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OHES: Bringing Wellness to You

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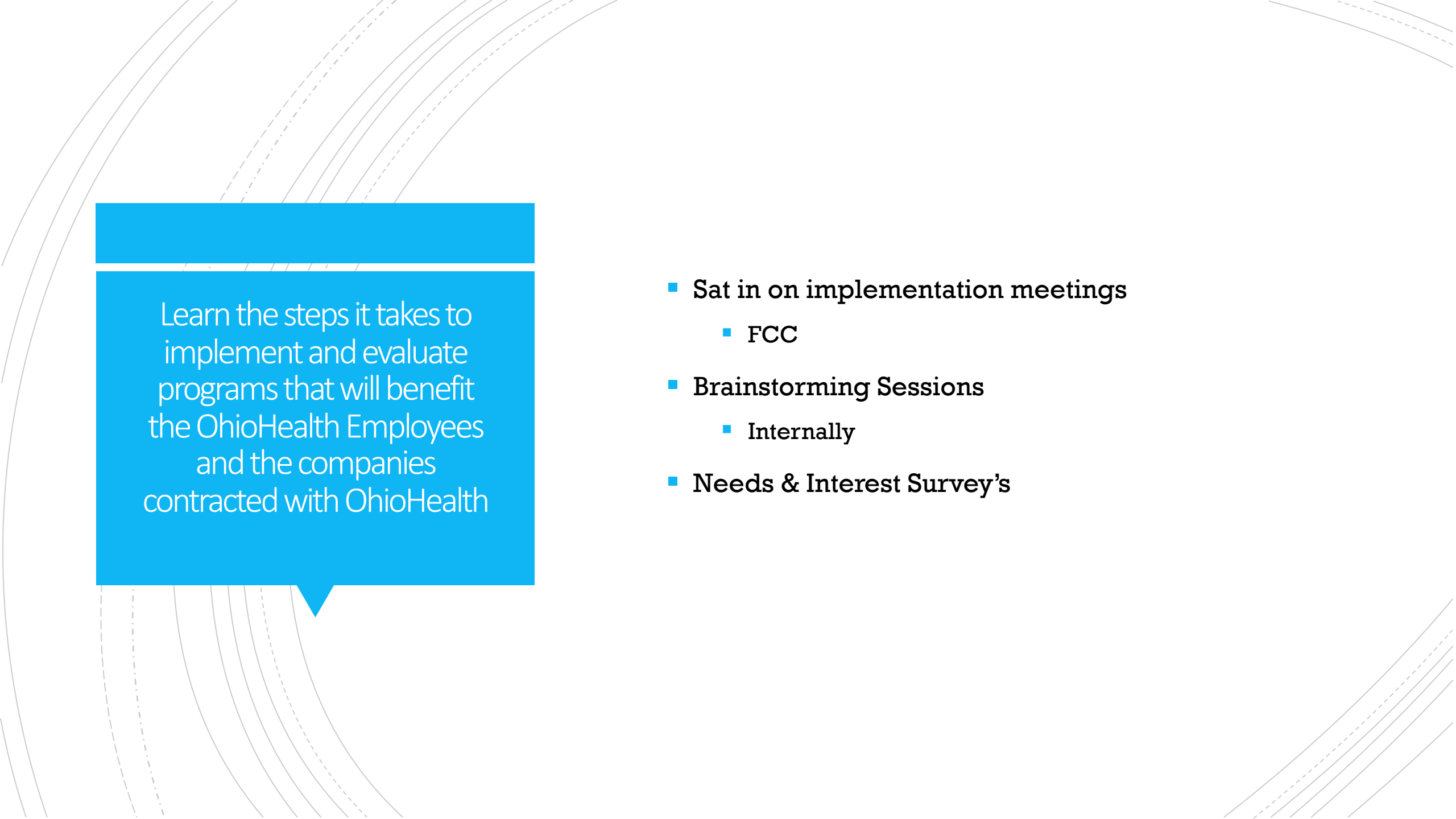
The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large, solid blue oval is centered on the page, containing the title and author's name. A thick, dark gray curved line sweeps across the bottom left, partially overlapping the blue oval.

