**Employee Wellness Kiosks Steer Employees to Better Health (FL)**

by [Peggy Yen](http://www.chronicdisease.org/author/pyen) — last modified Sep 12, 2011 04:01 PM — [History](http://www.chronicdisease.org/program-development/Success%20Stories/employee-self-management-kiosks-1/@@historyview)

**SELF-MANAGEMENT KIOSKS STEER BUS DRIVERS AND OTHER EMPLOYEES TO BETTER HEALTH**

*Health monitoring and education increase awareness and action*

**Public Health Problem**

* People with high blood pressure have a higher risk for heart disease and stroke.
* In just one year the cost of treating high blood pressure jumped 65% for Osceola County School District’s employee health care insurance. Some of the highest risk employees work in the transportation department which employs many older adults.
* Bus drivers have added incentive to monitor health risks since bus drivers in Osceola County, Florida must keep blood pressure under control or jeopardize their commercial driver’s license, putting their livelihood at risk.

**Program**

* With a state grant and working with an insurance company partner, the school district started an employee wellness program and installed health self-management kiosks at bus depots where employees can measure their blood pressure, weight, and body mass index and record blood sugar and physical activity levels.
* The kiosks alert employees to results indicating a higher risk and allow them to set health goals and track improvements related to the health changes they make. Drivers can print out records to share with their doctor. To ensure privacy, administrators cannot see individual data, only the combined data for all participating employees.
* On-site classes in cooking, fitness, and chronic disease self-management are offered as part of the employee wellness program. These educational efforts are augmented by the Novo Nordisk DriversHealth.com Web site which is specially tailored to the health needs of drivers.

**Impact**

* As one employee says, “Because of this, I am on top of my health, checking my blood pressure daily, and keeping my body and weight where it should be. I have lost 4 inches to my waist and 6 pounds.” Well over half of Osceola County bus drivers, attendants, and mechanics now regularly monitor their health at kiosks using this low-cost program.
* Over 600 Transportation Department employees participated in blood pressure education in one year and at a single kiosk employees checked blood pressure over 2,500 times in seven months.
* Collecting employee health data on wellness efforts can demonstrate how education, monitoring and health promotion can help lower health care costs.

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