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Utilizing Wellness Champions to Live OhioHealthy

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Utilizing Wellness Champions to Live OhioHealthy

By: Elizabeth K. Krebs

MSAH EXERCISE SCIENCE

Introduction

My advanced clinical practicum was completed at OhioHealth. I worked for the Human Resources in the Benefits and Wellness Department located in downtown Columbus. 250 hours were completed during Fall Semester 2018 and Spring Semester 2019. My site supervisors were Julie McNamara and Kim Allen. Throughout the experience I assisted with on-site fitness class management, site wellness activities, wellness champion coordination, and other administrative duties.



Goals

Goals for Practicum Experience:

- Assist with implementation of a health and wellness program to improve leadership skills, professional skills and technical skills.
- Understanding the duties and responsibilities of a wellness consultants in a large organization.
- Expanding knowledge about chronic diseases and corporate wellness program effectiveness for aiding in the prevention and management of conditions.
- Increase employee participation in current fitness programs across the organization.
- Integrate and apply knowledge gained from MSAH program courses, such as program planning, corporate/worksite wellness, and wellness for special populations.
- Work in a setting with multicultural and diverse individuals to grow personally and professionally.
- Learn various marketing, communication and leadership techniques used in the corporate wellness setting.
- Develop professional and technical skills in the areas of corporate/worksite wellness to prepare myself for a future career.

OhioHealthy Programs Overview

- Move + Improve powered by Virgin Pulse
- Annual biometric screening
- Online Health Assessment powered by WebMD
- WW (formerly Weight Watchers)
- Fitness Rewards & On-site Fitness Classes
- 200+ Wellness Champions



Wellness Champions

What are "Wellness Champions" ?

A wellness champion is an associate that is a part of the company that promotes a healthier culture and environment in the workplace. With 30,000+ associates at OhioHealth it is nearly impossible for just two people to promote healthy lifestyles to an entire system. Wellness Champions were adopted in 2016 across the OhioHealth system. Currently, there are 200+ Wellness Champions. The wellness champion network is a grass roots approach to change the culture of health by starting at the service line level. Wellness Champion must attend orientation after completing an application and being accepted. During orientation champions learn about what it means to be a wellness champion and create their vision. It is also an opportunity to meet with the wellness team face to face to begin building that relationship. My supervisors, who are wellness coaches/consultants, are responsible for providing wellness tools and ideas for the champions. Monthly meetings, activity survey, hangout webpage and WebEx meetings are used to communicate with the champions throughout the year. Wellness champions are volunteers who are passionate about health and wellness and helping others through their wellness journey. The champions are encourage to promote the five dimensions of wellness: intellectual, physical, emotional, financial and spiritual.



Onsite Fitness Classes & RedCap

OhioHealth provides onsite fitness classes for all OhioHealth associates for no cost. Currently there are eight locations, and a number of different classes at various times during the week. Zumba, yoga, Refit, Gentle Yoga and Meditation are examples of class formats. They are all group classes and lead by certified instructors from OhioHealth fitness centers. In order to keep track of all the attendance, sign in and waivers we have to keep with every instructor and make sure the sign in sheets are being used.

Problems with paper sign-in sheets:

1. Hard to read participants handwriting
2. Multiple saved files, contact lists
3. Multiple step process to track attendance
4. Instructors forgetting to print sign in sheets or send to Wellness Team



Solution:

Use an electronic system for fitness class waiver, sign in and tracking attendance of every class. We chose to use RedCap. RedCap is a secure website application for building and managing surveys and databases. Worked with the legal and IT RedCap Administrator at OhioHealth to complete the project.

Other Experiences

- Participated at Associate Retirement Banquet, presenting on staying active for life. Lead Group Exercise with Supervisor.
- Met with OhioHealth Blog Editor and Manager to brainstorm ideas for topics for the blog.
- Participated at Benefits Fair, educating associates about VirginPulse and Fitness Rewards available.
- Participated at Biometric Screenings and helped associates complete Online Health Assessments.
- Financial Wellness Class and 5k Training 101
- McConnel Heart Health Center shadowing in Cardiac Rehabilitation



Goal Outcomes

- ✓ Implemented new wellness activities and shared activities to wellness champion hangout webpage.
- ✓ Understand the challenges and responsibilities of wellness consultants in the corporate wellness setting.
- ✓ Teamed up with a information technology professional to create an electronic sign in sheet for fitness class to improve tracking and management of onsite fitness classes.
- ✓ Learned how to use WebEx, collaboration boards, and room reservation systems for means of communication.
- ✓ Applied program planning and corporate wellness course skills throughout practicum,
- ✓ Have a better understanding of cultural competence and diversity in the workplace.
- ✓ Developed an understanding of the skills needed to be successful in the corporate wellness setting.

Office Fun

Suite Wellness Activities:

- Squatober Challenge
- Chili Cookoff
- Money Tree
- Give Thanks Tree
- Resistance Band Workout
- Oatmeal Bar
- Cardio Workout for Heart Month
- Brown Bag Challenge

