



January 2015

Dear Employer:

You have probably heard about the importance of helping your employees stay or get healthy. The reasons are compelling: health care costs continue to rise and employers often pay the price. Every employer is impacted by the health and wellness of their employees and our local workforce as a whole.

The Opportunity

A group of employers in Pima County has taken a stand to help make our local workforce the healthiest in the country. The Healthy Pima Employer Wellness Alliance, formed out of a partnership between the Employers Health Alliance of Arizona and the Pima County Health Department, believes that healthy employees are good for business and the economy. By creating a culture of health and wellness in the workplace, employers can help their employees get and stay healthy, improve morale, and increase productivity. If every employer in Pima County took this on, the potential for economic growth, recruitment and retention of talent and reduction in health care costs is endless.

The Plan

The Healthy Pima Employer Wellness Alliance has launched a community-wide effort to engage employers in making Pima County workers the healthiest in the nation. The roll out of this program focuses on increased physical activity, which is one of the most effective and least expensive ways for people to reduce their risk of developing or suffering from chronic diseases. The plan will offer two specific areas of support: access to an online resource center and an opportunity to connect with and learn from other employers who have already implemented an effective employee wellness/physical activity program. The goal is to make enhancing employee wellness, initially through physical activity, as simple, inexpensive (or free!), and effective as possible.

Your Role

We are asking you to make a commitment and sign the attached Employer Pledge. Upon signing this pledge, we are encouraging you to consider joining the Healthy Pima Employer Wellness Alliance. More importantly, your leadership will encourage other employers to make this very meaningful commitment to employee health and wellness and you also send a message throughout southern Arizona and beyond that Pima County employers care about their employees, their health, and our community.

Thank you for your leadership and we look forward to our continued partnership!

Sincerely,

Francisco García, MD, MPH
Director and Chief Medical Officer
Pima County Health Department

Larry Aldrich
Executive Chairman
Employers Health Alliance of Arizona



**EMPLOYER PLEDGE:
Improving the Health of Our Employees, Their Families and Our Community**

Our company fully supports our community's vision to create the healthiest workforce in the country and to be the place where employers seek to expand and grow their businesses. To accomplish this, we must first look to improve the health and wellness of our greatest asset - our employees. Thus, as an employer with a workforce in Pima County, we pledge the following:

- We will promote an environment of partnership and collaboration among the various organizations and employers committed to improving the health of our community.
- We will create and foster an environment of support, encouragement and recognition for efforts taken by our employees and their dependents toward increasing physical activity and wellness while respecting their personal privacy.
- We will engage employees from the various diverse populations inhabiting Pima County.
- We will share our best practices and resources with other employers to support their wellness efforts, and be open to resources and tools offered by fellow employers to promote increased physical activity among our employees.
- We will lead by example, encouraging executive-level participation in and support for our activities.
- We will strive to have a long-term, positive impact on the overall health and well-being of all Pima County residents – employees, dependents, seniors, youth and neighborhoods – through increased physical activity.

Signature and Title

Company/Organization