

Workplace Wellness Programs

Compiled by Patricia Reichert, October 2013

www.legis.wisconsin.gov/lrb/pubs/tapthepower.htm

One way to control health costs is to have healthier employees. Workplace wellness programs, also called employer-sponsored health promotion programs or worksite wellness programs, in general target health risk factors like stress, obesity, and smoking, and use a variety of educational and incentive packages to encourage a healthier lifestyle. These programs must comply with the Americans with Disabilities Act (ADA) and the Patient Protection and Affordable Care Act (PPACA), which issued final regulations on nondiscriminatory wellness programs in group health coverage in June 2013.

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