



Development Cycle Step: Buy In
Module 1: Creating Buy-In and Leadership Support
Key Takeaways and Action Checklist

Key Takeaways

In this module you learned:

- 1. Three business motivations for implementing a worksite wellness program**
You learned about three reasons businesses implement a worksite wellness initiative: health cost management, productivity, great place to work.
- 2. The role of visible leadership support**
Wellness initiatives are more likely to create impact in organizations with strong leadership support.
- 3. The role of middle managers in the wellness program.**
Middle managers play a key role in organizational decision making and engagement. Their support of the wellness initiative can help ensure high participation rates.
- 4. The importance of building infrastructure and capacity for creating a healthy worksite culture.**
Every wellness initiative needs an internal infrastructure to carry out the daily responsibilities for the wellness initiative. In addition, resources and a budget are essential for program sustainability. Early planning and discussions with management on the budget requirements will assist as you work through the planning process.

Action Items Checklist

- ☐ **1. Budget Planning**
The champion and the Committee use the Budget Template and XYZ example to begin planning the budget for the wellness initiative.