

# Wellness on the Run Webinar

**Time to tone up your wellness program and get results.**

June 20, 2018



# Welcome

## Today's presentation will begin shortly.

- In order to hear the audio for this presentation, please turn up your speakers.
- If you'd like to ask a question, please use the **Q&A area** of the console.
- A PDF of the presentation and other relevant resources are available under the **Resource Widget** at the bottom of the screen.
- To resize the presentation, just drag the lower right corner of the slide area.
- If you need help during the event, please click on the **Question Mark Widget** at the bottom of the screen.



## Agenda

- The importance of a healthy workplace
- Stepping up your wellness game
- Tactics for toning up
- Resources to help you

# How have employers stepped up their wellness game?

In 2017, more than 9 in 10 companies offered wellness programs.



Worksite wellness programs are evolving to meet increased consumer demands, individualized health needs and various budgets.



# How can I tone up my workplace wellness game?

- Evaluate your existing program – What's working?
- Take a look at what your employees need
  - Do you have high-prevalence/high-cost conditions?
  - Have you asked employees what they are interested in?
- Consider your company culture
  - Centralized vs. in-the field
  - Early adopters vs. traditionalist
- Consider your budget
  - Take advantage of low-cost and even no-cost wellness strategies
  - Consider a wellness committee to help manage the workload



# Stepping up your wellness game



## **Tone-up level 1:**

These are no-cost tactics and educational resources to inspire healthier choices

## **Tone-up level 2:**

Low-budget communications campaigns or workplace challenges

## **Tone-up level 3:**

Additional programs and rewards can increase engagement and effectiveness

# Healthy Eating



## **Tone-up level 1:**

Use our LunchWell campaign to educate employees on healthier lunch options.

Keep menus on hand that highlight healthy options at local restaurants.

## **Tone-up level 2:**

Make sure meetings and vending machines are stocked with healthy options.

Organize a CSA to deliver locally grown fruits and vegetables to the office.

## **Tone-up level 3:**

Offer discounts on healthy meal options in the cafeteria.

Provide reimbursements for weight-loss programs.

# Physical activity



## **Tone-up level 1:**

Send out Fitlife podcast via email or post to intranet site.

Coordinate a walking group and encourage “walking” meetings.

## **Tone-up level 2:**

Implement a challenge using the Fitness and Nutrition Health Kit.

Sponsor company teams at local walks and runs.

## **Tone-up level 3:**

Subsidize the cost of device trackers as an incentive for challenge participation.

Offer reimbursement on fitness center memberships.

# Smoking Cessation



## **Tone-up level 1:**

Make sure office buildings, campuses and even fleet vehicles are smoke free.

## **Tone-up level 2:**

Link employees with smoking cessation programs available on their health plan website or promote local resources.

## **Tone-up level 3:**

Offer health plan credits to employees who commit to staying smoke free.

# Emotional Health



## **Tone-up level 1:**

Take advantage of the Emotional Health Kit – education around stress, depression and mindfulness.

## **Tone-up level 2:**

Offer on-site massages monthly – many vendors will offer a group discount.

