



Blue Zones Project Approved Worksite Overview

Create a healthier, happier, more productive workplace:

- Employees with higher levels of well-being perform better and cost less.
- Increased employee engagement, resulting in better productivity and reduced absenteeism, which gives your company a real competitive advantage.
- Reduced healthcare costs through health-risk reduction.
- Reduced turnover along with an increased ability to attract top talent by becoming an employer of choice.
- Recognition for being part of an important community-wide project to improve well-being.

FIVE STEPS TO BECOMING BLUE ZONES PROJECT APPROVED™

1. **Strategize:** Discuss the current state and importance of well-being for your organization. Identify which best practices your workplace has in place and which ones you would like to pursue. Keep in mind how these practices align with your organizational goals.
2. **Implement:** Complete chosen best practices and track metrics of success.
3. **Validate:** When implementation efforts are completed, contact a Blue Zones Project team member to review the work you've done.
4. **Celebrate:** Acknowledge and celebrate your worksite's status as a Blue Zones Project Approved Worksite!
5. **Sustain:** Maintain your Blue Zones Project Approved status by establishing a sustainability plan.

REQUIREMENTS

- Earn at least 78 out of 117 possible points by implementing best practices.
- Ensure at least 25 percent of employees participate in a Blue Zones Project activity.
- Complete the RealAge™ Test and track at least three metrics and/or outcomes.
- Create a sustainability plan.

BEST-PRACTICE EXAMPLES

- Physical Environment:** Designate a space in the office where employees can downshift.
- Benefits/Well-Being Programs:** Allow flexible work schedules for employees.
- Leadership:** Create a pervasive brand for your organization's well-being program.
- Social Networks:** Implement onsite activities and/or social gatherings.
- Purpose:** Provide opportunities for employees to connect with and give to charitable institutions.
- Work Community:** Adopt a policy and/or program that supports employee volunteer activities.

The Blue Zones Project team is here to partner with your organization by offering resources and expertise to help you achieve Blue Zones Project Approved status.