

2017 AHA Workplace Wellness Symposium



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Employee Wellness Program



- Established prior to 2012
 - Weight Loss groups
 - Health and Wellness classes
 - President's Movement challenges

Employee Wellness Program



- Re-established
 - Weight Loss groups
 - Health and Wellness classes
 - Walking Challenges

Employee Wellness Program



- Added other things
 - Fruit and Veggie Challenges
 - Dance Walking Competitions
 - Increasing Benefit awareness

Then...

American Heart Association

My AHA Story



- 2015 Workplace Wellness Symposium
- AHA Workplace Wellness Committee
- Fil Guipoco – Health Achievement Index, Culture of Health
- Karen Larimer – Health Council



AHA Workplace Wellness Committee



- Increased awareness on the importance of heart health
- Education on health and wellness industry topics
- Synergy among a cross-section of wellness professionals
- First-hand info about AHA tools, resources and observances

AHA Tools at Catholic Charities



- Health Achievement Index
- Culture of Health
- National Healthy Eating Day
- Check Change Control – Summer 2017
- Wear **Red**





The Heart of Charities: Wear RED 2017





Employee Wellness Site

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 - 2016 Dance Walking
 - The R.O.A.D. to Wellness

- Team Activities
 - Wellness Fun and Games
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Welcome to Employee Wellness!

We appreciate you taking the time to visit. It is our hope that as we develop this site you will find it both useful and informative. Our purpose is to promote a culture of wellness by facilitating a supportive environment that encourages employees to initiate and maintain behaviors that enhance their total health. All employees of Catholic Charities have the opportunity to participate in the employee wellness program.

Going to the GRAMMY'S 2017 Walking Competition

Winners!

ROADRUNNERS

Improve your MOOD & PRODUCTIVITY at work!

Wear Red 2017 ▾



Wellness Coordinators Need



- Personality
- People
- Creativity
- Incentives



Incentives...



“ AWE... ”



Anjanette's Words of Encouragement

- 1. Incite*** ***Excitement***
- 2. Understand*** ***Wants/Needs***
- 3. Realize*** ***What you can do***
- 4. Relax*** ***About the money***
- 5. Research*** ***Options***
- 6. Collect*** ***Data***
- 7. Enjoy*** ***The journey***



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