
Wellness Toolkit

This Toolkit contains information, forms, factsheets and resources to assist you with issues relating to mental and physical **Wellness**...from program review or creation to financial savings and other services.

Regulations & Policies

- [EEOC Issues Proposed Rule to Amend Title II of GINA](#)
- [HIPAA Privacy and Security and Workplace Wellness Programs](#)
- [HIPAA and the Affordable Care Act Wellness Program Requirements](#)
- **Sample Policies**
 - [Employee Assistance Program](#)
 - [Smoke-Free Workplace](#)
 - [Wellness/Personal Improvement](#)

Posters, Forms & Fact Sheets

- **[Smoking State Law Compare Chart](#)** (*scroll through linked spreadsheet to view the below sections*)
 - [Applicable Laws & Regulations](#)
 - [Exceptions](#)
 - [Enforcement](#)
 - [Posting Requirements](#)
 - [Prohibited Practices](#)

Additional Guidance & Resources

- [Aetna Resources for LivingSM](#)
- [Bravo Wellness](#)
- [EEOC and Health Advocacy Groups vs. Employee Wellness...What's the Real Issue?](#)
- [Guidance to Employers on Integrating E-Cigarettes/Electronic Nicotine Delivery Systems into Tobacco Worksite Policy](#)
- [Health & Human Services Tobacco-Free Website](#)
- [Proven Techniques for Getting Returns from Employee Wellness Programs](#)
- [Questions and Answers about EEOC's Notice of Proposed Rulemaking on Employer Wellness Programs](#)
- [Where to Get Helpful Tobacco-Prevention Material](#)