Web Platform – A Sneak Peek

This *Stand & Move at Work*^{TM} Web Platform Program is organized into five phases: the **Orientation** Phase (Up to 8 weeks), the **Launch** Phase (4 weeks), the **Activate** Phase (12 weeks), the **Reactivate** Phase (9 months), and finally, the **Maintenance** Phase (12 months).

The Orientation phase:

In this phase, Program Champions will be guided through training modules that will provide them with the skills needed to be successful. Near the end of this phase, all employees comprising the defined worksite will be sent a consent form asking for them to take part in the research-portion of the program that includes 10-min surveys at four time points.

The Launch Phase:

The Launch phase lasts four weeks and is designed to prepare Champions to host the *Stand & Move at Work*^{TM} Kick-Off Launch Party, which serves as the official start of the program.

The Activate Phase:

The Activate phase comprises the first 12 weeks where Champions raise program awareness and start to prompt workplace cultural and behavioral change through prescriptive guides.

The Re-Activate Phase:

The remaining months of *Stand & Move at Work*^{TM} (Program months 4-12) comprise the Re-Activate Phase where Champions take the lead by choosing various strategies (organized by the level of workplace influence they impact: environmental, cultural or social) to implement at their worksite in hopes of maintaining and/or furthering any progress made to date.

Maintenance Phase:

We'd like to know how the program is maintained after the 12 months. Champions have access to the online platform for another year to use as they wish. The amount of time they choose to use it - or not - is completely up to them!

STAND & *move* AT WORK

Platform Dashboard

Champions logging into the *Stand & Move at Work* Platform are brought to the main program dashboard where they can jump in where they left off.

Orientation

Our comprehensive orientation phase is organized into thirteen, self-paced training modules. Worksites can choose to allow anywhere from one to eight weeks to complete this phase.

Launch Phase

This phase of the platform offers step-by-step guidance and materials, giving Champions four weeks to prepare to host a Program Kick-off event.

Activate Phase

This start to the program year is relatively prescriptive, guiding Champions through their first twelve weeks of the program. All necessary messaging and signage are provided.

Reactivate Phase

This phase starts out with some additional training modules to prepare Champions for the remainder of the program year. Champions can scroll through the variety of program strategies organized by category: Environmental, Cultural, and Social; again, all communications and signage are provided.

Maintenance Phase

Champions will maintain access to the entire Stand & Move online web platform, which includes all four phases previously described, for another year after the end of the 12-month program. Whether Champions choose to access and/or implement additional program strategies during that time is up to them.