OHES: Bringing Wellness to You

Marissa A. Rezes

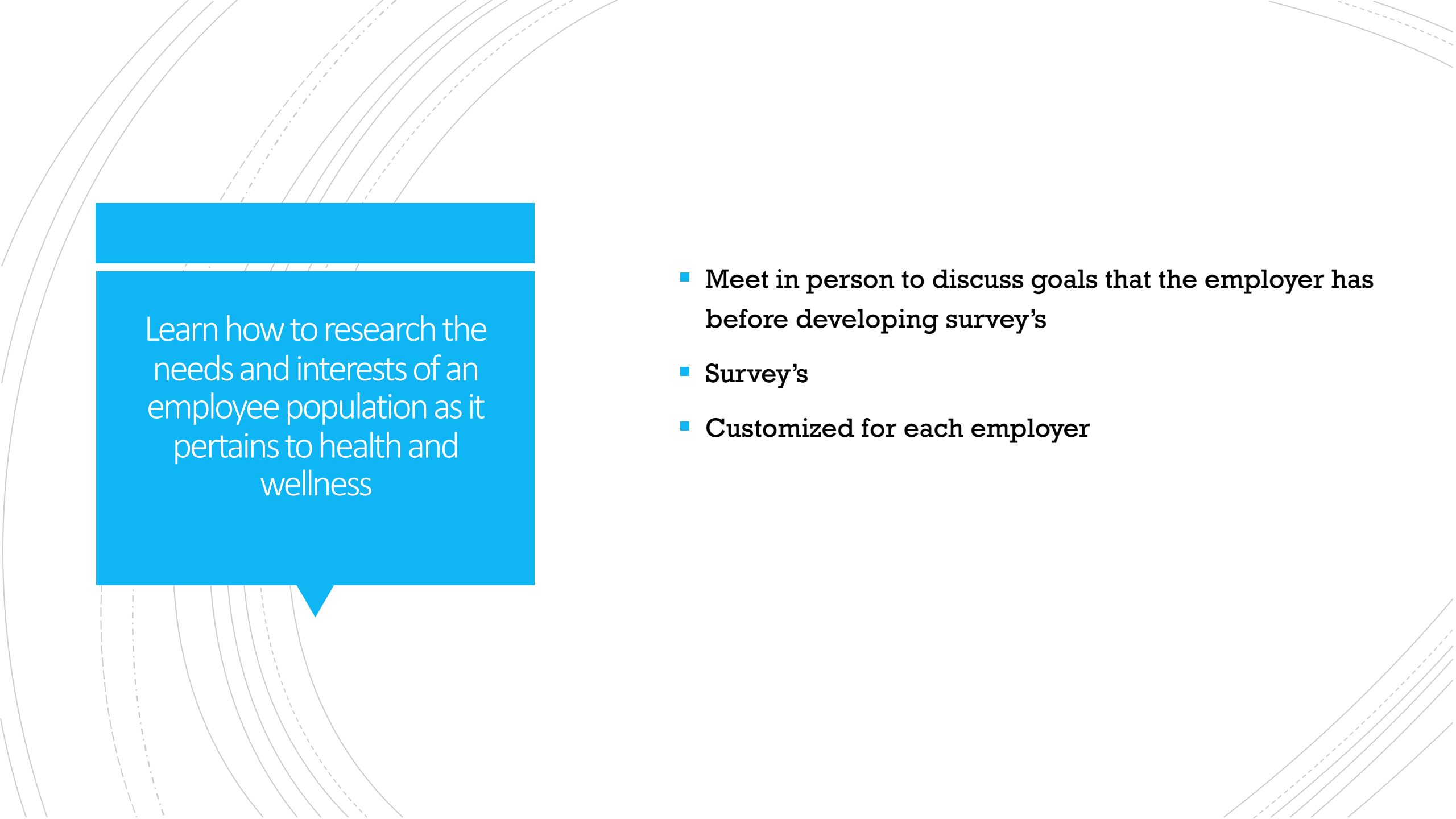
Goals

- Learn the steps it takes to implement and evaluate programs that will benefit the OhioHealth Employees and the companies contracted with OhioHealth
- Learn how to research the needs and interests of an employee population as it pertains to health and wellness
- Learn and observe the operations of a corporate wellness supervisor
- Learn to develop the tools and forms needed to implement and evaluate programs
- Network with OhioHealth Employer Services employees as well as other OhioHealth departments to make connections that will help me throughout my future

The background of the slide features a series of thin, curved lines in shades of gray, creating a sense of motion and depth. These lines are more prominent on the left side and fade towards the right.


Learn the steps it takes to
implement and evaluate
programs that will benefit
the OhioHealth Employees
and the companies
contracted with OhioHealth

- **Sat in on implementation meetings**
 - FCC
- **Brainstorming Sessions**
 - Internally
- **Needs & Interest Survey's**

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Learn how to research the
needs and interests of an
employee population as it
pertains to health and
wellness

- **Meet in person to discuss goals that the employer has before developing survey's**
- **Survey's**
- **Customized for each employer**

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Learn and observe
the operations of a
corporate wellness
supervisor

- **Bridgette:**
 - Nutrition
 - Community Health
 - Program Planning
 - Worksite Wellness
 - Evaluation
- **Web portal**
 - Creating and editing

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Learn to develop the
tools and forms
needed to
implement and
evaluate programs

- Many moving pieces
- Many departments are involved
- Communication Toolkit Binder
- Use materials that are already developed but tweak to fit each employer
 - Make new ones when needed

Network with OhioHealth
Employer Services
employees as well as other
OhioHealth departments to
make connections that will
help me throughout my
future

- **Business Development**
 - Lindey, Derek, Tricia
- **Onsite**
 - Roberta
- **Episodic**
- **Wellness**
 - Bridgette, Ryan, Mariah, Jenny
- **Data Analysts**
 - Jennifer, Tammy, Matt
- **Marketing & Communication**
 - Martina

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Sites visited and worked with

- **Huntington**
- **Marion City Schools**
- **Canal Winchester Schools**
- **Columbus Zoo & Aquarium**
- **McConnell Heart and Health Center**
- **Franklin County Cooperative**
- **Nationwide Children's Hospital**



FCC

- **Franklin County Cooperative**
 - Largest employer and contract with OHES currently
 - Helped to create a point system for the incentives
 - First contract to be all inclusive
 - Web portal
 - Programs
 - Biometrics

Incentive Structure – Year 1 Breakdown (cont.)

