

## **Prevention Strategies**

There are 3 types of wellness prevention strategies depending on the needs of your workforce. Often programs that target a combination of all 3 strategies are needed to keep the well healthy, ensure early diagnosis of disease, and return employees with chronic disease to optimal health.

- Primary Prevention Strategies: Programs and services provided BEFORE chronic diseases have started. Examples include educational programs to increase awareness, fitness programs, nutrition programs, health fairs, health articles in newsletters, etc.
- Secondary Prevention Strategies: Programs and services to diagnose disease in the early stages. Examples include blood pressure checks, cholesterol screenings, blood sugar checks, recommended gender and age specific screenings.
- Tertiary Prevention Strategies: Programs and services to return the employee to the workplace and a productive life after diagnosed with a chronic disease or having suffered a crisis incident. Examples include diabetes self care programs, programs managing high cholesterol or blood pressure, cardiac rehabilitative programs, and work hardening programs.