



Development Cycle Step: Introduction
Module 0.1: Introduction and Overview
Key Takeaways and Action Checklist

Key Takeaways

In this module you learned:

1. The purpose of the Working on Wellness program:
 - a. To help Massachusetts employers implement evidence-based worksite health initiatives that create supportive work environments and make it easy for employees to engage in healthy behaviors
 - b. To provide employers the knowledge, skills, strategies, and/or resources to adopt sustainable policies and practices to promote and protect the health of employees
2. The steps in the Wellness Program Development Cycle including buy-in, assessment, planning, community partnerships, implementation and evaluation
3. Three approaches to promoting workplace wellness including awareness and education, behavior change and worksite policies
4. What Working on Wellness provides including online training, resources, community linkages, and evaluation tools.

Action Items Checklist

- ☐ 1. Download and review the Case Study Overviews. The XYZ Inc. case study will be referenced throughout the curriculum as an example.