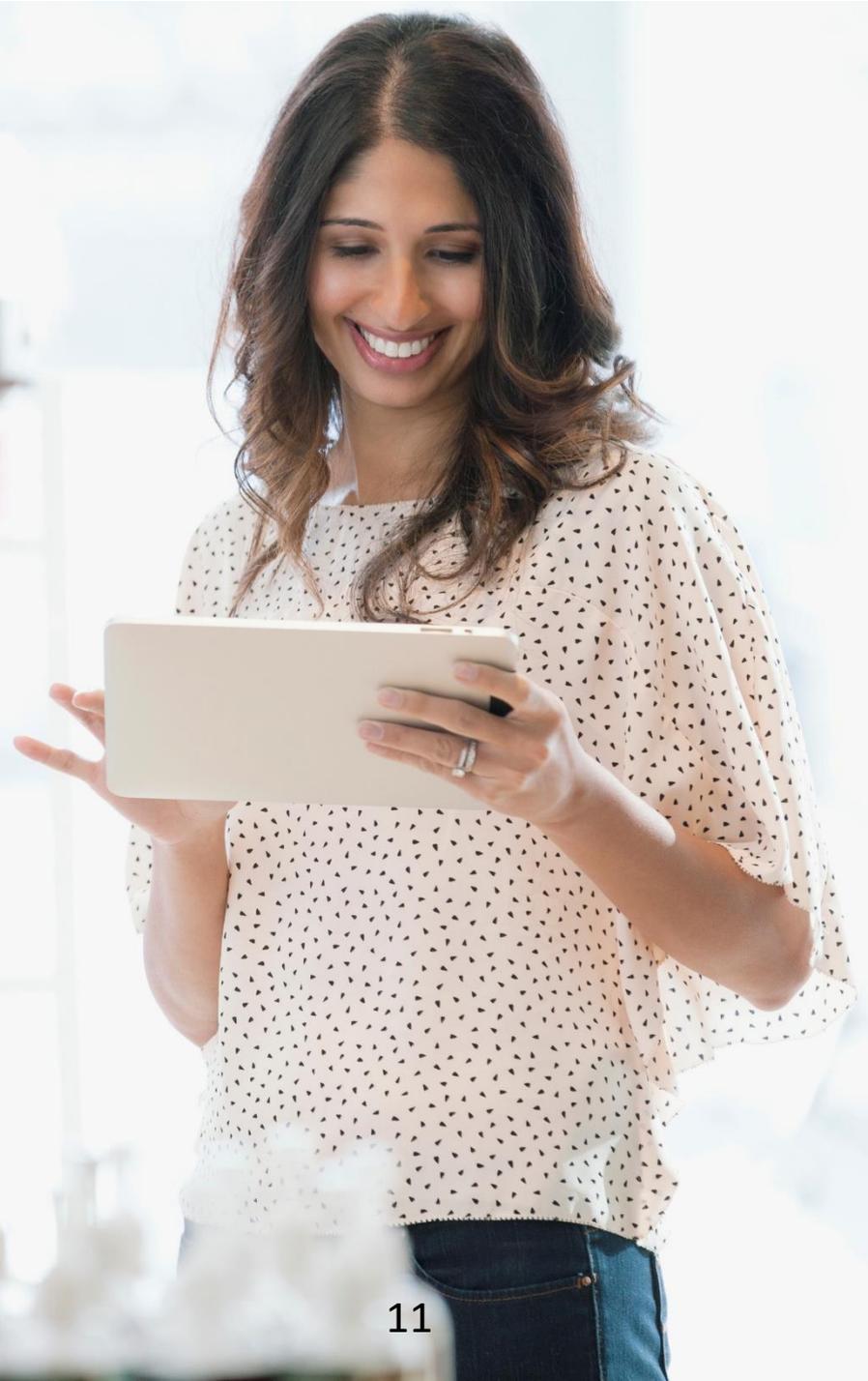
Offer training in conflict management and reducing workplace stress.

## **Tone-up level 3:**

Offer an Employee Assistance Program.

Link members with LiveHealth Online which offers psychology or psychiatry support via mobile phone, computer or tablet.

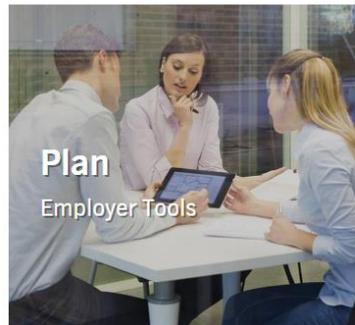
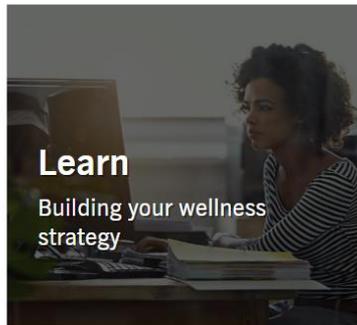
# Resources to get you started



# Time Well Spent



Time Well Spent® is a toolkit focused on building a healthier, more productive workforce.



