

FLEXCO'S WELLNESS PROGRAM





Krista Howland Sr. Human Resources Manager



Alex Juarez Human Resources Generalist

HIGHLIGHTS

- Developing a team
- Promoting wellness
- Partnering with your outside resources

DEVELOPING A TEAM



Wellness Sub-Teams

Communications - Kelly Clancy (team captain)

Kelly Clancy – Intranet maintenance, Program Communications, Flextra, Bulletin board backup Nikki Rusnak – Bulletin board artist Linda Simmons – WellNews maven/Quizmaster

Alex - Lunch and Learn Scheduler/Viverae Educator

Exercise - Terry Gravitt (team captain)

Aaron Adams – Biggest Loser Admin
Sergio Arreola – Fitness Center orientations
June Choi – Exercise scheduler, great negotiator
Tom Cunningham – Subway Walks, Yoga
Terry Gravitt – Flexco Steel Man, Summer Games
Will Saranczak – Fitness Center management
Joel Wagner – Woodridge Fitness Center

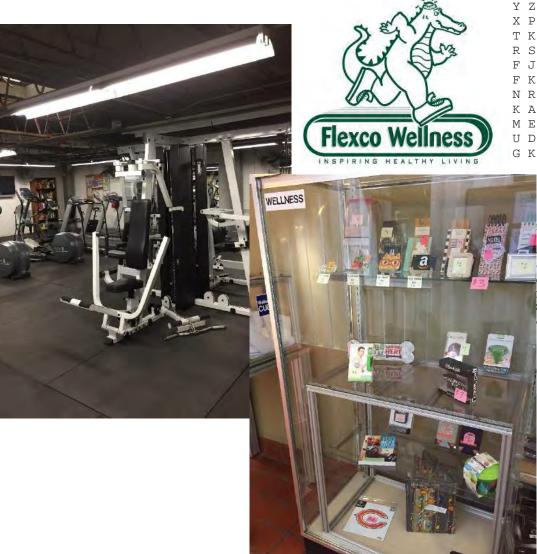
Incentives -

Nikki Rusnak – Wellness Dollar distribution, Merchandise inventory Tom Cunningham – Master Shopper

Nutrition - June Choi (team captain)

Lee Bradich - Healthier Corner
June Choi - Healthier Corner – fruits and veggie purchases
Tom Cunningham – Healthier Corner – Lee's right hand man
Linda Simmons – Healthier Corner – inventory specialist/Healthy Recipe Site
Joel Wagner – Woodridge Healthier Corner
Kelly Clancy – Vending mechanic

PROMOTING WELLNESS



Common Driving Distractions March 2017 Wellness Quiz

MULNZPGPPOKLKKIH PASSENGERSZKFIEH PKGNITXETTONXTMT BTCUIKPAHKFOSLVE XYFALBAOZGNIVAHS YZCHDGAVLNNTZIDG X P O C O J N C H I R U Z B N B ZELOUIPKXLJMFV RUPWSLNXTKYDZ UMZRANENPT OUGBXDETRZ YSNOITAGIVAN UDTJXCHLTECYVOHE GKFGHWHARMWNUYQI

Leprechaun says: Don't Text and Drive!"

UST RADIO RECHAUNS EUP SENGERS VING

DRINKING EMAILING LOUD MUSIC NAVIGATION SYSTEM READING TEXTING

Coach:

FLEXCO WELLNEWS

February 2017

h Challenge Has begun!

ge Sign-up: 1/18 - 2/15 llenge Starts: 2/1 lenge Ends 2/28

Wellness Points if completed!

st of our activities are sedentary. nmute, and we even play sitting long periods isn't good for your ly stretching routine to ward off periods of inactivity.

ew ideas to get you started:









3 all Line Dancers!

Team for 12 weeks of line dancing Beach Training Center

Beginning Feb. 23rd and running every Thursday through May 11th at 2:30 p.m., we'll be offering 30 minutes of line dancing.

Learn the Cha-Cha Slide, the Macarena, and more! Spots will be limited to the first 15 people. A sign-up sheet has been posted on the Activities Board.



Lunch 'n Learn: The Benefits of Workplace Stretching Wednesday, Feb 22nd from 11 – 11:30 a.m.

Beach Training Center Casey Lee (Downers Park District) will speak

about the benefits of stretching. Come learn and earn Wellness Dollars and Viverae Points!





2017 Wellness Program How can you earn your points?

Action	Points Each	Max Points
Member Health Assessment	25	2!
Biometric Screening	50	50
Tobacco Affidavit or Program	30	30
Targeted Programs	15	4
Online Courses	5	15
Webinars	5	1
Questionnaires	5	2
Employer Challenge	10	4
Peer Challenge	10	3
Healthy Events	see	websit
500,000 steps	20	4
Fitness Classes	10	15
BMI less than 25, or Appropriate Waist Measurement, or Improvement from 2016	30	3
Triglycerides: less that 150 or Improvement from 2016	30	3
Blood Pressure: less than 130 systolic and 85 diastolic or Improvement from 2016	30	3
HDL Cholesterol: > or = to 50 (f), > or = to 40 (m), or Improvement from 2016	30	3
Glucose: less than 100 (fasting) or less than 140 (non- fasting) or Improvement from 2016	30	3

USING YOUR RESOURCES

- Flexco's Healthier Corner
- Benefit Vendors
- Community Resources
- Employee Resources
- Wellness Administrator



Join The Wellness Team
On Wednesday, March 22nd from 11 to 11:45
in the DG Cafeteria

for Defensive Driving, a Lunch n' Learn presented by Marion Heintz, from the Downers Grove Police Department



- · Visit 10 Vendors and/or sessions
- · Place stickers on the vendors/sessions listed below
- . Print your name at the bottom of this card
- . Deposit card at the Wellness Illinois Team table to be eligible for the BIG Raffle



Name:		

Deposit this completed with at least 10 stickers at the Wellness Illinois table to be eligible for the BIG RAFFLE!

Q&A