



FLEXCO'S WELLNESS PROGRAM



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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



M U L N Z P G P P O K L K K I H
 P A S S E N G E R S Z K F I E H
 P K G N I T X E T T Q N X T M T
 B T C U I K P A H K F O S L V E
 X Y F A L B A O Z G N I V A H S
 Y Z C H D G A V L N N T Z I D G
 X P O C O J N C H I R U Z B N B
 T K Z E L Q U I P K X L J M F V
 R S P R U P W S L N X T K Y D Z
 F J T P U T C U T I G M L R G K
 F K V E M S U M Z R A N E N P T
 N R K L E E F D V D A M I Z B R
 K A V C L U O U G B X D E T R Z
 M E T S Y S N O I T A G I V A N
 U D T J X C H L T E C Y V O H E
 G K F G H W H A R M W N U Y Q I



The Leprechaun says: "Don't Text and Drive!"

JUST RADIO
 ING
 RECHAUNS
 EUP
 SENGERS
 VING

DRINKING
 EMAILING
 LOUD MUSIC
 NAVIGATION SYSTEM
 READING
 TEXTING

Coach :

FLEXCO WELLNEWS

February 2017

h Challenge Has begun!

je Sign-up: 1/18 – 2/15
 lence Starts: 2/1
 lence Ends 2/28

Wellness Points if completed!

st of our activities are sedentary.
 mmute, 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:



g 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.

For more info, contact June Choi or Terry Gravitt.



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	25
Biometric Screening	50	50
Tobacco Affidavit or Program	30	30
Targeted Programs	15	45
Online Courses	5	15
Webinars	5	15
Questionnaires	5	25
Employer Challenge	10	40
Peer Challenge	10	30
Healthy Events	see website	
500,000 steps	20	40
Fitness Classes	10	150
BMI less than 25, or Appropriate Waist Measurement, or Improvement from 2016	30	30
Triglycerides: less than 150 or Improvement from 2016	30	30
Blood Pressure: less than 130 systolic and 85 diastolic or Improvement from 2016	30	30
HDL Cholesterol: > or = to 50 (f), > or = to 40 (m), or Improvement from 2016	30	30
Glucose: less than 100 (fasting) or less than 140 (non-fasting) or Improvement from 2016	30	30

USING YOUR RESOURCES

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



2016 HEALTH FAIR VENDOR CARD

- 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!

**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**

Q&A