



Research shows that healthy employees are more engaged and productive, and that translates into better business results. The **GoodLife Fitness Health & Wellness Leadership Award** seeks to identify employers that are making evidence-based efforts to support the health and well-being of their employees and their families. The award will recognize organizations that demonstrate continuous improvements in areas related to health behaviour changes and mental well-being. The goal is to celebrate these workplace initiatives in order to provide best practices and programming examples so that others may learn and integrate their own innovations leading to a healthier and more productive Canadian population.

The 2019 Award recipients will be announced during the *GoodLife Fitness Health & Wellness Leadership Summit* in Toronto, Ontario November 26, 2019.

Award submissions will be accepted until October 25, 2019. Award recipients will be notified on the week of November 4, 2019.

Applications are open to organizations of all sizes and industry. Organizations are evaluated based on how they implement and demonstrate health & wellness practices in 3 key areas: Leadership Support & Commitment, Planning & Engagement, and Measurement & Sustainability.

If you would like to submit your organization for consideration, please email awards@glfwellness.com and provide us with details by completing the [following questions](#):

GoodLife Fitness Health & Wellness Leadership Award Questionnaire

About Your Organization

Briefly describe your organization, its scope of business, workforce size and where your worksites are located in Canada.

Leadership Support & Commitment

1. What was your company's motivation to implement a health and wellness program for your employees? Do you have a formal health and wellness strategy? If so, please describe the strategy and how it aligns with your company's business goals.
2. How does senior management support your wellness strategy? How did you gain their commitment and are they actively and visibly involved in your programs?



Planning & Engagement

3. Does your organization survey its employees to gain an understanding of what they need and/or want? If yes, how/how often and what have you done specifically to act on the survey results?
4. How do you communicate your wellness strategy and the availability of specific wellness programs to your employees?
5. Describe any physical health programming offered at your organization (e.g., health screenings, fitness or movement, healthy eating, weight management, sleep, disease prevention/management)?
6. Describe any mental wellness programming offered at work that considers mental health awareness training, stigma reduction, coping skills, stress management and workplace accommodations.
7. Are programs offered to help employees manage their life outside of the work environment (e.g., policy supports for balancing work and life demands, financial wellness and relationships? Please describe.
8. Outside of the health and wellness programming described about, what strategies have you used to promote a "culture of well-being"?

Measurement & Sustainability

9. Does your organization use incentives to encourage your employees to participate in fitness or wellness programs? If yes, please explain what is offered and the impact on employee uptake? If not (or not any longer), why not?
10. What is your strategy for measuring the effectiveness of your wellness programs? What impact have you seen on your employees and/or workforce metrics since implementing your wellness program?
11. Does your organization require the health and wellness program to demonstrate a return on investment (ROI), a value on investment (VOI), both or neither? Please comment.
12. What, if any, are your plans for growing your health and wellness programming and/or your company's "culture of wellness"?

(Optional) - Please submit a short YouTube video (2-3 mins in length) showing the impact a healthy workplace is having on your overall culture. * To submit a video entry with your awards submission:

1. Log in or create a YouTube account at youtube.com.
2. Click the Upload button at the top of the page.
3. Select "Private" from the Privacy drop down.
4. Click the "Select file to upload" button to choose a video file on your computer.
5. Copy the video link (it will be under the title of your video, where it says "Your video will be live at:")
6. Paste this link into your submission form.