics.  
**No** 0 of 2 pts.
- 149.** Provide and promote interactive educational programming on cancer prevention?  
 Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes that address prevention, early identification, and survivorship. These sessions may be provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); onsite or offsite; through vendors, onsite staff, health insurance plans/programs, community groups, or other practitioners.  
**Yes** 2 of 2 pts.
- 150.** Monitor and take action to reduce employee exposure to known carcinogens within the workplace?  
 Answer "yes" if, for example, your worksite takes action to limit exposures to radon, asbestos, and other carcinogens that may exist at the worksite, and uses alternative materials (i.e., "green chemistry") where ever possible.  
**No** 0 of 2 pts.
- 151.** Provide health insurance coverage with free or subsidized evidence-based cancer screenings and vaccinations?  
 Answer "yes" if, for example, your insurance covers the cost of breast, cervical, and colorectal cancer screening, and HPV and Hepatitis B vaccines.  
**Yes** 1 of 1 pt.

- 152.** Do you have outdoor workers?  
 IF NO, PLEASE SKIP TO THE END OF THE MODULE.  
**No** 0 of 2 pts.
- 153.** Have and promote a written policy that includes measures to reduce sun exposure for outdoor workers?  
 Answer yes if, for example, the policy encourages rotation of workers in ultra violet (UV) intense positions, scheduling of tasks to avoid high-exposure periods, and the use of sun protective clothing, hats, and sunscreen. This policy could be promoted to employees regularly through e-mails, newsletters, or signage in public places.  
**Yes** 1 of 1 pt.
- 154.** Provide employees working outdoors with supports for sun protection such as shade, hats, or sunscreen?  
**No** 0 of 1 pt.

Your Worksite's Cancer Section Score:  
 4  
 Maximum Cancer Section Score:  
 11

Cancer

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