Getting to the Heart of the Matter in MI: Creating a Healthier Workplace

Program Overview

Getting to the Heart of the Matter in Michigan is a collaborative project at the Michigan Department of Health and Human Services. The goals of the project are to increase healthy behaviors, decrease obesity, and decrease tobacco use. This program will provide resources, offer assistance, and join partners in your community to meet these goals.

Why should we partner?

One of the most important community partners in this effort are employers. You are being asked to help create a culture of well-being within your worksite to help improve the quality of life for your employees.

What do you have to do?

Employers who participate and complete the requirements will be eligible for a worksite wellness program stipend (up to $5,000.00) to help build and sustain your employee wellness program. Employers are asked to:

- Complete a 20 minute environmental survey about your current worksite;
- Create a worksite wellness workplan based on the results;
- Document progress towards your goals.

That’s it! After this project is done, you will have a strengthened worksite wellness team with a plan for the future. You will have all the guidance and support you need to get going towards creating a healthier workplace!