- All the resources you need to get started -- annual wellness calendar, Health Kits, LunchWell and fun challenges. Plus a tool to build custom newsletters.
- Employee-facing educational materials that employers can use on their intranet site, in emails or posted to high-traffic areas.

# Free challenges to keep your campaign moving

## HEALTHIE SELFIE CHALLENGES:

- What's a Healthie? That's a selfie you take while doing something healthy.
  - Preventive Care
  - Benefits of Laughing
  - Three Good Things
  - Stay Fit for the Holidays
- Find the challenge that best meets the needs of your employees, or roll challenges out quarterly. You'll find everything you need:
  - Promotional posters, newsletters
  - Weekly emails
  - Trackers and more

Laughter is the best medicine #Companyname+healthiechallenge

Did you know selfies could be good for your health?

We call them healthies.

If you can catch yourself doing something good for your health, then picture it, you're ready to join your coworkers in the

2016 <Company Name>

Here's how it works:  
You'll get notified every time...  
with the focus on one specific...  
to take one, two or a slew of

Subject: Your most Healthie Challenge is here

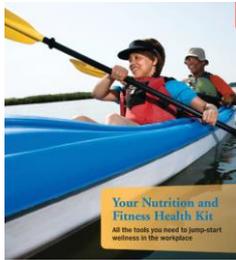
Healthie Challenge <4>  
Laugh more, it matters.

New Healthie Challenge...  
a month. So watch...  
healthie challenge...  
#<Company Name>

See these people?  
They're working really hard posing for this photo that's all about lowering stress. That's stressful.

Well you work just as hard as they do.  
And not to stress you out, but stress is linked to high blood pressure, anxiety, depression

# Other free resources



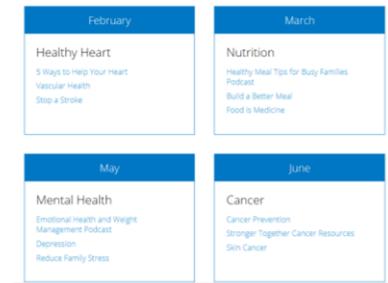
## HEALTH KITS

- Health Kits are turn-key tools for employer wellness campaigns, focused on prevalent health topics.
- Each kit is a digital magazine with member-facing content and complete employer support for each step of the process



## FITLIFE PODCAST

- 6 podcast. 10-15 minutes each
- Real-life tips from the experts offering advice on health and wellness topics like stress and weight loss



## WELLNESS CALENDAR

- Monthly fliers and other educational topics tied to a relevant health topic.
- Include on intranet sites, in a monthly newsletter or print and place in common areas.

# Jump start with a wellness committee

- Target potential champions, team captains or ambassadors throughout your organization and invite them to join in.
- Assign team member roles and responsibilities.
- Choose a combination of management, front-line staff and employees from each part of the company with every level of fitness.
- If you have multiple locations, cultivate a champion at each site.

## Sample Wellness Committee Task

- Hang posters/fliers around the office.
- Submit articles for monthly newsletters.
- Coordinate a CSA/farmers market.
- Launch a salad club.
- Go over wellness initiatives during team meetings.

# 2018 DocTalks

Your employees can get health tips with our free DocTalk webinars!

**DocTalk webinars are available to all members and their spouses.**

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|---|--|
| <b>August 14, 2018</b><br>12:00 pm & 3:00 pm EDT  | <b>Topic: Diet, Nutrition and Weight Loss</b><br>Presenter: Dr. Richard M. Lachiver                                  |
| <b>October 09, 2018</b><br>12:00 pm & 3:00 pm EDT | <b>Topic: Health Literacy – How to Communicate With Doctors and Manage Your Care</b><br>Presenter: Michael Eleff, MD |

Employees can register at [webinars.on24.com/doctalk/register2018](http://webinars.on24.com/doctalk/register2018).

# Questions

