



95 percent of team members take the total health assessment

WHAT THEY DO

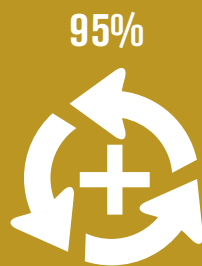
This Fontana, Ca., unit-based team:

- » provides onsite Healthy Workforce training on how to take the total health assessment (THA)
- » provides a healthy activity—a monthly Zumba-style exercise class, for example—and in conjunction with the activity, provides time to complete the assessment

THA completion rate



BEFORE



AFTER

RESULTS

Healthy living is catching on! Employees are wearing pedometers to see how many steps they can take in a day as they work, and they now are taking quick walks together every day during lunch.

