

Your Guide to the Benchmark 5 Toolkit

The path outlined below is the recommended sequence for completing the Benchmark 5 toolkit resources. However, there is no single “correct” order—The process is flexible and can be adapted to fit your organization’s unique needs. What matters most is continuing to make progress.

The Well Workplace® Process is iterative and dynamic, providing insights to help move your wellness initiatives forward. As your organizational culture evolves, revisit these resources annually to keep wellness a central focus.

1. **Choosing Appropriate Initiatives That Support the Whole Employee** | [Template](#)

This planning template supports employee health and well-being and can be used in the workplace to align with your organization’s wellness vision. Utilize this resource to inform decision making and help identify the right interventions for your organization.

2. **Creating Sustainable Habit Change in Your Company Culture** | [Quick Guide](#)

Use the Habits at Work tactical approaches to align workplace wellness interventions with your strategy and operating plan. This guide helps evaluate company culture across the Habits at Work Four Contexts.

3. **Activating Wellness Initiative Participation** | [Quick Guide](#)

Generating enthusiasm and increasing participation in your organization’s worksite wellness initiative takes a thoughtful approach. These strategies are based on practices used by Well Workplace Award–winning organizations.

4. **Additional Resources**

a. [Physical Activity Success Story](#) | This case study from the Wellness Alliance showcases how a “Sit for 60, Move for 3” initiative helped promote movement during the workday. Use this success story as inspiration for developing your own approach.

b. [Sit for 60 Move for 3](#) | Use this example poster as a template for your own communications strategy.

c. [Sample Wellness Feedback Form](#) | This is an example survey intended to serve as a template that can be adapted to meet the specific needs of your workplace wellness training, educational session, or other wellness initiatives.

d. [Expert Interviews](#) | Review these resources to learn about the power of the operating plan.