+ Prize Drawing – 100 points to be eligible

January 1 – December 31, 2019

- Outcome Targets (15 points each)
 - In-Range Triglyceride Level: < 150 mg/dL
 - In-Range Waist Circumference Measurement: ≤ 35 inches for women, ≤ 40 inches for men
 - In-Range Blood Pressure: < 130/85
 - In-Range Blood Sugar: < 100 mg/dL (fasting) / < 140 mg/dL (non-fasting)
 - In-Range HDL Cholesterol Result: ≥ 50 mg/dL for women, ≥ 40 mg/dL
- Activities
 - Health Coaching (25 points)
 - Healthy Lifestyle Program (25 points)
 - Real Appeal (25 points)
 - Diabetes Management Program (25 points)
 - Asthma Management Program (25 points)
 - Participate in a portal challenge (10 points)
 - Winning portal challenge (5 points)
 - Flu Vaccination (10 points)
 - Exams - Complete a mobile mammography, dental or vision exam (10 points)
 - Education Session (10 points)
 - Participation in EAP (10 points)
 - Achieve a My Health Assistant Goal through web portal (5 points)
 - Choose your own wellness activity (5 points)
 - Sync your device and achieve 10k steps in one day through web portal (2 point)

Point Scenarios

Meets 5 Targets

Scenario 1

- + All outcome targets (75 points)
- + Healthy Lifestyle Program (25 points)

Scenario 2

- + All outcome targets (75 points)
- + Flu vaccine (10 points)
- + Participate in challenge (10 points)
- + Winning team portal challenge (5)

Meets 2-3 Targets

Scenario 1

- + 3 outcome targets (45 points)
- + Flu vaccine (10 points)
- + Sync device (30 points)
- + Choose your own wellness activity (5)
- + 2 My Health Assistant goals (10)

Scenario 2

- + 2 outcome targets (30 points)
- + Vision exam (10 points)
- + Participate in challenge (10 points)
- + 2 education sessions (20 points)
- + Real Appeal (25 points)
- + Choose your own wellness activity (5)

Meets 0 Targets

Scenario 1

- + Flu vaccine (10 points)
- + Diabetes Management Program (25)
- + Sync device (30 points)
- + 3 choose your own wellness activities (15)
- + 4 My Health Assistant Goals (20)

Scenario 2

- + Health coaching (25 points)
- + Vision exam (10 points)
- + Mammogram (10 points)
- + Participate and win challenge (15 points)
- + 2 education sessions (20 points)
- + EAP (10)
- + 2 My Health Assistant goals (10)

01 APRIL, 2019



Marissa Rezes

IS RECOGNIZED FOR

EXCELLENCE

Franklin County Implementation Team Readies OH for

by Marissa Michaels

Inspire Program

COMPASSION | EXCELLENCE | INCLUSION | INTEGRITY | STEWARDSHIP



Inspire

RECIPIENT NAME	Marissa Rezes
NOMINATOR	Marissa Michaels
AWARD TYPE	Thumbs Up
AWARD REASON	Excellence
AWARD TITLE	Franklin County Implementation Team Readies OH for
DATE	01 April, 2019

AWARD MESSAGE

This is a repeat nomination from March 22: I would like to thank a host of stakeholders for the strong work and collaboration to bid, win and now implement a robust and customized wellness program for a large employer customer Franklin County. Your strong work in a very short timeline will afford OH the opportunity to impact the health and wellness of more than 8500 employees and family members as part of the Franklin County Collaborative. I look forward to the stories and impact this team will have on the lives we will touch. As we kick off this program on April 1, 2019 please remember to celebrate the contributions you have made thus far. My sincere appreciation and thanks for going the extra mile. Warmest, MLM

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40 Points

AWARD ID: [REDACTED]

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HOW TO REDEEM YOUR AWARD

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Or

2. Redeem via phone by contacting the Customer Service number for your country.

After completing the redemption process, your order will be sent via mail (or email) to you. Delivery times vary by country and merchant.

