



## Worksite Programming with the Interactive Health Partner

Greg Welk, Ph.D. – ISU Department of Kinesiology ([gwelk@iastate.edu](mailto:gwelk@iastate.edu))  
Wellness Works Program ([www.wellnessworks.iastate.edu](http://www.wellnessworks.iastate.edu)).

### What is Wellness Works?

Wellness Works is a Department of Kinesiology outreach program focused on helping to promote physical activity and healthy lifestyles in area worksites. Undergraduate and graduate students contribute to the program to learn about worksite wellness and to gain experience with health promotion programming. The Wellness Works team is looking to pilot several programs designed to help area worksites. This document specifically describes how companies can partner with Wellness Works to provide employees with access to an innovative tool called the “[Interactive Health Partner](#)”.

### What is the Interactive Health Partner?

The Interactive Health Partner (IHP) is a fitness and physical activity tracking tool developed to assist in the coordination of worksite wellness programs and medical fitness programs<sup>1</sup>. It provides individuals with a personalized login and resources designed to assist in planning and monitoring an exercise program. When launched through worksites it is possible to set up group challenges and to produce aggregate reports of participation over time. Some specific features of the IHP are highlighted below:

- Self-recording and tracking of personal health metrics (e.g. blood pressure, weight, body fat)
- Personalized goal setting tools - long, medium, and short term goals
- Workout calendars with built in workouts appropriate for current fitness level
- Workout library- extensive selection of resistance, flexibility, and balance drills
- Exercise tracking and health coaching from Wellness Works members
- Communication links and group challenges
- Aggregate reporting for worksite incentives and promotions

### How Does the Project Work?

The IHP Project would be built into our departmental outreach program and be supported by a team of graduate and undergraduate students working through the Wellness Works program.

- Companies would voluntarily enroll in the program by having a representative complete a registration form on the WellnessWorks website ([www.wellnessworks.iastate.edu](http://www.wellnessworks.iastate.edu))<sup>2</sup>.
- Once registered, the company representative would be provided with information to distribute internally to employees (through flyers, newsletters or internal communications)
- Interested employees would complete the registration process and be provided with access by the Wellness Works team.

The goal of the project is to evaluate the utility of the IHP for employee fitness programming. We hope to provide continued access to the tool over time but this is contingent on interest and on our ability to cover the annual fees. We look forward to working with area companies to promote employee fitness.

<sup>1</sup> For information on the Interactive Health Partner software visit [www.interactivehealthpartner.com/](http://www.interactivehealthpartner.com/)

<sup>2</sup> For information on Wellness Works (or to register directly) please contact Dr. Greg Welk ([gwelk@iastate.edu](mailto:gwelk@iastate.edu))