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Summer 2022

### 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

# Goals

- *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



**Be comfortable with  
being uncomfortable**



**Knowledge is power**



**Stay connected**

**Lessons Learned**



Questions



*That's all Folks!*



kalilak