Inspire  **OhioHealth**

What I Did

- Developed a PowerPoint for the aggregate report that will collect the data from surveys after lifestyle programs and education sessions
 - Includes visuals
- Developed 2 newsletters for Ricart
 - March and April

Education Sessions

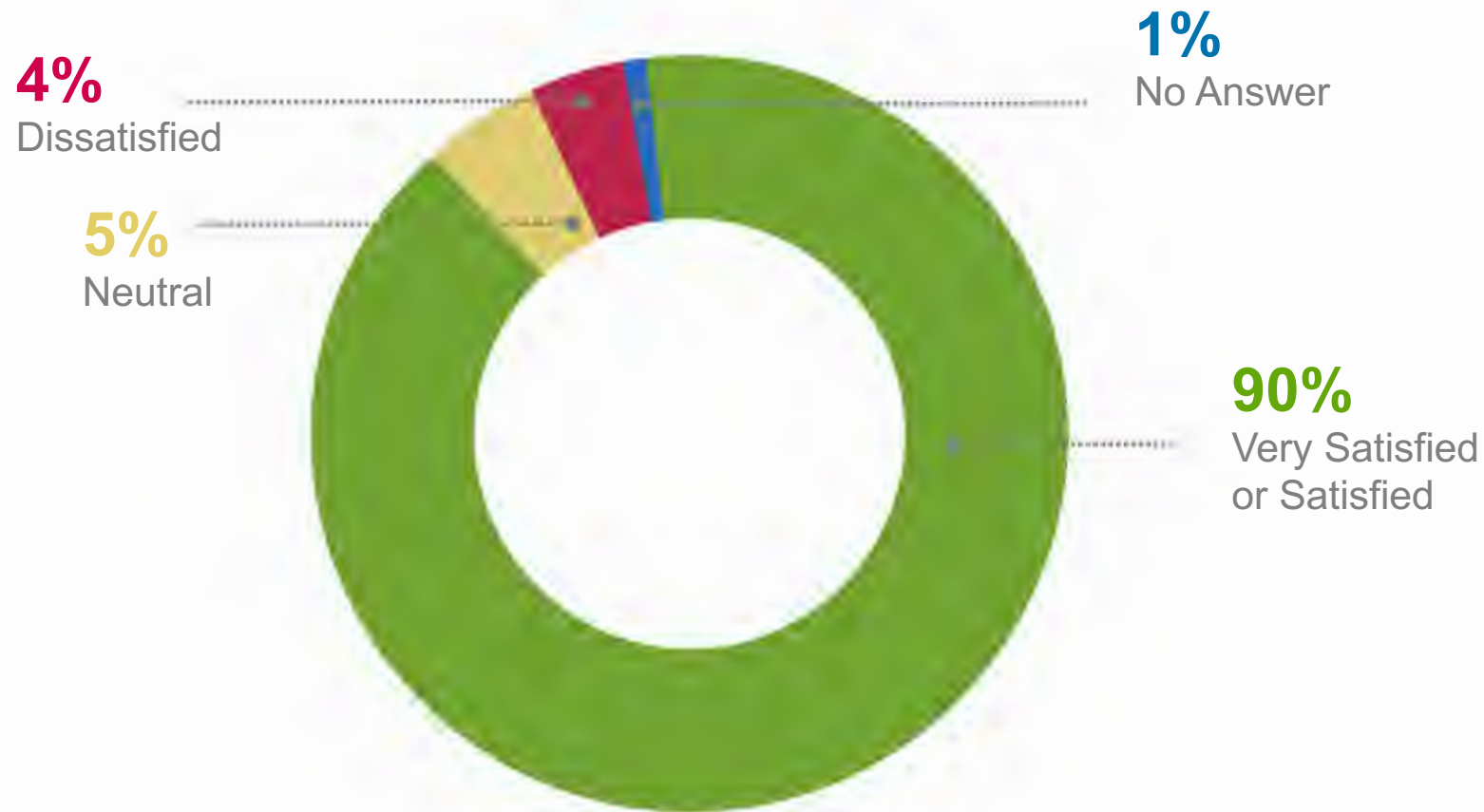
Education Sessions	Date	Number of Participants
Experience the Great Outdoors	1/19/19	35
Cook This, Not That	2/27/19	25
Packing a Healthier Lunch	3/25/19	30
Deskercize	4/23/19	32
Developing a Wellness Plan	5/19/19	40

Healthy Lifestyle Programs

Program	End Date	Number of Participants
Fitness 101	1/15/19	15
Chapters to a Healthier Lifestyle	3/25/19	6
40 Days of Fresh	5/15/19	7

