



Worksite Wellness:

Empowering employees with better health

“PartnerSHIP 4 Health has brought us the ability to set goals and create sustainable change. With more than 1300 employees, we had to work through ideas to find out what systems and environmental changes could work for all of our employees.”

Marni Moch
Wellness Coordinator
KLN enterprises
Perham, Minn.

When wellness ‘Trumps’ temptation

In a workplace surrounded by the temptation of chips, chocolate and candy, wellness may be a big bite to swallow. That is why KLN Enterprises in Perham joined forces with PartnerSHIP 4 Health (PS4H). This relationship created changes in a workplace that employs over 1300 shift workers, maintenance, warehouse workers, line-workers, machine operators, quality control and office staff in six locations. One of their own brings them all together.

Marni Moch, Wellness Coordinator at KLN enterprises, was brought on board in April 2012 after the company realized the need for wellness within their branch locations. KLN Enterprises oversees various brands of food products including candy, chips, dog food, gourmet nuts and chocolates.

“Prior to my position and our work with PartnerSHIP 4 Health, KLN didn’t really have a wellness plan. Health and wellness was not a strong presence in the company. Since they created my position, there is now a designated person to coordinate, facilitate and promote health throughout the company. They would have health challenges at random, but no wellness systems in place, until now,” said Moch.

Employers have the power to positively impact the health of their employees and dependents and lower health-related costs, not only through benefit design and incentives, but, more importantly, by creating a culture of health and expectation of prevention and wellness.



KLN is one of 14 worksites that joined as a partner with PS4H to form a Worksite Wellness Coalition. The coalition is guided by consultants from Blue Cross Blue Shield of MN. “This coalition works together to teach best practices, vision priorities and goals. They also develop wellness policies that will be used in worksites,” said Karen Nitzkowski, Worksite Wellness Coordinator for PS4H.

Studies have proven that organizations with effective wellness programs can achieve remarkably lower total healthcare costs, with shorter sick leaves, reductions in long- and short-term disability claims, increase productivity and general health. All of these benefits improve a business owner’s bottom line.

“Each of our locations has their own wellness committee which I meet with once per month. Our location in Arizona is included in all of our wellness initiatives. Representatives from each location bring me ideas of what could work for wellness at their site,” said Moch. “We now have healthier options in our vending. We started ‘Walking Wednesdays’, gym reimbursement, healthy snack day and a wellness bulletin. I am also a wellness coach which more and more employees are utilizing my services,” added Moch. Moch is planning a winter wellness challenge which she hopes each location will participate in. “It is the small changes over a long period of time that will make an impact,” she added.

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