



CDPHP® Workplace Health Program Topics

CDPHP Workplace Health Services offerings are always evolving to provide your business up-to-date education and engaging activities to promote well-being. The examples below are for your reference. Consult with your CDPHP Workplace Health Strategist to customize a plan for your organization based on the most current offerings.

Health Education

- ▶ Asthma and lung health
- ▶ Heart health
- ▶ Medical self-care/management
- ▶ Musculoskeletal health
- ▶ Preventing and managing diabetes
- ▶ Understanding biometric values
- ▶ Understanding your health plan and benefits

Nutrition

- ▶ Budgeting and shopping for healthy eating
- ▶ Eating for heart health
- ▶ Healthy eating challenges
- ▶ Label reading and portion control
- ▶ Mindful eating

Physical Activity/Fitness

- ▶ Movement-based classes
- ▶ Physical activity and fitness basics
- ▶ Risks of being sedentary
- ▶ Walking and running basics
- ▶ Building a fitness habit
- ▶ Custom activity

Living Well

- ▶ Caregiver well-being
- ▶ Dimensions of wellness
- ▶ Financial health
- ▶ Mental wellbeing
- ▶ Motivation
- ▶ Self-care
- ▶ Sleep hygiene
- ▶ Stress management
- ▶ Time management

Preventive Health

- ▶ Cancer prevention and awareness
- ▶ CDPHP Health Hub education and promotion
- ▶ Flu shot education and promotion
- ▶ Health literacy
- ▶ Managing and maintaining weight
- ▶ Personal Health Assessment awareness
- ▶ Lifestyle and health

CDPHP Workplace Health Services activities are available in a variety of formats to support the unique needs of your business.

Formats include:

- ▶ Workshops
- ▶ Health awareness campaigns
- ▶ Employee challenges
- ▶ Digital interactive learning modules
- ▶ Recorded webinars
- ▶ Education tabling