



**Business Name:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Business Address:** \_\_\_\_\_

**Number of Employees:** \_\_\_\_\_

## BRONZE

Employer must complete all 5 Core Activities and 2 optional activities to qualify for Bronze Certified Organization

### Core Requirements:

Promotion of Tobacco Free Education (Included, but not limited to 802 Quits, handouts readily available, Human Resource referrals to local and statewide tobacco cessation opportunities)

Bronze Level Breastfeeding Friendly Employer

Daily encouragement of physical activity or walking (This may include stair point-of-decision prompts for increasing stair use where elevators exist, allowing employees to utilize scheduled breaks for physical activity, timer built into worksite email prompting movement)

Celebrations, events and meeting include at least one healthy food option.  
Please see Vermont Department of Health Healthy Eating Guidelines for Worksites

At least one representative identified for the RiseVT Umbrella Committee and commitment to attend at least 50% of the quarterly meetings.

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**Optional Activities:**

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- Food/beverage is not used as reward (Employer pledges to use alternatives to rewards such as Wellness Day, massages, etc. )

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- Personal Stress Management is embedded within the organization. (This could include but is not limited to mindfulness, daily stretching, and yoga.)

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- Drinking water is readily available onsite

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- Did we miss something or is your business doing something else that is healthy and fun?  
Tell us more : \_\_\_\_\_

**SILVER**

Employer must complete all 5 Core Activities and 2 optional activities to qualify for Silver Certified Organization (in addition to bronze requirements)

**Core Requirements:**

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- Employer participates in at least 1 community engagement activity per year. This could include but is not limited to mentoring, volunteering, donations or food drives. What have they done

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- Identified area in the worksite for breaks, which includes a microwave and refrigerator.

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- 50% of employees have completed the Individual Scorecard

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50% of employees have completed the Employee Interest Survey

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A representative from this business has attended at least 50% of the Umbrella Committees quarterly meetings.

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**Optional Activities:**

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Counseling services and EAP services are offered at the worksite. (This could include offering conflict resolution at the worksite.)

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Promotion of special events and incentives to motivate employees to participate in worksite wellness activities (*Examples: Contests, health challenges, team based competitions, publicity of success stories*)

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Providing education and awareness to employees around one of these activities:

- Identifying a local food champion on staff who would promote the use of Vermont's Harvest of the Month Program
  - Establish/revise a food policy to include healthy local food at all business events
  - Creation of a procedure for donating food to local food shelf or charitable organization after business events that provide food
  - CSA information is posted and dispersed
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Did we miss something or is your business doing something else that is healthy and fun?  
Tell us more : \_\_\_\_\_

## GOLD

Employer must complete all 5 Core Activities and 3 optional activities to qualify for a Gold Certified Organization (in addition to bronze and silver requirements)

### Core Requirements:

50% of staff participation in at least one of the following wellness opportunities offered through the Umbrella Wellness Committee or at the worksite, such as but not limited to, biometric screenings, immunization clinics, health coaching, incentive programs, etc.

Worksite is tobacco free with appropriate signage and website advertisement if applicable.

Wellness activities are built into in-service meetings, retreats and/or staff meetings.  
*(This could include but is not limited to – Brain breaks, staff led stretching exercise, walk and talk meetings, standing meetings)*

Participation in at least 50% of the workshops offered through the RiseVT Wellness umbrella organization.

Business has adopted and implemented the RiseVT Wellness Committee's worksite wellness policy.

### Optional Activities:

Connection with Vermont Department of Health Lactation Consultant to improve support to breastfeeding women in the workplace

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Flexible hours are offered for fitness opportunities to be taken during the day.

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50% of staff attended one of the quarterly RiseVT Wellness Committee's workshops.

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A workshop topic was fully implemented into the workplace.

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Did we miss something or is your business doing something else that is healthy and fun?  
Tell us more : \_\_\_\_\_

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