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OhioHealth Worksite Wellness: A Holistic View

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OHIOHEALTH WORKSITE WELLNESS: A HOLISTIC VIEW

Shelby Reichle

Practicum Site

- OhioHealth HR, Benefits & Wellness
- 180 E. Broad  Blom
Administrative Campus (BAC)

Site Supervisors

- **Kim Allen, Manager, HR, Benefits & Wellness**
 - *Bachelor's Degree in Speech and Hearing from The Ohio State University*
 - *MBA in Health Services from the Keller Graduate School of Management*
 - *Certified Well Coach and Tobacco Cessation Specialist*

Site Supervisors

- Julie McNamara, Wellness Consultant

- *B.S in Exercise Science, M.S. in Exercise and Health Studies, both from Miami University*
- *Certified Personal Trainer, Health Coach, and Tobacco Treatment specialist*
- *Over fifteen years experience with Ohio Health in multiple roles*

What is Worksite Wellness?

- HR, Benefits and Wellness
- Programs and Partnerships
 - *Fitness Rewards (YMCA)*
 - *Move + Improve (Virgin Pulse)*
 - *WW (Formerly Weight Watchers)*
 - *Pregnancy Perks*
 - *Diabetes Prevention Program (DPP) (OhioHealthy)*
 - *Diabetes Management Program (DMP) (OhioHealthy)*
 - *Tobacco Cessation (ODH)*
- OhioHealthyHub.com

Barriers

- Not an associate
- No ID
- No OPID
- No access to computers
- No email address
- No access to shared drives
- Laptop work
- The parking garage! (Ugh!)
- The move



GOAL #1 - MET

Develop my clinical knowledge of workplace wellness
as a whole

Fitness Class Waiver Process

- Online waiver - REDCap survey
- Eliminates paper waiver process
- Challenges:
 - *Points of signage*
 - *Special cases*
 - *Burden on instructors*
 - *Still need attendance tracking*
- Potential solution:
 - *iPads*
 - *Survey for attendance*



Goal #1: Develop my clinical knowledge of workplace wellness as a whole

Doctors Hospital Fitness Classes

- Request from associate
- Develop interest survey
- Distribute and collect survey
- Analyze data
- Negotiate details
- Repeat if necessary

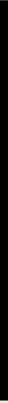


GOAL #2 - MET

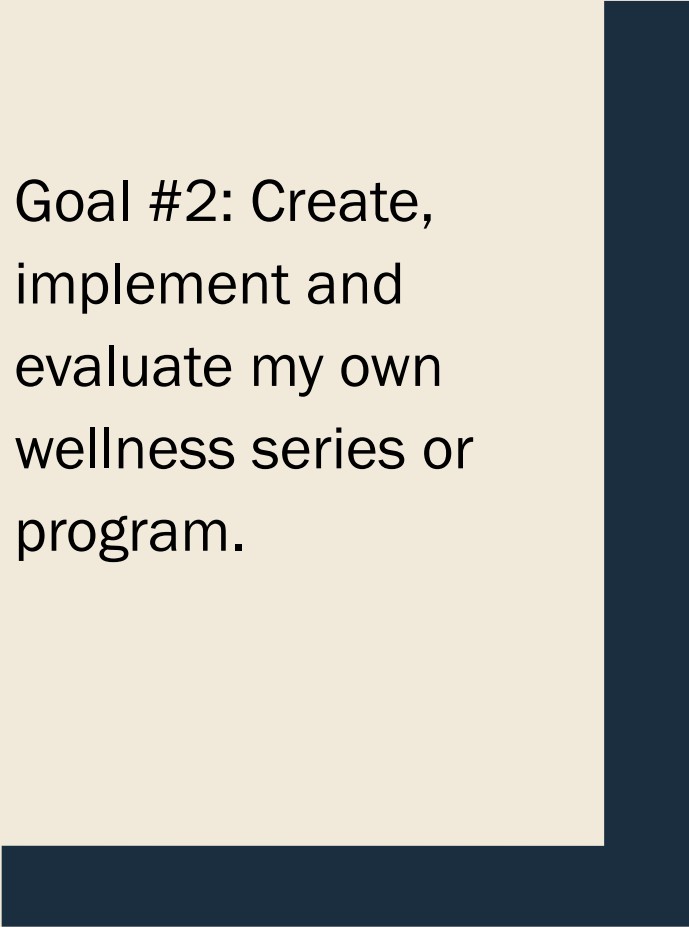
Create, implement and evaluate my own wellness series or program.



PLAY IT LIKE
YOU MEAN IT



Goal #2: Create, implement and evaluate my own wellness series or program.



In adults, play...



- Relieves stress
- Boosts creativity & problem solving
- Provides energy
- Improve your resistance to disease!
- Should be *purposeless*

