

## Best Practices in Wellness across MN State Agencies<sup>1</sup>

	Agency	Health Benefits <sup>ii</sup>	Wellness Committee	Communications <sup>iii</sup>	Leader Support <sup>iv</sup>	Wellness Space <sup>v</sup>	Policies <sup>vi</sup>	Classes/ Programs	Link to Human Resources <sup>vii</sup>	Staffing/ Work Time <sup>viii</sup>	Annual Budget	Check for Health (%)
<b>Robust</b>	Retirement Systems <small>(MSRS/PERA/TRA)</small>	x	x	x	x	x	x	x	x	x	x	50
	Revenue	x	x	x	x	x	x	x	x	x		
	Corrections C.O. Red Wing	x x	x	x x	x	x x		x x	x	x	x	62 50
	Transportation C.O. Plato	x x	x	x x	x	x	x	x	x	x		61 20
	Labor and Industry	x	x	x				x	x		x	46
<b>Committed</b>	Health C.O. District Offices	x x	x x	x x		x	x x	x		x		40 21
	Management & Budget	x	x	x	x			x	x	x		41
	Office of Higher Education	x	x	x				x	x	x		25
	Pollution Control	x	x	x				x	x			37
	Judicial	x	x	x				x				41
	Administration	x	x	x				x				
	Agriculture	x		x		x		x		x		40

	Agency	Health Benefits	Wellness Committee	Communications	Leader Support	Wellness Space	Policies	Classes/ Programs	Link to Human Resources	Staffing/ Work Time	Annual Budget	Check for Health Score
	Housing & Finance	x			x			x	x			
	Human Services	x	x			x						
	Natural Resources	x				x		w/ PCA	x	x		37
Emerging	Public Safety	x			up and down			x	x			22
	Lottery	x		x				x	x	x		23
	Education	x				x						
	Enterprise Technology	x		x								
	Employment & Economic Development	x										
	Various MNSCU	x				x		x				

**Not Applicable or Don't Know:**

- Administrative Hearings
- Attorney General
- Historical Society
- Human Rights
- Military Affairs
- Perpich Center for the Arts
- Veterans Affairs
- MN Zoo

<sup>i</sup> As reported by Agency Wellness Champion and/or Check for Health environment assessment.

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ii Health benefits available at no cost to eligible employees include: health and dental insurance, Employee Assistance Program (EAP), health assessment and coaching.

iii Communicating health messages via at least two media, e.g. intranet and posters.

iv This may be explicit or perceived, as in responses within the Check for Health assessment.

v Space dedicated to or designed for multi-use to include physical activity and/or relaxation. (Lactation space not included as it is required by law.)

vi Policies that support healthy behavior such as healthy eating, participation in wellness programs, combining breaks for wellness, smoke free campus, etc.

vii HR staff member on dedicates time to wellness, on wellness committee and/or new employees routinely informed of wellness benefits.

viii Informal or formal (i.e. in work plan).