

Wellness in the Workplace: Exploring Strategies and Offerings

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Objectives

- Summarize common services of worksite wellness programs
- Discuss ways clinical staff can encourage patients to use the wellness services offered at their place of employment

Why Wellness Works

- No longer just a “nice to have”
- Important for managing chronic disease, burnout, & healthcare costs
- We spend most of our days working already, it makes sense to lump these together

How it Works

- Services look different at every organization
- Focus on modifiable risk factors
- Needs assessment or biometric data
- Tailored to population needs
- Programs, policies, or both
- May have costs associated for participants



How You Can Help

Providers:

- Encourage your patients to take part
- From relationships with wellness staff (if applicable)

Public Health:

- Help businesses in your community who don't have the capacity
- Connect them to resources

Wellbeing Programs for the Workplace

- Biometric Screenings
- Flu Shot Clinics
- Wellbeing Platforms
- Onsite Wellbeing Education
- Employee Assistance Program

Biometric Screenings

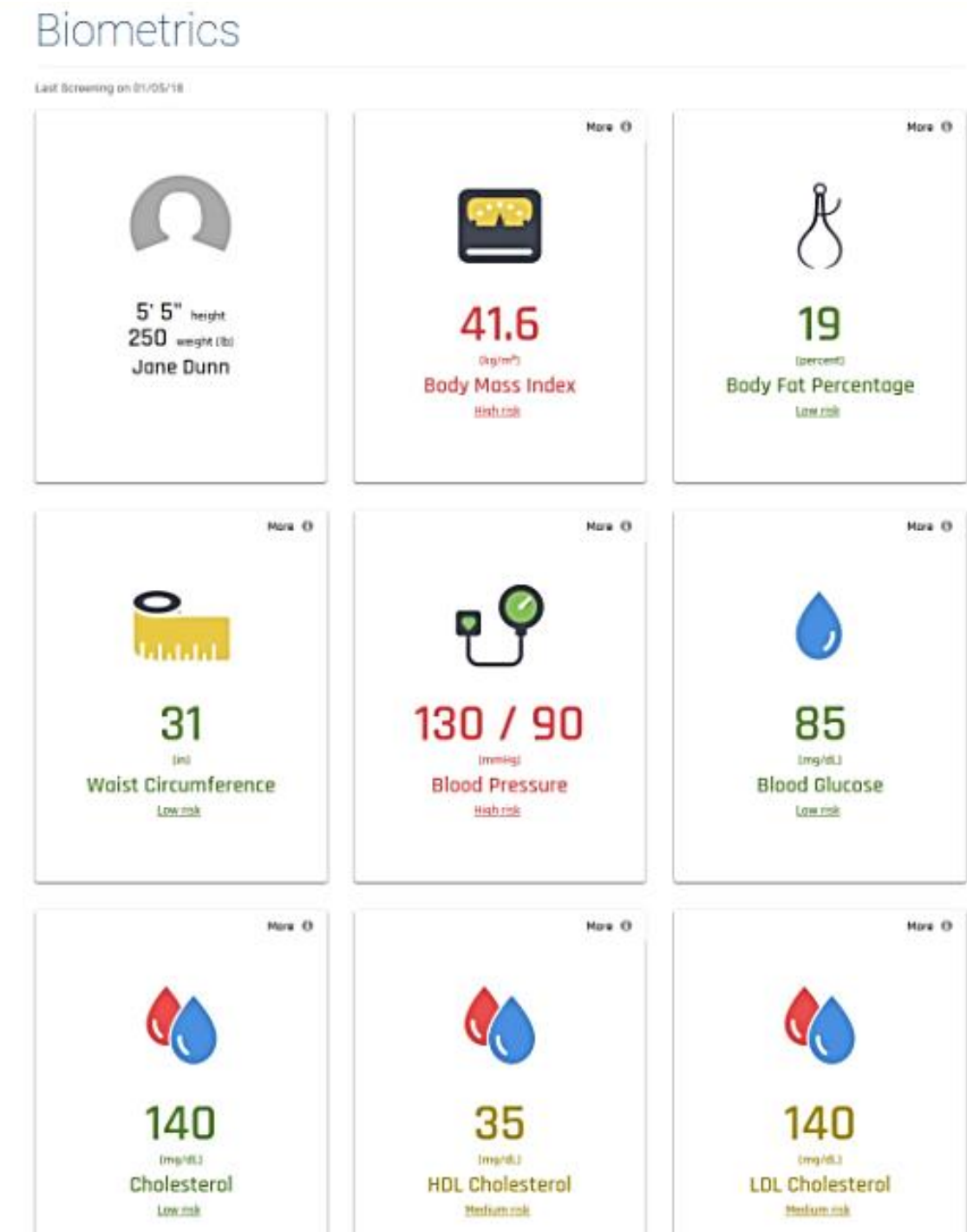
Biometric screenings can provide a picture of an individual's overall health. Your results indicate where you are today and help you set priorities for maintaining or improving your health.

Company-hosted on-site biometric screenings are an easy and cost-effective way to educate individuals about their health risks before they become a disease state.



Biometrics Screenings (Continued)

- Participants are recommended to share with their Doctor results so they can be discussed
- Provided are handouts to review results with those that participate
- Aggregate reporting for the company is also available



Flu Shot Clinics

Company-hosted on-site flu vaccine clinics are an easy and cost-effective way to protect your workforce from a flu outbreak.

By making flu vaccinations easy and convenient for your employees, your organization will face less risk of spreading inner-office flu, save on employee sick days, and decrease loss of productivity. Studies show employees who receive the flu vaccine typically have:

- 13%-44% fewer health care/provider visits
- 18%-45% fewer lost workdays due to illness

Interactive Wellbeing Platforms

Designed to engage employees in Wellbeing, a solid platform should include:

- Personalized, branded portal with customizable landing page design
- Intelligent incentive and rewards tracking with personalized dashboard
- Wearable device/application integration
- Health Assessment with activity recommendations based on results
- Healthy lifestyle content including meal plans, recipe database and workout videos



Interactive Wellbeing Platforms (Continued)

Challenge Options:

- Variety of wellbeing challenges to meet the needs of any population or individual interest
- Personalized, branded challenge marketing and communication materials (print and digital)

Reporting and Ongoing Resources:

- Robust data management, analysis and reporting
- Dedicated account manager and call center support

Onesite Wellbeing Education

Studies show employees who are empowered to be healthy through their workplace and learn how to be better consumers of health care, have reduced medical expenses and increased workplace performance

Topics can include:

- Diet and Nutrition
- Fitness and Exercise
- Stress Management
- Men's Health and Women's Health
- Weight Management
- Cancer Prevention
- Understanding Biometric Screening Results
- Managing Diabetes
- Creating a Culture of Health

EAP (Employee Assistance Program)



- Mental health sessions
- Life coaching
- Financial consultation
- Legal referrals
- Work-life resources and referrals
- Personal assistant
- Medical advocacy

Thank you

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