Be Well
EMPLOYEE WELLNESS
UNIVERSITY OF TENNESSEE

Danielle Bohn, MPH, CWP
Mission & Vision

Mission
The Center for Health Education and Wellness empowers all Volunteers to thrive by cultivating personal and community well-being. CHEW and Be Well aim to fulfill this mission by helping the UT community prioritize holistic wellness.

Vision
A University of Tennessee campus that supports positive lifestyle choices.

Goals
Increase employee access to health and wellness related information
Increase employee opportunity for individual and group wellness activities
Increase support and networks for positive lifestyle change.
8 Dimensions of Wellness

- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Occupational
- Financial
- Social
Work-Life Balance
50% of employees felt overwhelmed by all that they had to do

53.4% of employees sit approx. 6.4-8 hours a day while at work

16.3% of employees were diagnosed and treated for anxiety, while 18.7% were diagnosed and treated for depression

On average employees slept 6.69 hours per night
The “Why”

Present

Productive

Content
Topics for Today

• Physical Activity
• Healthy Eating
• Stress Management
• Social Connectedness
Physical activity

- Physical activity is any body movement that works your muscles and requires more energy than resting.

Recommendations:

- For optimal health benefits participate in at least:
  - 150 minutes-300 minutes of moderate-intensity activity/week
  - **OR** 75 minutes-150 minutes of vigorous – intensity activity/week
- **OR 10,000 steps/day**
- AND 2-3 days of resistance training each week
Be Well Programming

• Campus Walking Routes
• Employee Fitness Classes
• Walking Challenges
• Take Time, Take Care
MyPlate

- Serves as a visual reminder of what healthy eating looks like
- Everything you eat matters!
  - Choose a variety of foods from all 5 categories
- Eat the right amount of calories

ChooseMyPlate.gov

Choosemyplate.gov
Healthy Lifestyle Program

A 6-week lunch and learn program aimed to help employees create healthier lifestyles through physical activity, proper nutrition and healthy habits.

<table>
<thead>
<tr>
<th>6 WEEK SCHEDULE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Topic</strong></td>
</tr>
<tr>
<td><strong>Week 1</strong></td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
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<td><strong>Week 3</strong></td>
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<td><strong>Week 4</strong></td>
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<tr>
<td><strong>Week 5</strong></td>
</tr>
<tr>
<td><strong>Week 6</strong></td>
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</tbody>
</table>
Nutrition Labels 101

**Serving sizes updated**

**Daily Values**
- % comes first

**Nutrients required changed**

**Footnote updated**

**Servings larger, bolder type**

**Calories larger type**

**Added sugars added**

**Actual amounts added**

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**Nutrition Facts**
- Serving Size: 2/3 cup (55g)
- Servings Per Container: About 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 230</th>
<th>Calories from Fat: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 8g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium: 160mg</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 37g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 4g</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Sugars: 1g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein: 3g</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

- Vitamin A: 10%
- Vitamin C: 6%
- Calcium: 20%
- Iron: 45%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

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**Added Sugars**
- 0g

**Vitamin D**
- 2 mcg

**Calcium**
- 260 mg

**Iron**
- 8 mg

**Potassium**
- 235 mg

*Footnote on Daily Values (%DV) and calories reference to be inserted here.*
Be Well Programming

- Healthy Cooking Classes
- Healthy Gardening Classes
- Grow With Be Well Gardening Program
Stress Management

• “Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses” – Cleveland Clinic

• May be good or bad
  • Eustress: excitement
  • Distress: anxiety

• “Fight or Flight” response
Mindfulness
Social Connectedness

- Social connection is widely viewed as a fundamental human need
- Critical to physical health, cognitive functioning, and influence risk for premature mortality
Social Connectedness Cont.

- Requires **trust** and **vulnerability**

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Describe the last pet you owned</td>
<td>• What is your greatest accomplishment, and why?</td>
</tr>
<tr>
<td>• What was your high school like?</td>
<td>• When did you last sing to yourself? To someone else?</td>
</tr>
<tr>
<td>• Who is your favorite actor?</td>
<td>• Is there something you’ve always dreamed of doing? Why haven’t you done it?</td>
</tr>
</tbody>
</table>

Adapted from *The Culture Code*, Daniel Coyle
Creating a Culture of Wellness
Your Wellness Resources

Partners for Health Wellness Program

Employee Assistance Program

Be Well
# Partners for Health

## 2019 Wellness Program

**Incentive Table**

*State & Higher Education Active Members Only*

Eligible members and spouses can earn up to $250 each or $500 per household.

