

Alaska Workplace Solutions

working together for a healthier workforce

Evidence-based recommendations to help improve the health and well being of your employees

Offered at no cost

- Workplace wellness assessment
- Wellness solution options
- Consultation and technical support

Emphasizes doing better, not more.

Many of our best practices are aimed at simply getting the best from your current health and wellness investments.

Our aim is to prevent all chronic diseases, including cancer, diabetes, heart disease and stroke.

Focuses on modifiable health behaviors that influence employees' disease risk: tobacco use, physical activity, use of clinical preventive services and more.

For more information:

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Alaska Native Tribal Health Consortium and University of Washington partnership to improve the health of Alaska Native people.

This research project aims to improve the health of Alaska Native people through employer-based wellness programs.

Practices to prevent chronic disease:

Healthy Eating

Physical Activity

Tobacco Cessation

Prevention Services

Screening Services

