



mspWellness Program Overview Guide



About mspWellness

mspWellness is a partnership between the Minneapolis Regional Chamber (MRC), Hennepin County Public Health and the Minneapolis Health Department (MHD). These three entities work together to help businesses of all sizes create healthier work environments by providing resources, technical assistance, and programming.

Our collective goal is to equip employers across the region with tools to help their employees live well and cultivate a culture of health at their workplaces. Through our partnership, we meet businesses where they are in their workplace wellness journey, from exploring the possibilities, to enhancing a well-established program.



Together we:

- Curate resources for employers, human resource specialists, worksite wellness coordinators and those that support a healthy living through the online mspWellness Employer Resource Hub.
- Recognize qualifying businesses and organizations that have implemented, enhanced, and grown their worksite wellness programs as mspWellness Champions are and annual event.
- Provide small businesses in Minneapolis with Microgrants designed to be catalysts for organizations beginning their journey to support employee wellbeing through policy, systems, and environmental supports.
- Provide wellness focused information sessions and programming about topics such as mental health in the workplace, wellness by environmental design and financial wellness.



Programming

mSPWellness hosts quarterly events and learning opportunities about relevant health and wellness topics including a new partner spotlight series.



Communications

The mSPWellness newsletter is distributed monthly to an audience of over 8,000 subscribers in the region. Content includes upcoming events and learning opportunities, practical wellness tips for individuals and worksite wellness coordinators, as well as company and partner spotlights.



Employer Resource Hub

The mSPWellness Employer Resource Hub is a no-cost online digital platform that connects employers with health and wellness experts, events and learning opportunities, and tools that can be used to enhance the health and wellbeing of employees and communities.

Visit
mSPWellness.com/join-hub
to learn more.



Opportunities for Engagement

mSPWellness is an initiative of the Minneapolis Regional Chamber that engages employers and organizations across multiple counties and the state. As we expand our services, learning opportunities, and audience, we seek to grow our partner network of credible and knowledgeable wellness organizations that provide benefits and services to employers and their employees. A list of current benefits associated with joining the partnership include:



mSPWellness Contributor

- Resource directory listing on mSPWellness Employer Resource Hub
- Content contributor on mSPWellness Employer Resource Hub
 - Resources (articles, blog posts)
 - Events
 - Recorded content



mSPWellness Partner

Includes all of the above, plus:

- Logo placement on website + monthly communication
- mSPWellness information session focused on your organization



mSPWellness Sponsor

Includes all of the above, plus:

- Monthly newsletter and social media highlights
- mSPWellness website feature
- Guest speaker opportunities at mSPWellness events & programming

**Interested in joining
the partnership?**

Contact Frances Huntley,
Strategic Partnership Program
Manager & mSPWellness
initiative Lead.

FHuntley@mplschamber.com

