

Why are Healthy Rewards Important?

As a department head, you have the opportunity to support healthy lifestyles by eliminating rewards that undermine health and replacing them with rewards that are just as meaningful!



When to Recognize Employees?

You can time the delivery of the reward with personal milestones, such as work anniversaries, birthdays or annual reviews. Recognition can also come after important projects have been successfully completed or for completing a wellness challenge.

Promote Peer-to-Peer Recognition

Many employees value recognition from campus leaders. However, peer-to-peer recognition can also be effective. Supervisors are encouraged to:

- Motivate team members to recognize each other
- Encourage employees to send notes of appreciation to their colleagues or to praise them
- Add peer recognition to meetings (high-fives, shout-outs, etc.)

What's the Best Reward for your Employees?

Each workplace will have its own resources and limitations on what can be provided. Below is a list of possibilities.

Public Recognition	Certificate of Participation	Message of Appreciation
 <p>Saying “congrats” or “thank you” to employees publicly doesn’t cost a thing but hearing it can mean a great deal to an employee.</p>	 <p>Certificates for participating in a wellness challenge provide employees with a tangible item to reflect their accomplishments.</p>	 <p>Handwritten note or card to an employee to recognize performance. Post a “thank you” note on an employee’s door/cubicle/computer</p>

Wellness Goods



Wellness goods range from reusable water bottles to resistance bands. These gifts ensure the rewards budget goes to facilitating healthy living.

Have a Potluck Lunch



Host a department potluck, possibly themed, in honor of employee(s). Birthdays are a great and easy way to show employee appreciation.

Gift Cards



Offer gift cards that promote healthy living: local supermarket, massage, etc. (Subject to tax regulations)

Healthy Snacks



Healthy snacks: trail mixes, dried fruit, fresh fruits, hummus with veggies, etc.

Edible Arrangements



Edible arrangements are delicious and healthy! A thoughtful way to show employees you care.

Healthy Breakfast Bar



Arrange for a healthy breakfast bar that includes: oatmeal, nuts, fruit or yogurt.

