

**Heinz International (Netherlands, USA, UK, Australia-Private)
Workplace Wellness Programs**
<http://www.heinz.com/health--wellness/commitment-to-health/workplace-health.aspx>

Part I: Summary

Heinz International offers a range of programs to enhance the health of their 32,500 employees worldwide. From health & wellness fairs to programs promoting physical activity and the benefits of healthy eating, Heinz seeks to encourage its employees and retirees to think about their health and fitness by making it easy for them to access information and services.

Part II: Statement of Purpose

H. J. Heinz is a \$10 billion dollar global company, employing 32,500 employees.

In the U.S., Heinz makes flu shots available on-site and also provides free on-site biometric (health) screenings to all employees. Employees identified with specific risks are provided access to health coaches for more information and guidance (telephonically). Heinz regularly distributes health and wellness-focused materials to employees, including convenient pocket cards that highlight key employee benefits and exclusive health and wellness programs.

In the Netherlands, Heinz offers employees many health and wellness benefits, including healthy snack and meal options during the work day, and regular health screenings and healthy living workshops.

Most Heinz factories provide employees monthly educational newsletters, nutritional snacks in the cafés or snack machines, and access to the Heinz Life Management Program, which is a national employee assistance program concerned with the mental well-being of employees.

Part III: Outcomes

Specific programs include:

- Heinz provides a diabetes outreach program in select parts of the country, including western Pennsylvania, for active and retired employees to learn how to manage diabetes through education, lifestyle changes and compliance with treatment plans.
- In the U.K., Heinz has teamed up with the British Heart Foundation to offer a work-based program that promotes positive changes in

employees' health and lifestyles. The Heinz program highlights ways employees can improve their diets, increase physical activity, quit smoking and limit alcohol consumption. Through the program, healthy food for lunch, and health checks are offered.

- In the U.S. and the Netherlands, Heinz subsidizes a portion of the costs for health and fitness club memberships for employees.
- In Australia, employees enjoy complimentary fruit in the office and use an on-site company gym.
- Heinz Global Health and Wellness Taskforce (International- Private)

The Global Health & Wellness Task Force is a globally diverse group that provides input into the company decisions in an attempt to provide consumers around the world more choices than ever that meet their own personal dietary and nutritional concerns. The team of global advisors incorporates external and varied viewpoints regarding Health & Wellness.

- Health & Wellness Advisory Board
- Heinz Infant Nutrition Institute, Canada
- Heinz U.K. Advisors
- Heinz Institute of Nutritional Sciences, Scientific Advisory Council, China
- Heinz Nutrition Foundation, India
- Northern Europe Scientific Advice Committee (NESAC)
- Heinz Food Council, U.K.

Section IV: Additional resources

The Heinz Corporation has partneered with:

We Can![™] or "*Ways to Enhance Children's Activity & Nutrition*" is a national program designed for families and communities to help children maintain a healthy weight.<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

America On the Move (AOM) America On the Move challenges you, your family and your community to take small steps and make small changes to a healthier way of life. Get involved!

<http://aom2.americaonthemove.org/home.aspx>

Think Fit: Well @Work. Well@Work is a joint program led by British Health Foundation. with funding from Active England (Sport England and Big Lottery Fund) and the Department of Health.

http://www.bhf.org.uk/thinkfit/index_home.asp?SecID=1590