WELLNESS & INTEGRATIVE HEALTH

BECOME
WELL Clinic
CERTIFIED

General Wellness
- ☐ Post and disseminate wellness events or activities for all to see
- ☐ Provide a staff meeting wellness activity
- ☐ Create a department or unit wide challenge for employees to participate in
- ☐ Share a wellness tip or mindful moment at all team huddles or safety briefings
- ☐ Plan a department or unit wellness day once a year
- ☐ Create a department or unit Wellness Handbook (guidelines for employees)
- ☐ Achieve Green Office Certification through the Office of Sustainability
- ☐ Utilize the Green Event self-assessment for office meetings

Nutrition
- ☐ Host an RD Approved presentation
- ☐ Meet with RD Approved dietitians for an Food Environment Scan
- ☐ Utilize RD Approved catering menus for clinic functions
- ☐ Provide a refrigerator/microwave to encourage meals from home
- ☐ Establish a place to eat that is comfortable (well lit and inviting)
- ☐ Encourage use of reusable water bottles, mugs, cups, dish- and silverware
- ☐ Identify break buddies to facilitate taking uninterrupted breaks

Physical Activity
- ☐ Host a PEAK movement break or presentation
- ☐ Allow for standing/active desks
- ☐ Plan "walking meetings" when appropriate
- ☐ Encourage daily 10-minute movement or relaxation breaks on each shift
- ☐ Start a walking group that meets at least once a week
- ☐ Encourage active transportation by explicitly outlining location-specific plan

Mindset
- ☐ Complete a team mindfulness activity
- ☐ Practice gratitude and appreciation
- ☐ Discuss and connect with purpose and meaning of work (individual and team)
- ☐ Host a Resiliency Center presentation
- ☐ Celebrate successes and reflect on setbacks as a team

Stress Management/Productivity
- ☐ Allow flexible work schedules for physical activity/mental health/productivity
- ☐ Create a unit respite space
- ☐ Reduce eye-strain by adjusting light settings on all laptops and computers
- ☐ Set aside time for staff to complete mandatory training (LMS, RQI)
- ☐ Assess and address issues to improve work-flow efficiency

BRONZE
Complete **8** items on this checklist to become Certified

SILVER
Your office is actively engaged! Complete **12** Well office Actions

GOLD
Your office is a leader! Complete **16** Well office Actions

FOR MORE INFORMATION ON WELLNESS:

http://bit.ly/WIHPULSE

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UNIVERSITY OF UTAH