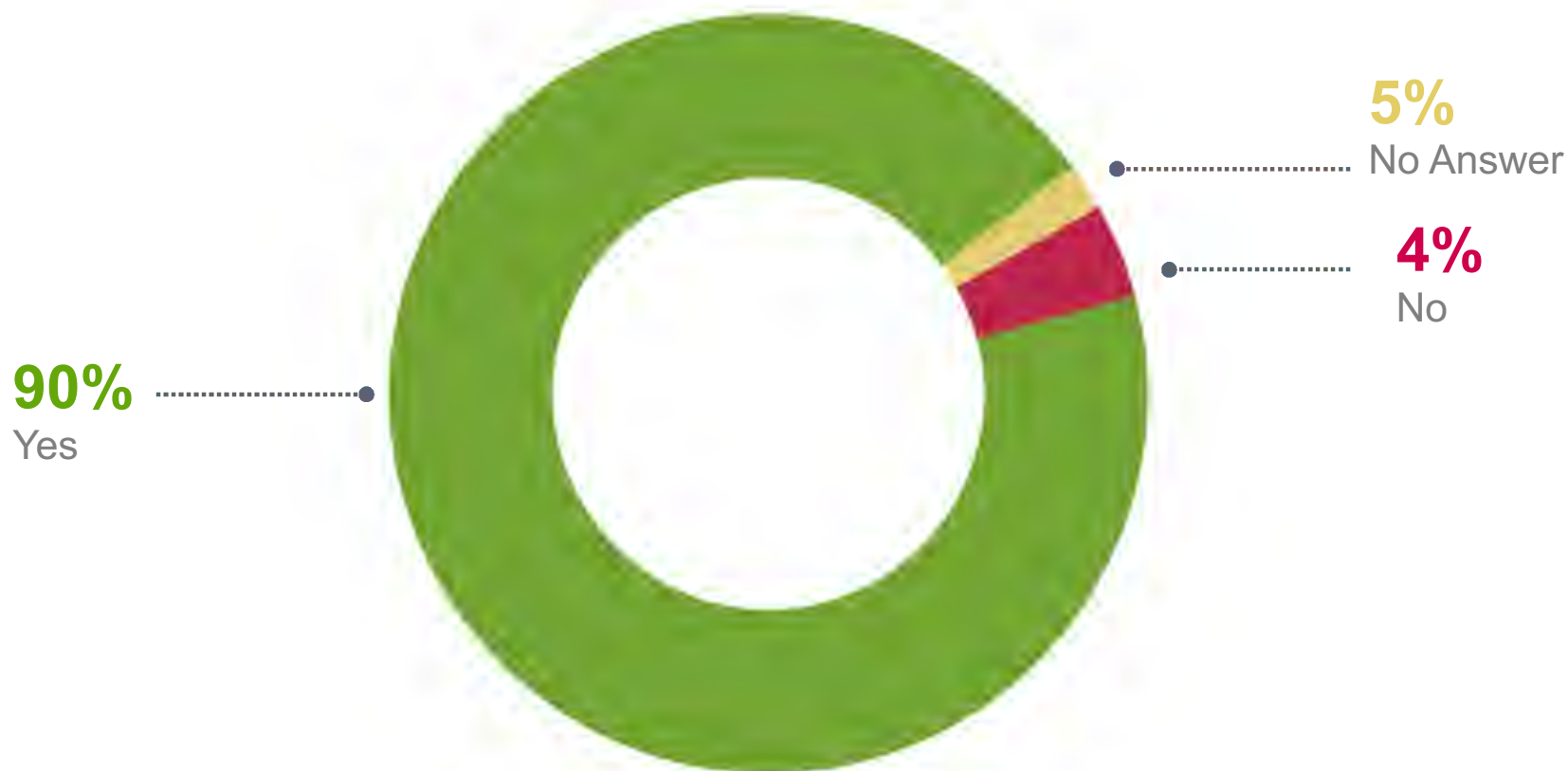
Healthy Lifestyle Programs - Survey Results

How satisfied are you with this program?



