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Exploring OhioHealth Employer Solutions Fitness and Wellness Team

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OhioHealth Employer Solutions

Sammer Hamed

Background

Duration: Spring/Summer 2022 Location: David
P. Blom
Administrative
Campus

Supervisor: Amy Upp

OHES



Bringing a health and wellness focus to the workforce



Develop customized wellness plans with employers

Occupational Health

Wellness

On-site clinics

Fitness

OHES

Continued growth and support of virtual/hybrid offerings

OHES beginning a return to in-person wellness

New trends in employee health showing a more holistic focus

• Big Focus on Mental and Financial Wellness

Biometric Screenings and Health Risk Assessments



Goal 1

I will apply the lessons learned from my coursework by becoming an advocate of corporate fitness and wellness through my research and program creation.

• Goal 2

I will improve my advocacy for health and wellness in the workplace by increasing my knowledge of workplace health and wellness with research.

Goal 3

I will improve my understanding of the changes the pandemic had on corporate health and wellness by learning about the effects of COVID-19 on fitness in the workplace.

Goal 4

I will learn about the workplace from a team perspective by integrating myself into the fitness and wellness team.

Goal 5

I will expand my creativity by integrating the fields of corporate health and wellness with the lessons learned from previous experiences.

April 2022: Exploring Fitness and Wellness

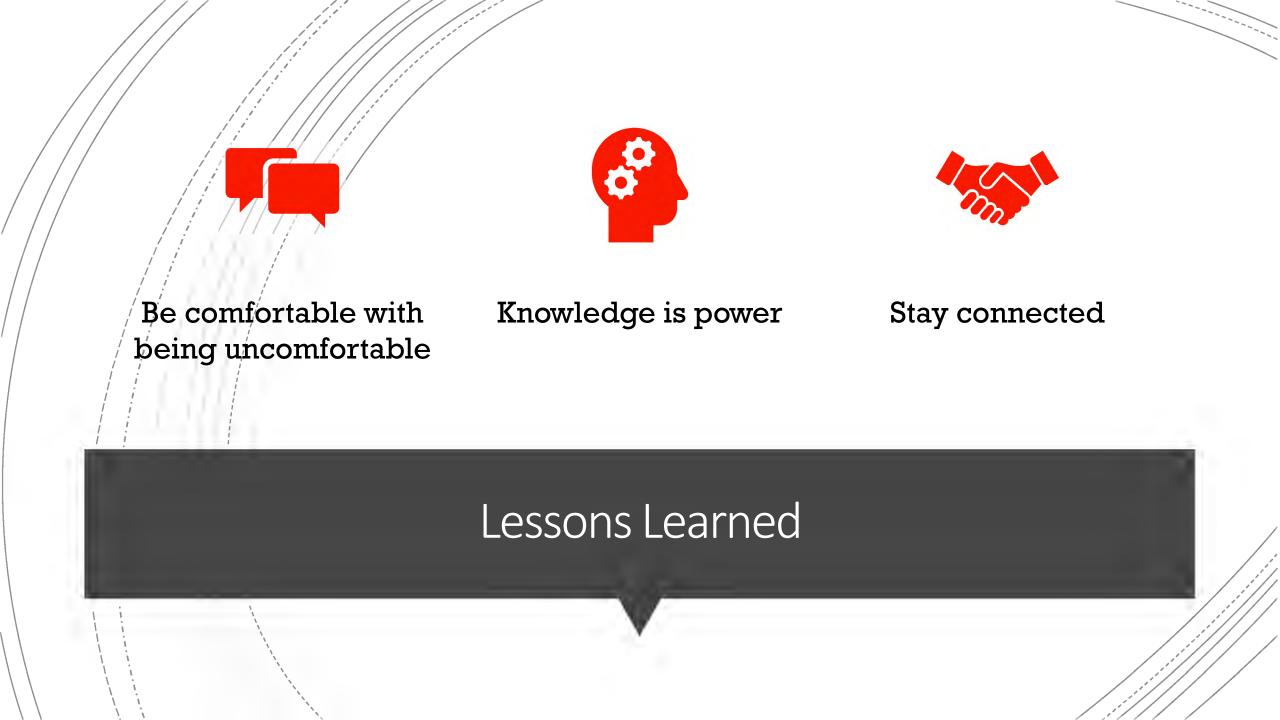
- Educated about various wellness program platforms
 - Pros and Cons of various programs
 - In-person interface, virtual interface, mixed
- In-person meetings once a week w/ supervisor
- Began meeting members of fitness and wellness team
- Involved in meetings with Business Development team
 - Learned about financial logistics of biometrics screenings
- Analyzed literature on post pandemic effects on overall health of employees, as well as potential changes in the industry

May 2022: Into the Rabbit Hole

- Deep dive on corporate fitness and wellness trends
 - Analyzing focuses of pre-pandemic
 - Comparing with new and future trends in the industry
- Continued meetings with members of OHES
 - Mary Vail, Senior Director of Operations
 - Eric Gentzel, Director of Onsite Operations
 - Levi Fredritz, Nurse Practitioner @ Huntington Gateway Center
 - Bridgette McCullough, Customer Strategy Advisor
- Applying information from research into meetings
- Began compiling research into white paper
 - Report on current research and trends, future implications

June 2022: White Paper

- Able to complete final round of meetings with members of OHES
- Blended my knowledge of sports medicine with my research
- Applied new knowledge in meetings with potential vendors
- Attended biometric screening event @ FCC
- Completed work on white paper
 - Future use and changes to biometrics screenings post pandemic
- Presented on white paper to my peers





Questions

