

AccuRounds creates space and time for employees to be active

AccuRounds, located in Avon, Massachusetts is a contract manufacturer that machines and assembles precision turned components and employs nearly 80 people.

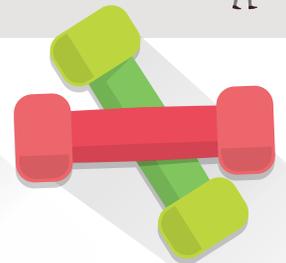
Healthy priorities

AccuRounds' worksite wellness efforts were enhanced by significant support and buy-in from their leadership team who committed time, energy, and resources to employee health and wellness. **The key was to channel that momentum into effective worksite wellness strategies** — and that's where Working on Wellness came in.

Using the Working on Wellness needs and interest survey, AccuRounds learned that overweight and obesity was a significant health risk for employees, and **becoming more physically active was their top interest**. Many employees expressed readiness to make a change to achieve a healthy weight.

Strategic steps

As part of the Working on Wellness program, AccuRounds developed an action plan for using their resources to **create significant and lasting change**. They focused on environmental supports and policies that promote physical activity.



The wellness committee **mapped out an indoor and outdoor walking path (AccuLap)** around their worksite, complete with signage, to promote walking breaks and walking meetings. The company used existing space to **build an on-site gym** — the AccuFitness Center — well-equipped with weights and cardio machines. And, in order to truly support their employees becoming more active, AccuRounds created a flex-time policy encouraging employees to be active before or after work shifts, and during lunch and break periods.

The results

Nearly one in four employees routinely take advantage of the gym and AccuLap. Some employees use the flex-time policy to fit physical activity into their daily schedule. **These improvements have another intended benefit — stress reduction**. Physical activity is good not just for the body, but also for one's mental state. And while flex time offers the possibility to hit the gym when it's convenient, it also allows employees greater flexibility to balance family and other life needs with their work schedule.

“I feel energized. It's convenient for me to work out here. Then I can go home and be a mom to my daughter.”

— **AccuRounds employee**



156 Massachusetts employers have developed comprehensive worksite wellness initiatives, impacting over 70,000 employees. Many of those employees, including lower-wage workers, did not have access to wellness programs before Working on Wellness.

Worksite wellness improves employee health and morale. That boosts productivity and can lead to reduced health care costs.

Working on Wellness is good for employees, employers, and Massachusetts!