



# www.myworkplace.atgetfit.net: How to Build Your Own Getfit.SAMHSA.Gov Web Site

**FACT SHEET**

GetFit.SAMHSA.Gov<sup>1</sup> is a health promotion Web site that can be adapted by workplaces to help improve the health of their employees, members, clients, and families.

## What Is the Purpose of GetFit?

The GetFit Web site aims to make it easier for employees and their families, in workplaces throughout the Nation, to find authoritative information about substance abuse, mental health, and physical health issues. GetFit offers practical and useful information about resources in the workplace and the local community for successfully addressing those problems.

## 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 as stress, depression, family issues, illness and disease, nutrition, substance abuse, physical fitness, and trauma.



***GetFit provides credible information and recommendations that people can trust.***



## What Are the Major Features of GetFit?

GetFit provides credible information and recommendations people can trust from reliable sources within the U.S. Department of Health and Human Services—specifically, the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Institutes of Health (NIH), the Centers for Disease Control and Prevention (CDC), and other organizations serving the public interest.

The site offers self-screening tools that help employees identify, understand, and get help for problems with drugs and alcohol, their concerns about physical health, and mental health issues or illness.

And GetFit offers articles about healthy living for children, teens, and adults. This information is featured in a comprehensive glossary, Post-it note updates, and answers to questions about various health topics.

## How Can Workplaces Make Use of GetFit?

GetFit offers a quick way for workplaces to provide credible and useful health information in general. It also can be tailored to provide information about the policies, programs, and other resources of specific workplaces and their communities. Especially for workplaces that do not have a Web site or intranet, GetFit can save workplaces thousands of dollars in Web site design, Web site maintenance, and the purchasing of health care and health promotion information that is current and authoritative. And for workplaces that already have a Web site or intranet, GetFit can be a valuable enhancement that employers and employees alike will use often.



## GetFit Offers Options for Workplaces to Link to, or to Customize Their Own Versions of, GetFit

For example:

- ✓ Workplaces can simply link to GetFit. In this way, workplaces gain access to reliable health-related information from credible sources within the U.S. Department of Health and Human Services (including SAMHSA, the CDC, and NIH), other Federal departments, and other organizations that serve the public interest.
- ✓ Workplaces can also customize GetFit, through a step-by-step online process. First, an organization must decide whether it wants to customize the “At Work” section of GetFit or the “In Our Community” section. Then it can enter information that is specific to its workplace, including customized banners and pictures; information about workplace substance abuse and health and wellness policies, programs, and benefits; and information about community organizations that offer a wide range of services. A workplace can have its own customized Web site in as little as an hour.



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### What Are Some of the Benefits of GetFit?

Employers, unions, and other organizations that choose to customize their own versions of GetFit, or simply link to GetFit, will find that GetFit is a resource that can help them 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 in a confidential and anonymous manner, and to develop strategies that are 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; user-friendly options to search, print, and email information; and the capability of saving any page from the GetFit Web site.

### Who Sponsors GetFit?

The Division of Workplace Programs within the SAMHSA’s Center for Substance Abuse Prevention sponsors the GetFit Web site. The GetFit site represents the work of SAMHSA’s centers—the Center for Mental Health Services, the Center for Substance Abuse Prevention, and the Center for Substance Abuse Treatment—in mental health and substance abuse prevention, early intervention, and treatment.

For information about how to link to or customize GetFit, contact [Webmaster@atgetfit.net/](mailto:Webmaster@atgetfit.net/).

### Reference

- <sup>1</sup>U.S. Department of Health and Human Services, SAMHSA, Center for Substance Abuse Prevention, Division of Workplace Programs. *GetFit: Online Workplace Health Promotion, Intervention, and Prevention*. Available at <http://www.getfit.samhsa.gov/>.