



# Healthy Maine Works!

Healthy Maine Works (HMW) is a **FREE** on-line tool designed to guide Maine employers in developing an effective worksite wellness plan. Supporting employee health can reduce absences, boost productivity, and improve morale and performance.

## How can Healthy Maine Works work for you?

The program offers Maine employers a variety of resources, including:

- Employee surveys and an organizational assessment to identify health-related priorities
- Detailed strategies and resources
- A wellness action plan

## What's on the Website?

The interactive HMW website features three separate modules to help employers and employees get a better picture of wellness in their specific workplace.

**Employee Survey Module.** Employers can give surveys electronically or on paper, and the data is collected into one report.

**Inventory Module.** An employer assessment designed to identify wellness program priorities for the organization.

**Work Plan Module.** A prioritized list of strategies and resources to help employers develop a customizable wellness program plan.

It's simple and **FREE!** If you've never participated in a workplace wellness program, now is the perfect time to start.

*"The work plan section really helped my workplace. Strategies were clear and the resources really helped!"*



*“We already had a wellness plan at my office, but HMW had a lot of fun new ideas we hadn’t thought of!”*

## Already have a plan in action?

The wellness activities combined with the expertise and resources provided by the Healthy Maine Partnerships staff will give any wellness program a boost!

## Getting Started

To get underway with your workplace wellness plan, contact your local Healthy Maine Partnership staff. They’ll create an account for you and answer any questions you may have.

To find your local Healthy Maine Partnership, visit [www.healthymainepartnerships.org](http://www.healthymainepartnerships.org).



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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