CDC Federal Wellness Resource Guide



Technical support and action steps to improve the health of workers and their families including a set of resources such as readymade pamphlets.

The Federal Workplace Health Collaborative has created the first Federal Wellness Resource Guide as an important step toward making workplace health information more widely available to those who are looking for guidance, technical support, and action steps to improve the health of workers and their families, whether it be in the workplace or the communities they live in. Business managers, human resource staff, corporate wellness managers, and public health professionals working with employers can use this Federal Wellness Resource Guide to promote employee
health.

The Resource Guide addresses a number of health topics and issues that are common challenges for employers. This information is based on the Collaborative members' workplace health expertise and experience, scientific research, and…