- Oh, and **it's fun!**



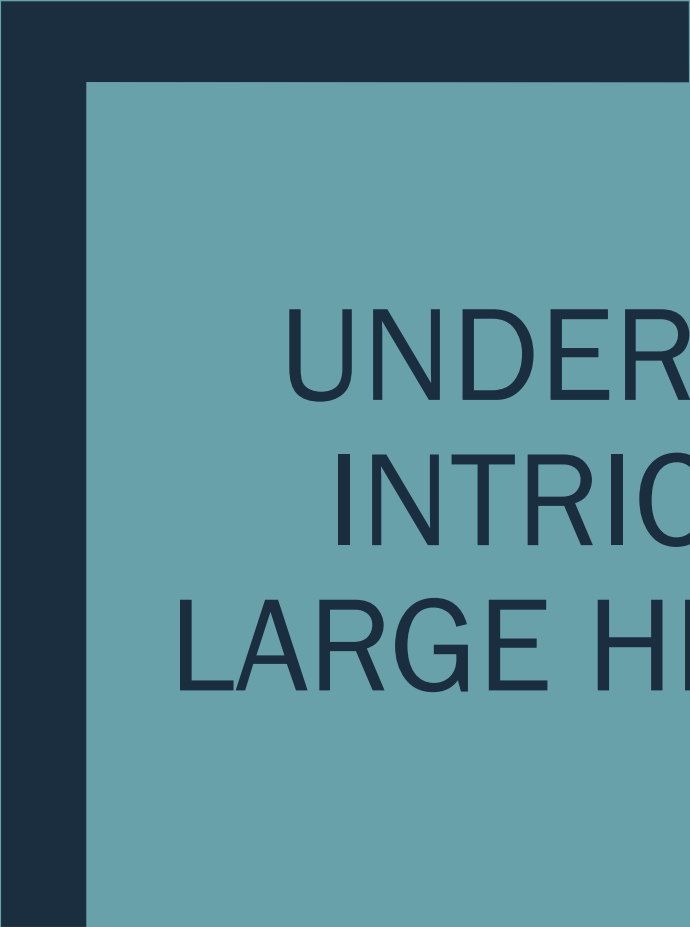
GOAL #3 - MET

Learn how to conduct cardiac and pulmonary rehabilitation.

Cardiac & Pulmonary Rehabilitation

Goal #3: Learn how to conduct cardiac and pulmonary rehabilitation.

- Phase II Cardiac Rehab
- Multiple care sites with different populations
- Prescribed: 3x/week for 12 weeks
- Variety of conditions
- Gradual progression
- Goal: improve overall cardiovascular/pulmonary function



UNDERSTAND THE
INTRICACIES OF A
LARGE HEALTHCARE
SYSTEM

Goal #5





GOAL #4 –

Become a stronger leader in a professional environment.

Act Your Age

- Goal #4: Become a stronger leader in a professional environment.



PROJECTS

“Breathe With Me”

- Wellness focus of April
- Research
- Belly Breathing Bullet Points
- Led two-o-clock breaks



Wellness Champions

- What is a Wellness Champion Network?
- What does it look like at OhioHealth?
- Engagement reports
- Meeting prep
- Working in REDCap
- T-shirt distribution
- Badge charms

Biometric Screenings



Tracking and development of table materials



Meetings to educate and discuss



Collaboration with Employer Services



Attended an event at Grant Hospital

Diabetes Prevention Program Options and How to Enroll



What is the Diabetes Prevention Program?

The DPP supports eligible associates (and family members) with lifestyle changes that can delay or prevent the onset of type 2 diabetes while significantly improving quality of life. Participation is free — and can mean the possibility of a lifetime without diabetes.

A variety of options are available for completing the program — both in person and online — and all are facilitated by a trained lifestyle coach.

Classroom Options:

- OhioHealth Live Instruction
- YMCA Live Instruction
 - o [Click here to register for one of these options](#)

Virtual Options:

- OhioHealth Virtual WebEx Classes
 - o [Click here to register](#)
- Virtual Classes by Omada Health
 - o [Click here to register](#)

Who's eligible?

OhioHealthy Plan subscribers and their dependents are eligible for the program **at no cost** when they meet the following criteria:

- 18 years of age or older
- Body mass index (BMI) of ≥ 24 kg/m² (≥ 22 kg/m², if Asian)
- HgbA1c test result of 5.7-6.4 (if 5.5 or 5.6 call us for a Risk Assessment, you may still qualify)

Need more info?

788.9355 (WELL) or email

| Dept/Associate Contact | Materials Providing | Quantity (Recommended) | Status of re-order | Notes |
|---|--|------------------------|--------------------|--|
| Jessica and the OBH team - covering EAP, Mindfulness, and integrative medicine - Bing Cancer Center | EAP hotcard | 500 | | Delivered to Christina |
| | Mindfulness hotcard | 500 | | Delivered to Christina |
| | Mindfulness summer flyer | 500 | | Delivered to Christina |
| | SARNCO tri-fold | 500 | | Delivered to Christina |
| Deb with Ohio Health Group | DPP Quick Facts | 500 | | Not provided |
| | DMP/Asthma Quick Facts | 500 | | Done |
| Julie + Kim | Fitness Rewards Brochures | 400 | | Done |
| | Guide to Living Ohio Healthy (Trifold) | 500 | | Done |
| | DPP Flyer | 500 | | Done |
| | Quit Line Brochure (Trifold) | 100 | | Contact at ODH - done on 5/8 (Amy.Gorenflo@odh.ohio.gov) |
| | Time to Quit Tear Pad | 200 | | Done |
| | Move and Improve | 500 | | Done |
| | Resilience Menu | 500 | | Not providing |
| | WW | 500 | | Done |



THE DAVID P. BLOM ADMINISTRATIVE CAMPUS

“The Move”



- Wellness Team Roles
 - *“The Blue Plate” café decisions*
 - AEP Eurest food tour
 - “Choice Architecture”
 - “Combo” meals
 - Soda fountain
 - *Fitness Classes*
 - Class demos
- Complicated logistics

Runners' Clinic at Max Sports Med

- Single day experience
- Process:
 1. *Gait analysis of jogging via video recording*
 2. *Gait analysis of walking via observation*
 3. *Movement assessment (modified FMS)*
 4. *Step-down test (recorded)*
 - *Review of all materials*



Other

- Central Ohio Region HBCO meeting
- Shopping Patrol Prize Blitz
- Wellness Scavenger Hunt
- Meetings
 - *Learning experience*
 - *Better to listen than to talk*



Wellness

- Breathing
- Walking



Otterbein University's
Graduate School creates
engaged and transformed
leaders who shape tomorrow