<table>
<thead>
<tr>
<th>Program/Activity</th>
<th>What you earn</th>
<th>How you qualify and/or enroll</th>
<th>Deadline to enroll or participate in the program/activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biometric screening</td>
<td>$50</td>
<td>To get started, go to MyActiveHealth, log in and go to Rewards to view your activity cards. You can go to an online resources or submit the Quest physical screening form.</td>
<td>Complete and fax results to Quest by Nov. 30, 2019</td>
</tr>
<tr>
<td>Weight management program</td>
<td></td>
<td></td>
<td>Enroll by Oct. 28, 2019</td>
</tr>
<tr>
<td>Change—effective April 15, 2019</td>
<td></td>
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</tr>
<tr>
<td>Attend 1 class = $50</td>
<td></td>
<td></td>
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<tr>
<td>Attend 2 classes = wearable fitness device and Bluetooth Scale</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attend 8 classes = additional $150</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Digital coaching (online activities) earn hearts by completing Health Education and Health Goals</td>
<td></td>
<td>To complete the online activities, log in to your account and go to Rewards to view your activity cards. Everyone can do online activities.</td>
<td>Start before Nov. 1 to have time to earn full incentive. Last day to complete activities is Dec. 31, 2019.</td>
</tr>
<tr>
<td>Attend 1 class = $50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attend 3 classes = additional $150</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Online group coaching for lifestyle or disease management (IDM)*</td>
<td></td>
<td>To enroll in Lifestyle or Disease Management Group Coaching, call ActiveHealth to enroll at 888-741-3190. Not qualify for QI. Everyone can do lifestyle coaching.</td>
<td>Register by Dec. 5 and attend first class by Dec. 18, 2019 to earn first $50. Complete three classes by Dec. 31, 2019 to earn an additional $150.</td>
</tr>
<tr>
<td>Telephonic coaching: Lifestyle coach or disease management (IDM) nurse*</td>
<td></td>
<td>Call 888-741-3190 to schedule your call with your coach or nurse today. Most qualify for QI. Everyone can do lifestyle coaching.</td>
<td>Start series of 3 calls by Nov. 18, 2019 to allow for 3 weeks between calls. Final deadlines Dec. 31, 2019.</td>
</tr>
</tbody>
</table>
| Quarterly wellness challenges                         | $25 per completed challenge - earn up to $100 | To enroll in a quarterly challenge, log in to your MyActiveHealth account and go to Rewards to view your activity cards. Everyone can do a challenge. | Challenge 1: Ready, Set Move! Jan 7-Feb. 17  
Challenge 2: Sleep Tracking April 1-May 13  
Challenge 3: Ready, Set Move! July 1-Aug. 11  
Challenge 4: Sleep Tracking Oct. 1-Nov. 11 |
| Preventative exams** (screenings) to earn $50         |               | Claims will be used to confirm completion.  
New and up to 6/year. | Complete by Nov. 30, 2019 |
| Case management***                                   | Participation = $150 | Member will be contacted by BlueCross BlueShield (BCBSI) or | Complete by Dec. 31, 2019 |
Employee Assistance Program

Welcome!

YOUR RESOURCE FOR MENTAL HEALTH AND SUBSTANCE USE CONCERNS.

Find the support you need to live your best life.

Behavioral Health Care Search

- Find a virtual visit provider

Claims Center

- 0 completed claims
- 0 pending claims

Get Started

See details

Submit a new claim

The Suicide Prevention Hotline is 1-800-273-8255. There is hope.

If this is an emergency or you think you may harm yourself, call 911.
Be Well

Upcoming Events!

• Take Time, Take Care: Sept. 25th/11am-3pm

• UT Benefits Fair: Sept. 26th / 10am-1:30pm

• Employee Fitness (Yoga): Sept. 26th / 5:15pm-6:15pm

• Healthy Cooking Classes: Sept. 28, Oct. 1st
Stay Connected

Follow @BeWellUTK

Subscribe to monthly newsletters

Attend Be Well events!
Questions?

Email: bewell@utk.edu