

Step 5A: Rate Intervention(s)

	Intervention A	Intervention B	Intervention C
	Title: Improve workstation fit	Title: Increase breaks and movement during workday	Title: Improve fitness and resilience
Anticipated scope/impact (L/M/H)	M Only some benefit	H Everyone benefits	L Few may participate
Anticipated benefits (L/M/H)	H	H Movement is key	M Participation is key
Resources needed (L/M/H)	M Use existing resources	L Use existing resources	L
Anticipated obstacles (L/M/H)	M	M	H Lifestyle change hard

Priority rankings of interventions (optional):

Intervention B is priority--employees need support from management to move more. Intervention A has some options that can be done using existing resources. Option C is last priority because lifestyle changes take time, are difficult. Low chance of success.

Additional notes to the Steering Committees (optional):

Dear Steering Committee, the Design Team would like to propose implementing at least some elements from ALL of these interventions. We recognize some elements may need time to gather budget to support higher priced items.