

# Mapping your *Total Worker Health*<sup>®</sup> journey



## Prelaunch

### Lead

Few things succeed without leadership buy-in.

### Choose a champion

This is the person who will lead the efforts, make sure the engine is running, and issues are addressed. (Not necessarily the person with the most passion.)

### Gather your team

The best teams have varied points of view, and engagement from leadership, management, and workers.

### Calibrate your current location

What are the needs and interests of your employees? Needs like: What's our safety record? How's our health? Interests like: What do people care about and want to improve?

Use data to set your goals. Define the problem, don't solve it.



## Planning

### Figure out where you want to go

What would you really like to have happen? This vision keeps you going beyond a single event or project.

### Plan your journey and select your transportation

Select the programs and infrastructure projects you want to try first. If you only have resources for one, pick an infrastructure project. They're more sustainable over time and touch more people.

Infrastructure project examples: tobacco-free campus, bike racks, walking paths

Program examples: walking clubs, recipe swaps, fatigue management classes



## Journey

### Communicate

Early, often, and ongoing. Share why, how, what to expect, and results. Ask for feedback and ideas.

### Create a crew

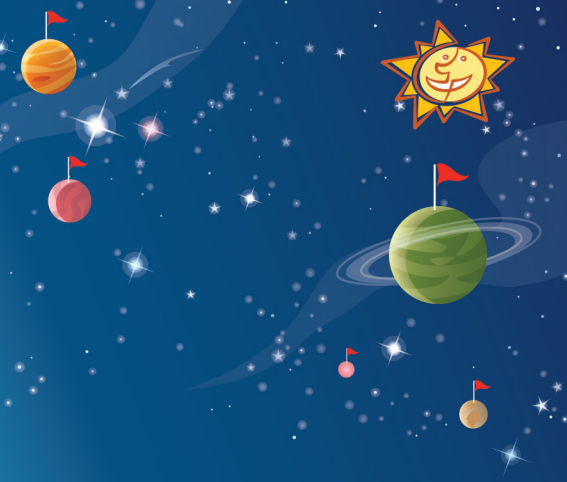
Who is on your implementation team? Include managers, workers, and important people based on the project you chose.

### Check guidance systems and sensors

Evaluate and improve as you go.

### Shield and use evasive maneuvers

All change comes with challenge. Be prepared to get pushback. Learn from it to improve, but don't let it throw you off course.



## Voyage

### Learn

Don't save evaluation for the end, but do take the time to look back over what you've accomplished.

### Celebrate your success

Collect data and stories and share them—both internally and externally.

### Choose what's next

With time and effort, you can reach the moon. Don't stop here. What's the next destination?

Looking for more information?  
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