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**FOR IMMEDIATE RELEASE**

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**Healthier Tennessee Launches Workplace Recognition Program**

*Designation to award organizations that make employee health and wellness a priority*

**NASHVILLE** – The Governor’s Foundation for Health and Wellness, through its Healthier Tennessee initiative, today announced the launch of its “Healthier Tennessee Workplace” recognition program to distinguish organizations that encourage and enable employees to live a healthy lifestyle both at work and at home.

“It is important that we recognize those workplaces that are making health and wellness a priority,” Governor’s Foundation for Health and Wellness CEO Rick Johnson said. “We know our environment plays a huge part in our daily choices, so when workplaces provide a culture of wellness they can have a tremendous positive impact on employee health, and in turn the overall health of our state.”

Tennessee employers of all sizes can be designated a Healthier Tennessee Workplace if they have a wellness program in place that does the following:

- Encourages and enables physical activity in the workplace
- Offers healthy eating options at work
- Provides a tobacco-free environment and help with tobacco cessation
- Encourages and enables employees to monitor their own health through regular health risk assessments, screenings or check-ups
- Rewards and recognizes employees for participating in health and wellness activities and achieving health improvements

Employers who qualify for the Healthier Tennessee Workplace designation will receive a certificate of recognition signed by Gov. Bill Haslam, an award seal to be displayed at their workplace, and a digital version of the award that they can proudly display on their printed materials and website. They will also be listed on [healthierTN.com](http://healthierTN.com) and featured in Healthier Tennessee promotional materials.

Recognition will be granted for one full year with an opportunity to renew on an annual basis.

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Interested companies can apply at [www.healthiertn.com/workplace](http://www.healthiertn.com/workplace). A company representative must register for Small Starts @ Work, then use the Small Starts tool to enter information about the healthy practices the company has in place to promote physical activity, healthy eating and tobacco cessation.

Companies that don't currently have an ongoing wellness program can use Small Starts @ Work, a free, online tool, available through the Healthier Tennessee initiative, to get started and become eligible.

Small Starts @ Work provides employers with tips, ideas and actions to help employees get healthier together. It is simple to use and can be adapted for businesses and organizations of all sizes. The toolkit is optimized for use on desktops, tablets and smartphones.

### **About the Governor's Foundation for Health and Wellness**

The Governor's Foundation for Health and Wellness is a non-profit corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital systems, local governments, school systems and healthcare-focused foundations and community organizations to effect positive, measurable change. The Foundation's Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet, and reduce the number of people who use tobacco.

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