

“Participation in the Worksite Wellness Collaborative equipped us to ramp up our wellness environment.”

Ashley Holst
Human Resource Officer
and Wellness Program Coordinator
United Community Bank



Does your worksite promote your well-being? United Community Bank (UCB) in Perham, MN, found that the PartnerSHIP 4 Health Worksite Wellness Collaborative equipped them to ramp up their worksite wellness environment.



During the 2014-15 collaborative, UCB created the “UCBe Healthy” tagline and logo to represent the wellness initiative.

To encourage healthy eating, UCB developed an “Eat Right for Life” station that includes healthy grab and go snacks such as granola bars, fruits, vegetables, cheese, and crackers for employees to purchase at cost.

“It’s an easy option for when [employees are] at work,” said Ashley Holst, Human Resource Officer and Wellness Program Coordinator. Employees use the “Eat Right for Life” station frequently as evidenced by the need to restock items.

As lactation support enables female employees to provide healthy nutrition to their infants, UCB is repurposing an empty conference room to serve as a lactation room for nursing mothers. This space will include a lockable door, table, comfortable chair and mini fridge. UCB updated their employee handbook to include a supportive lactation policy.

To encourage physical activity, UCB invited employees to participate in June and September 5K Walk/Run events on a trail near UCB premises. According to Holst, approximately 30 people participated in each 5K including employees and their family members. UCB plans to host more 5Ks this summer to promote exercise and team building.

In November 2014, UCB enlarged their fitness room to make it more attractive to employees. The room, which initially held just a single treadmill, now holds two treadmills, a bike, and weights. The room also houses cable television, a social area, and a wall calendar where employees tally their exercise. Employees utilize the fitness room during lunch breaks, and many find that exercising with a friend increases accountability.

UCB intentionally integrates additional physical activity opportunities and incentives. During the summer, UCB held “Walking Wednesdays” to promote outdoor walking during lunch breaks. The 2014 employee Christmas gift included a Fitbit option. Many of those who selected the Fitbit have become competitive with their step goals.

To encourage tobacco-free living, UCB adopted a tobacco-free grounds policy, prohibiting tobacco use everywhere on the premises.

According to Holst, UCB continues to strengthen their employee wellness initiative because there is always a way to make it better than before. The PartnerSHIP 4 Health Worksite Wellness Collaborative empowered UCB to better impact their employee and their community’s health through Worksite Wellness.

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PartnerSHIP 4 Health is community and public health partners in Becker, Clay, Otter Tail, and Wilkin counties working together to create an environment that supports improved health for all.

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