



Business Name: _____

Contact Name: _____

Contact Email: _____

Phone Number: _____

Business Address: _____

Number of Employees: _____

Insurance Provider: _____

BRONZE

Employer must complete all 5 core activities and 2 optional activities to qualify for Bronze Certified Organization.

CORE REQUIREMENTS:

Promotion of Tobacco Free Education.



Examples: Included, but not limited to 802 Quits, handouts readily available, Human Resource referrals to local and statewide tobacco cessation opportunities.

Vermont Department of Health Bronze Level Breastfeeding Friendly Employer.

- Are you willing to be a Breastfeeding Friendly Place for the community?



Resource: <https://risevt.page.link/BreastFeeding>

Daily encouragement of physical activity or walking.



Examples: This may include stair point-of-decision prompts for increasing stair use where elevators exist, allowing employees to utilize scheduled breaks for physical activity, timer built into worksite email prompting movement.

Celebrations, events and meeting include at least one healthy option.

- Please see Vermont Department of Health Healthy Eating Guidelines for Worksites.

 **Resource:** see page 41 <https://risevt.page.link/HealthierWorksite>

Employer encourages employees to take the RiseVT Pledge.

- Employer to work with RiseVT to identify strategies to encourage and motivate employees to sign the pledge (i.e. email, pledge box, raffle).
- *“I pledge to become a Rise Vermonter and learn about simple lifestyle changes I can make that I know will give me lasting benefits to my health and well-being.”*

OPTIONAL ACTIVITIES (SELECT 2):

Food/beverage is not used as reward.



Examples: Employer pledges to use alternatives to rewards such as Wellness Day, massages, extra walking breaks, water bottles, etc.

Personal Stress Management is encouraged within the organization.



Examples: This could include but is not limited to brain breaks, mindfulness, daily stretching, and yoga.

Free drinking water is readily available and accessible on-site.

Did we miss something or is your business doing something else that is healthy and fun? Tell us more :

SILVER

Employer must complete all 5 core activities and 2 optional activities to qualify for Silver Certified Organization.

*In addition to bronze requirements.

When a business reaches Silver, a prize will be awarded.

CORE REQUIREMENTS:

Employer participates in at least 1 community engagement activity per year.



-Example: This could include but is not limited to mentoring, volunteering, donations, gleaning through Vermont Gleaning Collective (www.vermontgleaningcollective.org) or food drives.

Identified area in the work site for breaks, which includes a microwave and refrigerator.

50% of employees have completed the Individual Scorecard on (<https://risevt.org/scorecard/>).

Promotion of special events and incentives to motivate employees to participate in worksite wellness activities.



-Example: Contests, health challenges, team based competitions, entering local walks and runs as a team, publicity of success stories.

At least one representative identified for the RiseVT Small Business Umbrella Committee and verbal commitment to attend at least 50% of the quarterly meetings.


OPTIONAL ACTIVITIES (SELECT 2):

Counseling services and EAP services are available through the worksite.



-Example: This could include offering conflict resolution at the worksite.

Providing education and awareness to employees around healthy local food options.

 **Resource:** Contact NOFA Vermont for suggestions of local food organization in your area at (802) 434-4122 or kim@nofavt.org.

Small Business Umbrella resources were shared with employees.

Did we miss something or is your business doing something else that is healthy and fun? Tell us more :

GOLD


Employer must complete all 6 core activities and 3 optional activities to qualify for a Gold Certified Organization.

*In addition to bronze and silver requirements.

Upon reaching Gold, a prize will be rewarded.


CORE REQUIREMENTS:

50% of staff participation in at least one of the following wellness opportunities offered through the Small Business Umbrella Wellness Committee or at the worksite.

 **Examples:** This may be a cumulative number that includes all wellness activities including but not limited to: Immunization clinic, health coaching, biometric screenings, incentive programs.





Worksite is tobacco free, with appropriate signage and website advertisement, if applicable.

Wellness activities are regularly built into retreats and/or meetings.

 **Examples:** This could include but is not limited to: Brain breaks, staff led stretching exercise, walk and talk meetings, standing meetings.

Worksite has adopted the Small Business Umbrella's Wellness Vision and Mission and shared with staff and/or volunteers.

Policy adopted for workplace for one or more of the following:

-  **Tobacco:** <https://risevt.page.link/QuitTobacco>
-  **Nutrition:** <https://risevt.page.link/NutritionPolicy>
-  **Physical Activity:** <https://risevt.page.link/ActivityPolicy>
-  **Breastfeeding:** <https://risevt.page.link/BreastfeedingPolicy>

A representative from this business has attended at least 50% of the Small Business Umbrella Committee’s quarterly meetings.


OPTIONAL ACTIVITIES (SELECT 3):

Connection with Vermont Department of Health Lactation Consultant to improve support to breastfeeding women in the workplace.

Flexible hours are offered for wellness opportunities to be taken during the day.

Physical activity at the work site is more accessible through one of the following: fitness room on-site, fitness equipment on-site (such as yoga mats, bands, weights), discounted or full gym memberships, available shower, or partnership with an organization in the community to open facilities for physical activity outside of business hours.

Employees are engaged in a local food activity.

 **Examples:** Like Community Supported Agriculture (CSA) enrollment, gleaning, or any other Healthy Roots supported activities.

Complete the Vermont Department of Health’s Organizational Assessment.

 **Resource:** <https://www.surveymonkey.com/r/WorksiteWellnessOrganizationalAssessment>

Did we miss something, or is your business doing something else that is healthy and fun?

That’s Great! Tell us more here:

LET’S #RISEVT TOGETHER!

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