Healthy Workplace Initiatives Program
Innovative New Idea
Total Funding Awarded: $TBD
Your Role
By implementing a new and innovative health initiative you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

The Benefits of Workplace Health Initiatives

- Physical exercise, actively working on time management and increased social time have been shown to help improve occupation stress (particularly among faculty)\(^1\)
- Active promotion of physical activity and health related activities in the workplace reduces absenteeism and increases overall mental health of employees \(^2\) \(^3\)
- In Canada, the majority of workplace health programs aim to improve outcomes related to employee stress, work-life balance and depression\(^4\)

Approved Uses of Healthy Workplace Funding

- Prizes, Incentives or Trophies (to not exceed $500)
- Food and catering (food not to exceed $500)
- Small equipment purchases (to not exceed $300)*
  - Includes pedometers (excl. fitbits/jawbones etc.)
- Promotional material (to not exceed $100)
- Room rental fees
- Instructor or facilitator fees
- Workshop costs
- Kick off/wrap up event

*all equipment purchased (including pedometers) must remain the property of the hosting department/unit. They must be returned and accounted for at the end of 1 year and cannot remain in the possession of individuals.

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Non-approved uses Healthy Workplace funding

- Operational expenses
  - Hiring of faculty/staff to coordinate or support the program
  - Items that fall within the responsibility of the department to provide
  - Renovations, furniture, artwork or special equipment purchases
- The purchase of gift cards or certificates of any denomination (these are considered taxable benefits by the CRA and are not permitted under UBC’s purchasing guidelines for gifts/prizes).
- The purchase of stereo or electronic equipment
- The purchase of fitbits/jawbones and other fitness tracking devices
- Individual monetary reimbursements for gym memberships/fitness classes/assessments
- Charitable donations in either an employee’s name or the department’s name.

Implementation Instructions

- Due to the unique nature of each innovative idea, please ensure that you speak with the Health Promotions Coordinator for additional implementation assistance where required.
- Attention should be paid to items not covered by the fund. Reimbursement will not be made for any items purchase that fall within the list of excluded purchases.

Best Practices and Additional Resources

Workplace Health Challenges: How To
Healthy Activity Ideas
Nourish Café Cooking Classes
Take Action Health Challenge Guide
Globe and Mail 30 Day Health Challenge

MoveU Crew: suzanne.jolly@ubc.ca

The MoveU Crew coordinates and delivers guided movement breaks and walks on campus. Looking for a stretch break to add into a long meeting or retreat? Want an enthusiastic guide for a team walk? Book the MoveU Crew for free!