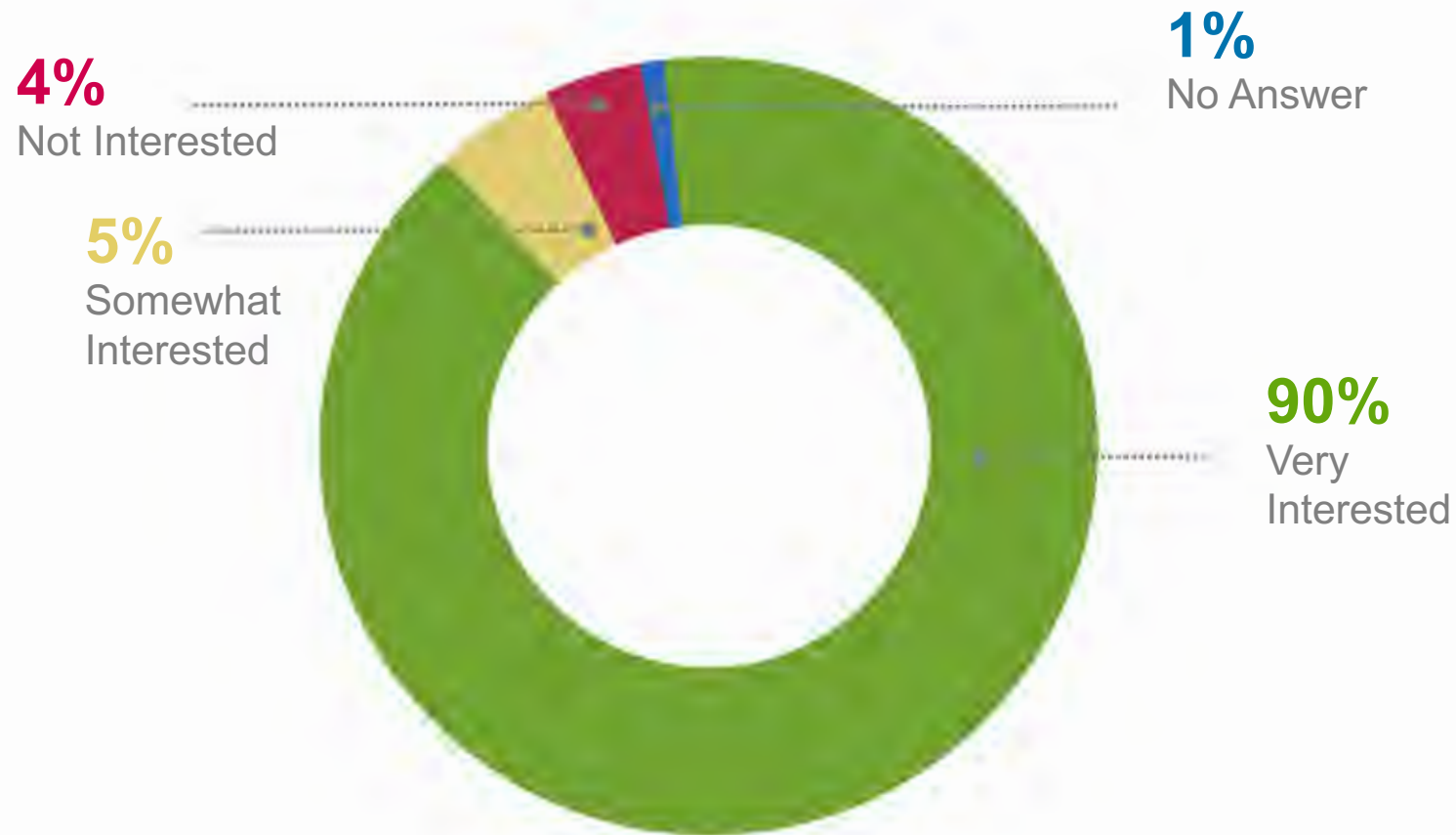
Healthy Lifestyle Programs - Survey Results

Did you learn something new while taking the program?



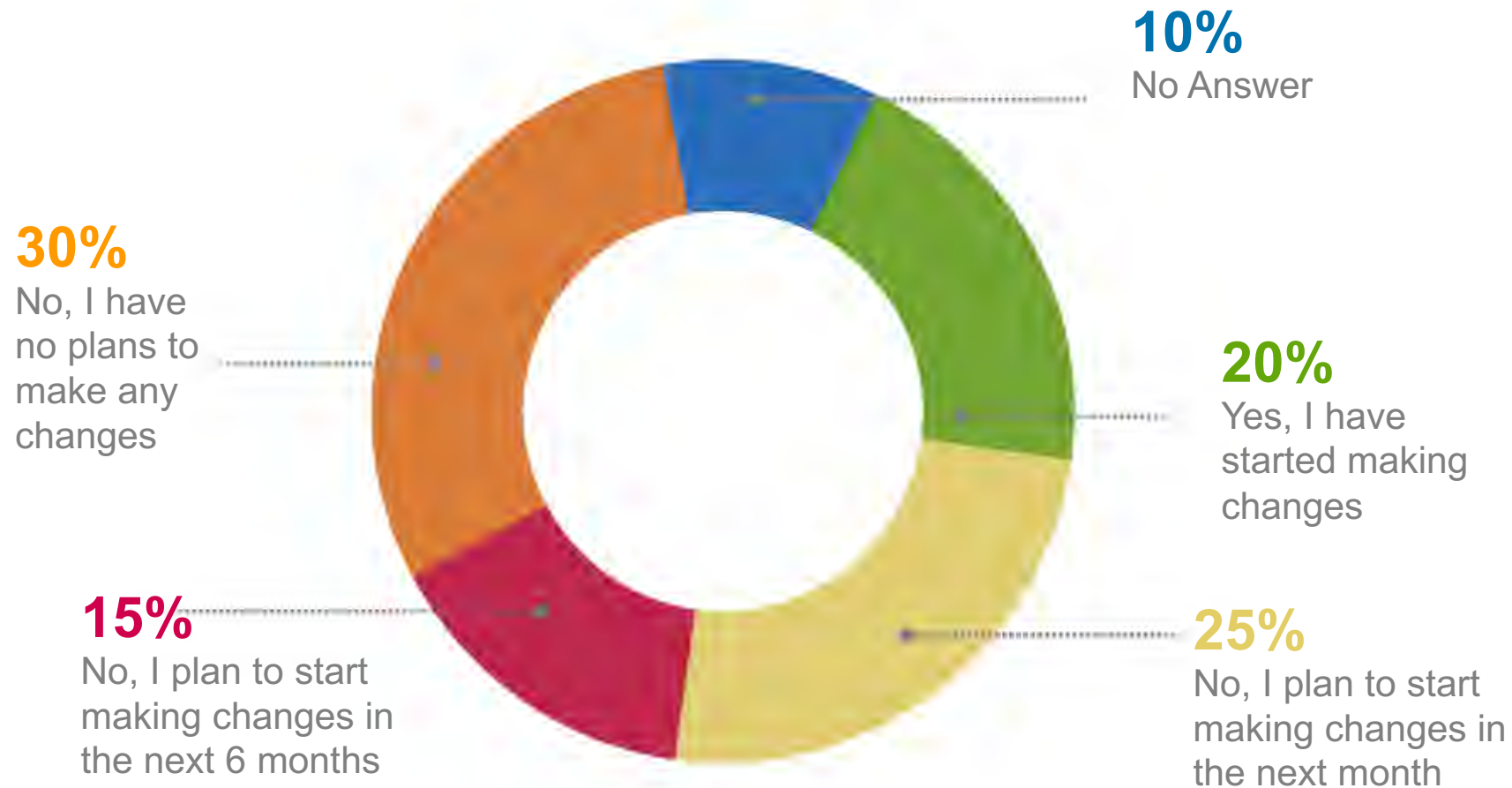
Healthy Lifestyle Programs - Survey Results

