# Contents

*List of figures* viii  
*List of tables* ix  
*List of contributors* x  
*Acknowledgements* xii

## PART I INTRODUCTION: SETTING THE STAGE

1. Corporate wellness programs: an overview  
   *Ronald J. Burke*  
   3  

2. Changing environmental conditions impacting health – a focus on organizations  
   *Gerjo Kok, Fred R.H. Zijlstra and Robert A.C. Ruiter*  
   28  

3. Beyond wellness: broadening the discussion of well-being and performance  
   *David W. Ballard*  
   59

## PART II IMPROVING WORKPLACE HEALTH AND WELL-BEING

4. Enhancing the psychological capital of teams: adapting an individual-level intervention for multi-level delivery and evaluation  
   *Sarah Dawkins and Angela Martin*  
   79  

5. Programmes and interventions for psychosocial risk and worker well-being; the psychosocial safety climate (PSC) framework  
   *Tessa S. Bailey, Silvia Pignata and Maureen F. Dollard*  
   101  

6. Implementing the Quebec ‘Healthy Enterprise’ standard: considering readiness for change and psychosocial safety climate  
   *Marie-Eve Caouette, Marie-Esther Paradis and Caroline Biron*  
   120
PART III DEVELOPING, IMPLEMENTING AND SUSTAINING CORPORATE WELLNESS PROGRAMS

8 MD Anderson Cancer Center employee wellness program journey
   William B. Baun

9 Practical approaches to health improvement in corporate wellness programs
   Rebecca K. Kelly and Melondie Carter

10 Increasing healthy habits and health behavior change in corporate wellness programs
   Cindy W. Morris and Chad D. Morris

11 Wellness program outreach, recruitment and engagement: case studies in new approaches
   Adam Kaufman

12 Developing and implementing corporate wellness programs: lessons from the firing line
   Quan Campbell

13 The use of health risk assessments in corporate wellness programs – an alternative view
   Lisa M. Holland

PART IV EVALUATING CORPORATE WELLNESS PROGRAMS

14 Broadening the metrics used to evaluate corporate wellness programs – the case for understanding the total value of the investment
   Jessica Grossmeier, Paul E. Terry and David R. Anderson

15 The development, implementation, and evaluation of corporate wellness programs
   Ronald J. Ozminkowski
PART V  BEST PRACTICES IN IMPLEMENTING CORPORATE WELLNESS PROGRAMS

16  Corporate wellness programs: a summary of best practices and effectiveness
    Astrid M. Richardsen and Ronald J. Burke

Index