

# TCHS Review of the Literature

## Workplace Wellness

Workplace wellness is any job-based health activity program that supports healthy behavior and improves health outcomes for employees. Wellness programs are popular among both Employers and Consumers. Below are some studies that examine the effectiveness of wellness programs as well as wellness in the news.

### Academic Studies

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- Loeppeke R, S Nicholson, M Taitel, M Sweeney, V Haufle, and RC Kessler. "The Impact of an Integrated Population Health Enhancement and Disease Management Program on Employee Health Risk, Health Conditions, and Productivity." *Population Health Management* 11.6 (2008): 287-296.
- McPeck, W, M Ryan, and LS Chapman. "Bringing Wellness to the Small Employer." *American Journal of Health Promotion* 23.5 (2009): 1-10.
- Ozminkowski, RJ, RL Dunn, RZ Goetzel, RI Cantor, J Murnane, and M Harrison. "A Return on Investment Evaluation of the Citibank, N.A. Health Management Program" *American Journal of Health Promotion* 14.1 (1999): 31-43.
- US Chamber of Commerce. "Health Care Solutions from America's Business Community: The Path Forward for U.S. Health Reform." 2013.
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- Volpp, KG, LK John, AB Troxel, L Norton, J Fassbender, and G Loewenstein. "Financial Incentive-Based Approaches for Weight Loss: A Randomized Trial." *JAMA: The Journal of the American Medical Association* 300.22 (2008): 2631-2637.

### Workplace Wellness in the News

- CNN Health. "Company wellness programs improve health, cut costs." 2009. <http://www.cnn.com/2009/HEALTH/09/01/hcif.healthy.living/>
- Huffington Post. "Wellness In The Workplace: Bringing Preventive Care Into The Office." 2011. [http://www.huffingtonpost.com/2011/06/09/wellness-in-workplace\\_n\\_873169.html](http://www.huffingtonpost.com/2011/06/09/wellness-in-workplace_n_873169.html)
- Huffington Post. "Your Employer Could Soon Help You Lose Weight -- That's Good News For You, And For Them." 2013. [http://www.huffingtonpost.com/2013/08/15/progressive-weight-loss-program\\_n\\_3749276.html](http://www.huffingtonpost.com/2013/08/15/progressive-weight-loss-program_n_3749276.html)
- National Journal. "The Johnson & Johnson Workout Program: Improving Productivity With Diet and Exercise." 2013. <http://www.nationaljournal.com/next-economy/solutions-bank/the-johnson-johnson-workout-program-improving-productivity-with-diet-and-exercise-20130627>
- New York Times. "A Company Offers Help in Managing Stress." 1997. <http://www.nytimes.com/1997/03/09/nyregion/a-company-offers-help-in-managing-stress.html?n=Top%2fReference%2fTimes%20Topics%2fSubjects%2f%2fFinances>