How interested are you in attending a similar program in the future?



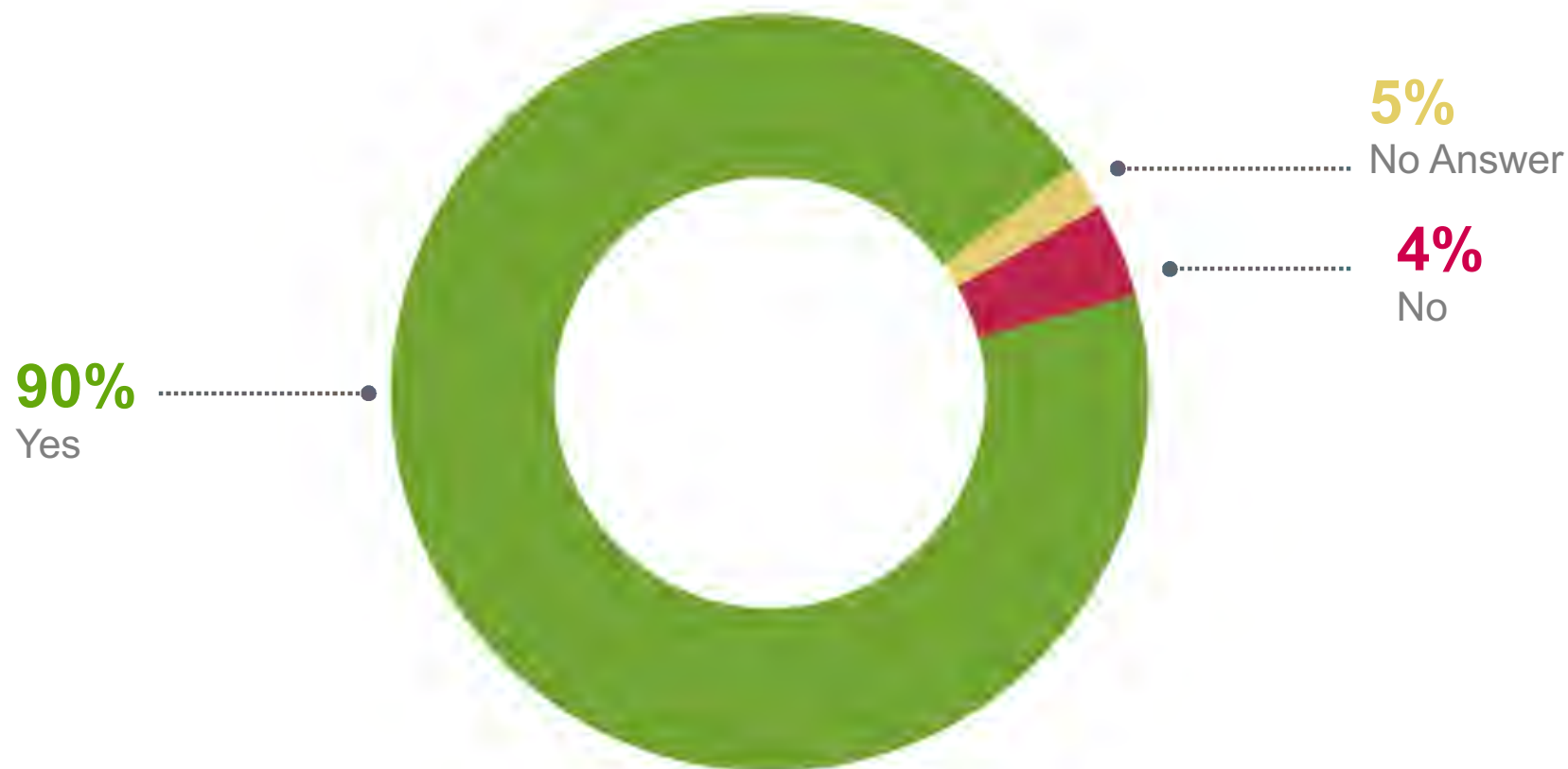
Healthy Lifestyle Programs - Survey Results

After completing this program have you made any changes?



