

Off we go!

Health promotion plan

A health promotion plan guides a workplace's goal-oriented health-promoting measures and their evaluation. It is important that when a plan is created and monitored, it is connected to the practices already in place at the workplace or to other regularly occurring activity. The goal is for the health promotion plan to be part of occupational health services' action plan, the occupational safety and health programme, or other well-being at work plan.

It is important to focus on things that suit the majority of workers, that are easy to carry out and that are enjoyable.

When setting goals, it is worth spending some time thinking about a long-term goal as well as what smaller actions you can take to reach it.

Different measures promote health in different professions and different work. Plan your goal and how to start together.



Form for creating a health promotion plan at the workplace

Instructions for creating a plan **Off we go! - Health at workplaces** guidelines pages **7-11**.



I Assessment of initial situation

- 1) WHAT IS ALREADY IN ORDER AND WHAT NEEDS IMPROVING? Use the list of tips to help you.
- 2) What kind of health and functional capacity does your work require and how does it affect your health?
- 3) What do we need to work on? What do we need support with?



II Setting **goals** and creating an action plan

(What, why, how, where, when, with whom...)



III Measures and their evaluation

How do you evaluate the progress of the measures and how do you notice their effects?
When will you next check the plan?

