



University Wellness Healthy Department Award

Supporting employees throughout the workday by providing an environment that enhances their well-being is an integral part of an engaged and productive campus culture.

Campus departments are challenged to provide an environment to support the actions or opportunities in the checklist. Departments who consistently offer at least 5 of the actions/opportunities for at least 3 months, will receive the University Wellness Healthy Department Award. Departments that receive the award will be recognized with a plaque and their name listed on the website. Recipients of the award will also be eligible to apply for a [mini grant](#) to continue supporting their employee's well-being.

- ✓ Offer walking or standing meetings
- ✓ Employees have the option to eat lunch away from workstations
- ✓ Regular 10-minute walk or stretch breaks are encouraged
- ✓ Flexible work schedule is supported
- ✓ Provide opportunities for employees to get to know each other, outside of work projects
- ✓ Promote campus well-being programs and resources
- ✓ Employees feel supported to participate in well-being activities during the workday
- ✓ Office environment promotes and values kindness and gratitude
- ✓ Employees are encouraged to participate in professional and personal development
- ✓ Promote a culture where colleagues check-in with each other to ask how they are doing
- ✓ Provide the [Healthy Workday Guide](#) to employees

To apply for the Healthy Department Award, submit your checklist to University Wellness by completing [this form](#).