Meet the Healthiest Maryland Businesses
Workplace Wellness Team!

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What is Healthiest Maryland Businesses?
Healthiest Maryland Businesses is a statewide initiative supporting and promoting a culture of wellness in the workplace—building an environment that makes the healthiest choice the easiest choice.

The goals of Healthiest Maryland Businesses are to:
- Raise awareness of the importance of sustaining a healthy workforce.
- Assist businesses to develop an evidence-based workplace wellness approach that is effective and sustainable.
- Build a network of business leaders who implement healthy workplace practices and demonstrate support for healthy policies in the workplace.
- Recognize businesses for their commitment and success.

Who should join Healthiest Maryland Businesses?
Healthiest Maryland Businesses are Maryland organizations (corporations, small businesses, non-profit organizations, academic institutions, government organizations, etc.) with top leadership that are committed to improving the health of their employees. Some businesses already have comprehensive worksite wellness programs in place and others are taking the first steps towards improving employee wellness.

What are the benefits?
A wellness program ensures that everyone wins—companies save on healthcare costs and reduced absenteeism, while benefiting from improved productivity and performance. Employees and their families get support in improving and maintaining their health.

When you join Healthiest Maryland Businesses, your company will receive:
- Free consultations with a certified worksite wellness professional in your region
- Healthiest Maryland Businesses newsletters
- Training opportunities and webinars
- Educational events and forums
- Connection to evidence-based wellness resources
- Peer-to-peer support from neighboring businesses
- Recognition for wellness achievements

What is required of me when I join Healthiest Maryland Businesses?
All Healthiest Maryland Businesses members are required to complete the Worksite Health ScoreCard annually in order to maintain membership and track your progress on wellness goals.

As a member of Healthiest Maryland Businesses, you can help us promote our vision of a healthy work environment for all Marylanders. You can do this by proudly displaying your Healthiest Maryland Businesses credentials to the public and your employees. You can also help by referring other businesses to join.

How do I join Healthiest Maryland Businesses?
1. Visit www.healthiestmdbusinesses.org to take the Worksite Health ScoreCard. This survey will provide your Regional Coordinator with more information on your business and your workplace wellness efforts.
2. Your Regional Coordinator will contact you to go over your results and get started on setting and achieving your wellness goals. It’s that easy!