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Autore	Mattke Soeren
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Nota di contenuto	Cover; Copyright; Title Page; TABLE OF CONTENTS; PREFACE; SUMMARY; BACKGROUND AND OBJECTIVES; THE CURRENT STATE OF WORKPLACE WELLNESS PROGRAMS; PROGRAM IMPACT; ROLE OF INCENTIVES; CONCLUSIONS; 1. INTRODUCTION; 1.1 CHRONIC DISEASE IS A PUBLIC HEALTH ISSUE; 1.2 GROWING INTEREST IN WELLNESS PROGRAMS AMONG EMPLOYERS; 1.3 THE PATIENT PROTECTION AND AFFORDABLE CARE ACT; 1.4 OVERVIEW OF THE REPORT; 2. THE CURRENT STATE OF WORKPLACE WELLNESS PROGRAMS; 2.1 DEFINITION; 2.2 COMPONENTS OF A WORKPLACE WELLNESS PROGRAM; 2.2.1 Core Program Components; 2.2.1.1 Data Collection; 2.2.1.2 Interventions 2.2.2 Related Programs and Benefits2.2.3 Program Modalities; 2.2.4 Program Administration; 2.3 THE STATE OF THE WELLNESS MARKET IN THE UNITED STATES; 2.3.1 Current Uptake; 2.3.1.1 Targeted Behaviors; 2.3.1.2 Prevalence by Type of Employer; 2.3.2 Trends in Uptake; 2.3.3 Prevalence of Use of Different Components; 2.3.3.1 Health Risk Assessment; 2.3.3.2 Lifestyle Management; 2.3.3.3 Informational Resources; 2.3.3.4 Other Resources and Benefits; 2.3.4 Employee Engagement; 3. PROGRAM IMPACT; 3.1 EMPLOYER-REPORTED RESULTS;

3.2 PREVIOUSLY PUBLISHED REVIEWS OF WORKPLACE WELLNESS PROGRAMS
3.3 SYSTEMATIC REVIEW OF PUBLISHED EVALUATIONS
3.3.1 Results by Target Outcome; 3.3.1.1 Exercise; 3.3.1.2 Diet; 3.3.1.3 Physiological Markers; 3.3.1.4 Smoking; 3.3.1.5 Alcohol Use; 3.3.1.6 Health Care Costs; 3.3.1.7 Productivity Loss; 3.3.1.8 Mental Health; 3.3.2 Role of Program Intensity; 3.3.3 Summary of Evidence for Program Impact; 3.4 KEY STRATEGIES FOR WORKPLACE WELLNESS PROGRAMS; 3.4.1 Internal Marketing; 3.4.2 Planning, Evaluation, and Program Improvement; 3.4.3 Leadership Buy-In; 4. THE ROLE OF INCENTIVES; 4.1 RATIONALE FOR INCENTIVES; 4.2 CURRENT USE OF INCENTIVES
4.3 REGULATORY CONSTRAINTS ON THE USE OF INCENTIVES
4.4 TYPES OF INCENTIVES; 4.5 INCENTIVE TRIGGERS; 4.6 INCENTIVE VALUE; 4.7 IMPACT OF INCENTIVES; 4.8 UNINTENDED CONSEQUENCES OF USE OF INCENTIVES; 5. CONCLUSIONS; 5.1 STATE OF THE WORKPLACE WELLNESS MARKET; 5.2 EVIDENCE FOR IMPACT; 5.3 IMPLICATIONS FOR FUTURE RESEARCH; 6. REFERENCES

Sommario/riassunto

This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.