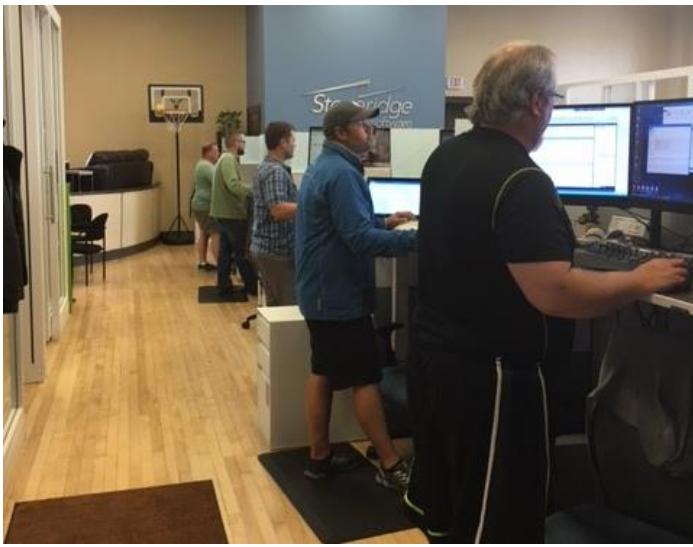


Healthy Options Become a Worksite Reality



Employees at Stoneridge utilize standing desks

Worksite Wellness Collaborative Supports Improvements

Though we usually know what to do to improve our health, it is easier said than done. Even with the best of intentions, we are often swayed by the food, beverage, physical activity, and tobacco options that surround us where we live, learn, work, play, and worship. Unfortunately, many worksite environments unintentionally surround employees with less than healthy choices.

PartnerSHIP 4 Health (PS4H) tackles this reality as it partners with worksites to create a culture of wellness. Using a collaborative model, PS4H brings together worksites from Becker, Clay, Otter Tail and Wilkin counties to establish policies, systems, and environments that support worksite wellness. Stoneridge Software, a Barnesville company that sells and supports Microsoft business software solutions, participated in the 2015-2016 Worksite Wellness Collaborative. They have a dedicated wellness committee that meets via monthly conference call to determine quarterly educational initiatives and brainstorms ways to promote the initiative. The committee crafts a quarterly newsletter with links to various resources.

Because sitting for long periods of time is linked with a number of health concerns including obesity,¹ Stoneridge Software established a policy to increase physical activity opportunities during the work day. The policy promotes active or standing meetings, the use of flex-time for physical activity before, during or after work, and standing

workstations. Briana Scearcy, Chief People Officer, shared their wellness philosophy: "Stoneridge Software is embedding health and well-being at the heart of our business strategy because our team members are our greatest asset, and we recognize that a healthy, happy and committed team is vital to our continued business success. Good health IS good business." Their work has paid off, earning them a spot as a finalist in the Wellness Program category of Minnesota Business Magazine's 2017 Innovators in Health and Wellness awards.

New Policies Advance Healthy Changes

In addition, Stoneridge Software addressed food and tobacco at the worksite through policy and environmental changes. They adopted a policy to ensure the availability of healthy food and beverage options when the company offers food to employees or clients. The company improved food storage and prep areas, increased low/zero calorie beverage vending machine options, encourages employees to bring their own lunches, and added healthy snack stations to each office location. Stoneridge Software also has a formalized a tobacco-free workplace policy and a breastfeeding-support policy.

According to Scearcy, Stoneridge Software's involvement in PartnerSHIP 4 Health's Worksite Wellness Initiative has been a valuable experience: "PartnerSHIP 4 Health has provided us with additional resources and ideas to promote wellness at work. Through education, policy and environmental changes, and fun competitive activities, we have made healthy choices part of our company culture. It's very rewarding to see employees enjoying new activities, sharing personal experiences, and encouraging other team members."

To learn more about PartnerSHIP 4 Health, visit
<http://partnership4health.org>

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¹ Hamilton MT, Healy GN, Dunstan DW, Zderic TW, Owen N. Too little exercise and too much sitting: inactivity physiology and the need for new recommendations on sedentary behavior. Curr Cardiovasc Risk Rep. 2008;2(4):292–8.