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OhioHealth Benefits & Wellness Practicum

Rebecca Gallagher

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OhioHealth Benefits & Wellness Practicum

Becca Gallagher, MSAH Graduate Student

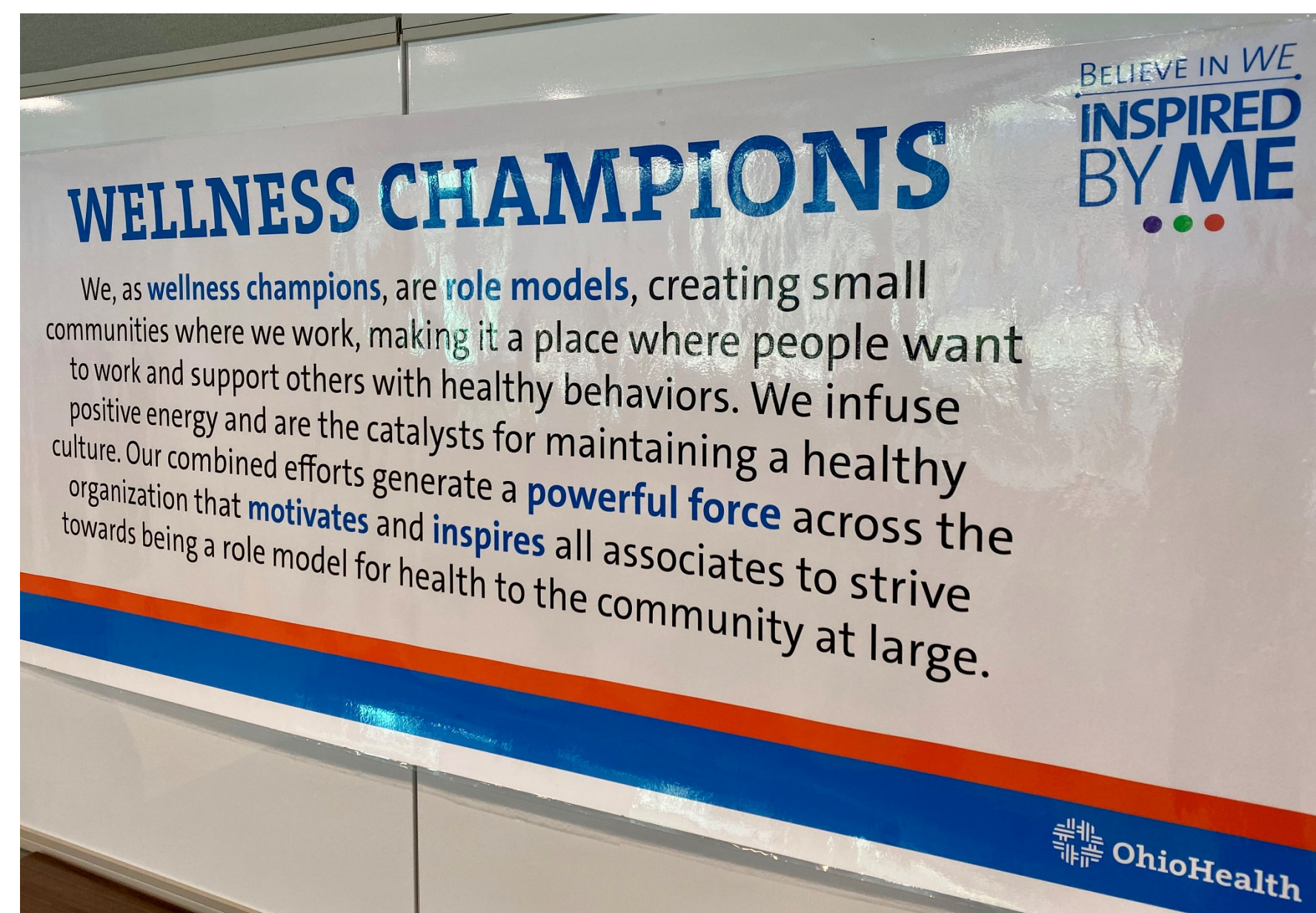
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Goals for Practicum:

- ✓ Learn how to manage the communications page for the OhioHealthy program.
- ✓ Engage in at least two Wellness Champion days.
- ✓ Learn how to incorporate stretch breaks into the resource departments normal workday.
- ✓ Learn what “corporate wellness” truly means and if it is the future career for me.

Results

- Attended and spoke at Wellness Champion Orientation fall of 2019.
- Independently led a presentation titled “Finding Your Fitness Motivation” to all Wellness Champions.
- Represented the Wellness Team at four Benefits Fairs.
- Lead weekly fitness breaks for the benefits and wellness neighborhoods at the David Blom Administrative Campus.
- Independently represented the OhioHealth Wellness team when presenting on the Well-being programs offered for associates at OhioHealth affiliated hospitals throughout the city.
- Created the monthly Wellness calendar.



April 2020 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	Cardio Core 7am-7:30am Weekly Mindfulness Meditation Webex 5-5:30pm	31 Yoga 12pm-12:30pm Weekly Mindful Moment Webex Wednesdays 12-12:30pm	1 Barre 5pm-5:30pm Stand at 2pm	2 Pilates 12pm-12:30pm Weekly Mindfulness Mini-Break Webex 8:30-8:45am	4 Stand at 2pm
5	Kickboxing 4-4:30pm Stand at 2pm	6 Cardio Core 7am-7:30am Stand at 2pm	7 Yoga 12pm-12:30pm Stand at 2pm	8 Barre 5pm-5:30pm Stand at 2pm	9 Pilates 12pm-12:30pm Stand at 2pm	11
12 Stand at 2pm	13 Kickboxing 4-4:30pm Stand at 2pm	14 Cardio Core 7am-7:30am Stand at 2pm	15 Yoga 12pm-12:30pm Stand at 2pm	16 Barre 5pm-5:30pm Estate Planning Education Session 3pm Dear Workplace Stress: Let's Break Up Webex 12pm	17 Pilates 12pm-12:30pm Stand at 2pm	18
19	20 Kickboxing 4-4:30pm Stand at 2pm	21 Cardio Core 7am-7:30am Stand at 2pm	22 Yoga 12pm-12:30pm Diabetes & Nutrition Webex 12pm	23 Barre 5pm-5:30pm Stand at 2pm	24 Pilates 12pm-12:30pm Stand at 2pm	25 Stand at 2pm
26 Stand at 2pm	27 Kickboxing 4-4:30pm Stand at 2pm	28 Cardio Core 7am-7:30am Stand at 2pm	29 Yoga 12pm-12:30pm Stand at 2pm	30 Barre 5pm-5:30pm Stand at 2pm	1	2

60 SECONDS OF MINDFULNESS

- For 60 seconds focus your attention only on your breathing.
- Eyes open & breath normally.
- Return your attention to your breathing when mind wanders off.
- Use this practice many times throughout the day.

Get Up & Move: Break up your day with 10 minute fitness breaks at 11am and 2pm! *All fitness classes are now virtual. Go to the HR Well-being eSource page to join.*
Take a stand: When working from home, it is easy to catch yourself sitting for longer periods than you normally would. All together, let's stand at 2pm everyday. Try going for a walk around the neighborhood or around your house.



Outcomes

- Experienced a corporate environment.
- Represented the OhioHealth Wellness Team at multiple hospitals.
- Attended, observed, and participated in interdepartmental meetings.
- Made networking contacts with various OhioHealth associates.
- Developed a confidence for public speaking.