



**YOU'VE DONE  
THE WORK.**

TAKECARE ●●●  
**CERTIFICATION** 

**NOW GET  
THE RECOGNITION!**

## **2021 TakeCare Certification Application by Marriott International**

Welcome to TakeCare Certification. We believe that providing new opportunities to individuals, building a community of respect and kindness and creating a strong sense of purpose is so important, we've designed an annual award that recognizes organizations that do just that. From group activities, personal advancement and community involvement to financial wellbeing, mindfulness and healthy eating, there are many ways to promote wellness and community-mindedness. TakeCare Certification is a significant achievement and one way to demonstrate how you have taken steps to help make members of your organization happier and healthier.

### **APPLICATION PROCESS**



Please complete this application by November 30, 2021. One point will be awarded for each benchmark completed. Use the total points earned to self-calculate your certification level. While Marriott has developed this program to recognize organizations that are leading efforts to promote wellbeing in their communities, no information in this application is collected by Marriott or shared with other organizations.

# CERTIFICATION BENCHMARKS



## WELLNESS CHAMPIONS & ACTIVATIONS

Wellbeing champions are culture leaders who have a passion for holistic wellbeing and help inspire other employees at their workplace to live well. They serve as ambassadors and bring wellbeing to life by activating programming locally, as well as creating their own grassroots-driven wellbeing initiatives.

- Leadership Team is actively involved in, and publicly supports, the wellbeing program. At least one wellbeing champion has been identified for the workplace.
- A location (board or digital space) is dedicated for wellbeing resources (e.g. flyers, videos).
- Workplace infuses wellbeing messaging into meetings, on-site events, and calls regularly.
- At least one challenge or health promotion has been rolled out at the workplace in 2021.



## OPPORTUNITY

Help employees build a strong mind and body, grow a rewarding career, and achieve total wellbeing.

- The importance of physical wellbeing is shown by allowing employees time to exercise during their workday and assuring healthy food is available.
- Group meditation, mindfulness, sleep, or stress management sessions are offered on-site on a regular basis to support emotional and mental wellbeing (at least quarterly).
- An emphasis on promoting career wellbeing is made bi-annually through career development sessions, skills training, mentoring, or networking events.
- An emphasis on promoting financial wellbeing is made bi-annually through posted flyers, campaigns, guest speakers, or local benefit offerings.



## COMMUNITY

Commit to providing a workplace where all feel valued, respected, and have a sense of belonging. Enable employees to develop meaningful, supportive relationships with each other so they can build a career they feel proud of.

- Workplace recognizes monthly observances important to the workforce.
- Workplace hosts activities that promote teambuilding at least quarterly.
- Workplace promotes tools and resources that educate and support a diverse and inclusive environment.



## PURPOSE

Encourage employees to be part of something meaningful and contribute to a more compassionate and hopeful world.

- Workplace sponsors at least one day focused on volunteerism either in-person or virtually.
- Workplace has implemented sustainability practices (e.g., no straw policy, no single use plastics, etc.).
- Workplace has program to reinforce company core values with employees.

**Total Points:**

**Scoring**

- 10 -15 points: TakeCare Certified
- 5 - 9 points: Honorable Mention

Thank you for participating and for creating a healthy workplace for your team in 2021.