



GetFit.SAMHSA.Gov: Online Workplace for Health, Wellness, and Safety

FACT SHEET

GetFit.SAMHSA.gov is a Web site that promotes health. Employers and workplaces can use it to improve the health of their employees, members, clients, and families. And they can adapt the site to meet their own needs in their own ways.

GetFit is based on Robert Matano's 3-year study at Stanford University. The study found that an interactive health-promotion Web site with substance abuse information and screeners can significantly reduce the stigma of substance abuse and improve outcomes for those who receive early intervention.¹ GetFit became an advanced version of Matano's Web site, *The Employee Stress and Alcohol Project*.

What Is the Purpose of GetFit?

The GetFit Web site aims to reduce the stigma of substance abuse and make it easier to identify a substance abuse problem early and thereby increase the use of employee assistance programs and treatment alternatives. To reduce stigma, GetFit embeds substance abuse materials within health and wellness information for employees and their families. Further, GetFit provides employees and their families with authoritative information about substance abuse, mental health, and physical health issues. It also offers useful information about resources in their workplaces and local communities for successfully addressing those problems.



GetFit provides credible information and recommendations that people can trust.



What Is the General Approach of GetFit?

GetFit takes information about substance abuse prevention, intervention, and treatment and incorporates it into an overall strategy for improving workplace health, wellness, and safety. It offers information, screening tests, and local referral resources on important health-related issues that can affect healthy living and self-sufficiency. Such issues include stress, trauma, nutrition, depression, family matters, physical fitness, illness and disease, and substance abuse.

What Are the Major Features of GetFit?

- ✓ GetFit provides credible information and recommendations that people can trust from reliable and well-documented Federal Government sources.
- ✓ It offers self-screening tools that help employees identify, understand, and get help dealing with problems with drugs and alcohol, concerns about physical health, and issues about mental health and illness.
- ✓ It provides information about and access to public treatment centers, nationwide.
- ✓ It provides information about and access to Alcoholics Anonymous and other substance abuse self-help groups, nationwide.
- ✓ It provides articles about healthy living for children, teens, and adults.
- ✓ It provides a comprehensive glossary, Post-it note updates, email and postcard capabilities, and up-to-date materials on emerging health issues.



How Can Workplaces Make Use of GetFit?

GetFit offers a quick way for workplaces to provide credible and useful health information to their employees. It can be tailored by each workplace to provide information about its own drug-free workplace program, human resource materials, and other resources of the workplace and the local community. It can save workplaces thousands of dollars in Web site design, maintenance, and the cost of purchasing health information that is current and authoritative. And it can be a valuable enhancement that employers and employees alike often use.

What Are Some of the Benefits of GetFit?

Employees who use GetFit will find that it can help them improve their health, improve their families' health, improve their mental health, reduce absenteeism and accidents, lower health care costs, and improve performance. For example:

- ✓ Employees receive reliable information about current research, prevention, and intervention for workplace health and safety through numerous links to Federal resources and professional associations.
- ✓ Employees can use GetFit self-tests as a stigma-free way to gather information confidentially and anonymously. They can then develop strategies tailored to their own needs and the resources in their workplaces and communities.
- ✓ Employees can get information in just a few clicks, through a no-cost referral system for local, State, and national treatment and support services. The GetFit Web site offers user-friendly options to search, print, and email information. Any page from the site can be saved.

Who Sponsors GetFit?

GetFit is sponsored by the Division of Workplace Programs in the Center for Substance Abuse Prevention, which is in the Substance Abuse and Mental Health Services Administration. GetFit reflects the work of SAMHSA's three centers—the Center for Mental Health Services, the Center for Substance Abuse Prevention, and the Center for Substance Abuse Treatment.

For more information about GetFit, check the GetFit Web site at <http://getfit.samhsa.gov/>.

References

- ¹ Robert Matano, Kristine T. Futa, Stanley F. Wanat, Lisa M. Mussman, Cynthia W. Leung. 2000. "The Employee Stress and Alcohol Project: The Development of a Computer-Based Alcohol Abuse Prevention Program for Employees." *The Journal of Behavioral Health Services and Research* 27 (2):152–65.