Healthy Lifestyle Programs - Survey Results

Would you recommend this program to a friend or colleague?



March 2019

Drive your Health

A Wellness Newsletter for Ricart employees/associates

March is National Nutrition Month!

Reshaping Your Health: How to make healthy eating more affordable and less time consuming

You can make healthy eating a habit. But it's important to not overwhelm yourself. Start with one or two of these ideas at first and include more of them in your routine as time goes on.

- ✓ Watch for sales at your local grocery stores and stock up.
- ✓ Collect coupons from the newspaper or online.
- ✓ Sign up for grocery store discount cards.
- ✓ Purchase produce from stands at farmers markets.
- ✓ Make a shopping list and stick to it! Take inventory of what you already have before you shop, and stay away from aisles that tempt you.
- ✓ Shop in the perimeter of the store. Foods there are usually less processed, and you'll be more likely to stick to your list.
- ✓ Buy less expensive, but just as healthy, vegetables and fruits, like carrots, potatoes, beans, cabbage, apples and bananas.
- ✓ Buy frozen vegetables and fruits, and those in season.
- ✓ Look for family-size packs and store brands, which are usually cheaper.
- ✓ Measure your food into single servings and place it into bags or containers. This will stretch your budget and help you avoid overeating.
- ✓ Meal prep at the beginning of the week. You can prepare snacks, too!
- ✓ Cook large batches and freeze the excess or eat the leftovers the next day — this saves money, too!
- ✓ Use slow cookers to prepare meals while you're away from home.

Make healthy swaps

- ✓ Use olive oil or margarine instead of butter
- ✓ Fill your plate with more vegetables instead of meats or grains
- ✓ Use vinaigrette instead of creamy dressings
- ✓ Choose a side salad or fruit instead of chips or fries
- ✓ Pick soup made with broth instead of a cream-base
- ✓ Eat cereal with fat-free milk instead of whole milk
- ✓ Use seasonings instead of salt

Rethink Your Drink!

Another way to cut calories is to change what you drink. By choosing to drink water or sparkling water instead of soda, you can save yourself more than 200 calories a day!

- ✓ Carry a water bottle with you and keep it filled so you're not tempted to buy other drinks
- ✓ Flavor your water with zero-calorie drink mixers, or infuse it with fruits or cucumbers
- ✓ Skip the whipped cream or flavor pumps in your coffee
- ✓ Order a child's size drink or the smallest size available



April 2019

Drive your Health

A Wellness Newsletter for Ricart employees/associates

Benefits of Exercise

Take a look below to learn reasons why exercise is beneficial to your body and how to improve your exercise habits or simply where to start!

Body

Think of "exercise" as "activity" because activity is a part of our daily lives.

Three systems affected by exercise

1. Heart and Lungs: purpose is to get oxygen into the blood so it can be pumped throughout your body
2. Muscles: they do the work of moving your body
3. Bones, Joints, and Ligaments: provide the support to allow your body to move

To maintain consistent health and exercise without injury, you need to improve the strength and abilities of each of the three systems listed above.

How much activity is needed for good health?

Always talk to your doctor before starting a new exercise program or plan. The national guidelines recommend 150-minutes of activity per week.

Examples include: walking, biking, jogging, anything that gets your heart rate up.

Points to consider regarding exercise

1. Just move: No one type of exercise is better than another. The best kind, is the kind you will actually do.
2. It all adds up: Breaking exercise into more small portions of time is just as beneficial as one long period of time.
3. Keep challenging yourself: Increase the duration or intensity for improvement.
4. It all counts: All activity counts.
5. Change it up: Interval training is a great way to increase the intensity of your exercise.
6. Build strength and flexibility: Add weight based routines into your exercise mix as well as flexibility.

Finding a person to exercise with can help hold you accountable to sticking to your exercise plans. This can help you reach your goals.



Tips

If you are unable to make it to a gym because a busy or hectic schedule, you can incorporate exercise into your daily routines.

1. Choose to use stairs instead of the elevator
2. Park farther from the store entrance
3. Dance to music
4. Use a fitness tracker to bring awareness to your step count

Unless you're training for a specific event, you usually don't need to spend longer than 60 minutes in the gym. After 60 minutes, the body's energy stores are depleted and need to be refueled. The body is also at an increased risk of injury in this fatigued state. Safe and effective workouts can be completed within 60 minutes. 15, 20, and 30 minutes of activity or exercise is beneficial, and will help you reap the rewards both physically, and mentally.



Takeaways

- How to deal with tough situations during conference calls and meetings
- OHES departments work very closely with one another to make sure deadlines are met and to ensure its cohesive and smooth
- Presenting to the employers out in the community



QUESTIONS??