



Welcome!

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What is the mspWellness program?

mspWellness is a program that equips employers in Minneapolis and Hennepin County with tools to help their employees live well and cultivate a culture of health at their workplaces.

The program is supported by the Minneapolis Regional Chamber (MRC), the Minneapolis Health Department (MHD) and Hennepin County Health Department



Why wellness?

Worksite wellness programs can:

Control or reduce your organization's health care costs

Improve productivity

Reduce employee absenteeism

Lower employee turnover

Attract and retain top talent

Reduce workers' compensation costs, illness and disability



What is the mspWellness Champion program?

This designation was created to recognize and celebrate organizations who work to positively affect the health and well-being of their employees and communities through workplace wellness programs.



Why should a business apply?

Being recognized as a mspWellness Champion shows your employees and prospective new employees that you prioritize and invest in your workforce.

It is a unique way to help attract and retain top talent in a competitive environment.



Why should a business apply?

Organizations that qualify as a mspWellness Champion can promote this designation publicly and align it with current brand and mission.



mspWellness Champions Wellness Recognition

Business that qualify as a champion will receive the programs' branded logo for internal promotion

Recognition in chamber, city, county and mspwellness communication channels including newsletters, social media and website

Public recognition of commitment and work in support of employees at the annual event in June



Current mspWellness Champions

- Western National Insurance
- Wayzata Public Schools
- Omni Workspace
- Dermatology Consultants
- HealthSource Solutions
- City of Maple Grove
- King Connect
- Orono School District
- Delta Air Lines
- Southeast Service Cooperative
- Rockler Companies
- Reach for Resources
- Apothecary Products, LLC
- Packard Culligan Water
- HealthPartners



Eligibility Requirements

Organizations that create, implement, and promote wellness programs as part of their organizational culture are invited to submit an application.

Qualifying worksites have a physical location in the state of Minnesota and have a minimum of 10 employees located in the state.



Application Information

Applications can be submitted at any time. Organizations that submit responses and qualify as a mspWellness Champion by June 15 will be recognized at an annual celebration the same month.

Applications are available at www.mspwellness.com A PDF version of the form's content is posted for review before the submission process.



Application/Designation Criteria

The application is organized into five categories designed to evaluate the wellness initiatives taking place at your organization

1. Foundational Elements
2. Assessment and Evaluation
3. Policies
4. Practices (Systems and Environmental Supports)
5. Programs and Employee Engagement



Foundational Elements

Leadership support of wellness programs

Designates a coordinator to lead wellness efforts

Provides affordable health care for all employees



Foundational Elements

Program structure and sustainability plans

Measurable goals and objectives

Communications plan for health promotion efforts



Assessment and Evaluation

Create a baseline of our health promotion efforts

Survey employees to determine their health and wellness needs and interests

Conduct annual employee health risk assessment (HRA)



Assessment and Evaluation

Evaluate the effects of our health promotion efforts

Record participation in wellness activities

Conduct employee satisfaction surveys about health promotion activities



Policies and Procedures

Formal written policies

Provide onsite breastfeeding support

Support alternate forms of transportation to/from work



Practices (Systems and Environment Support)

Physical Activity

Healthy Eating

Commercial Tobacco Cessation

Stress Management

Wellbeing



Programs

Deliver health education programming through:

Group Sessions

Individual Counseling

Behavior Change Campaigns

Internet-based Instruction



Opportunities for Growth and Support

For workplaces that do not qualify for recognition with an initial application, health department representatives from both the City of Minneapolis and Hennepin County will be available to discuss the strengths and weakness of the applications and help identify resources and opportunities to enhance individual wellness programs.



mspWellness Celebration

Thursday, June 23

8:30-10am-virtual

Celebrating and recognizing the commitment to employee health and wellbeing by the inaugural mspWellness Champions worksite group.

The event also features remarks from Dr. Nico Pronk, President of HealthPartners Institute and Chief Science Officer at HealthPartners