

Washington Wellness Webinar *Moving Forward Together in 2023*

We asked participants about their plans, needs, and ideas for 2023. These are the questions asked and participants' responses.

Question #1:

What is something you plan to do to support your employees' well-being next year?

Responses:

- Monthly wellness newsletter.
- We have someone coming from EAP to present on DEI
- Continue to share ready-made resources from SmartHealth
- Offer more mental health resources
- I'm going to try and send out an email monthly to suggest staff logging into their SmartHealth
- Exploring creating a cookbook with healthier options for meals, snacks, and info from staff
- Bring weekly meditation back
- Lunch & learn sessions including Teams connectivity
- Promote SmartHealth app & EAP
- Sharing resources
- Creating fun ways to exercise
- Increase communications to staff; create a centralized home for wellness
- Offer an employee recipe board
- Combine our wellness committee with our resilience committee, creating a stronger, united team!
- Continue to promote SmartHealth program.
- Quarterly health topic awareness and group health activities.
- Promote SmartHealth, tobacco cessation, diabetes prevention and all the easy to share docs
- Monthly newsletter. Formed a workplace wellness committee
- I'm co-chair of my agency Wellness Committee and support at least 4 activities each year.
Kaiser Speaker on Cancer Prevention
- Monthly workshop series in 2023 on Cultivating Resilience with Annie Barrett from Vibrant Soulful
- Let's Be Healthy and Fit Challenge Jan-Mar. Monthly health challenges/articles, sharing Smarhealth
- Volleyball program January-March. Provide monthly info about wellness to employees.
- More wellness communications with our employees, statewide
- Wellness Wednesday newsletter emails to our Office in coordination with our Chief.
Create a Teams team that is dedicated to wellness. Create a Sharepoint Wellness page on our office SP
- Bring in diabetes prevention education session over lunch hour.
- "Wellness moments" at every team meeting
- Continue to enhance our website, roll out our e-bike share, promote SmartHealth, and more.
- Promote walking activities.
- Offer noon exercise class
- Work on trying to get staff comfortable with SAW to continue using Smart Health
- Continue WA EAP
- Diabetes Prevention; Community Supportive Agriculture
- Form a wellness committee
- Monthly health, wellness and safety articles in our all employee newsletter
- Lunch & Learns
Ready to send emails
- Write up examples of how to earn enough points in Smart Health to earn their \$125 incentive
- I'm not our coordinator. I'm attending on her behalf. Maybe I should become a coordinator.
- Monthly
- We receive a monthly Wellness newsletter from UC Berkley

Question #2

What additional support and tools do you need to help you with your program planning in 2023?

Responses:

- Wellness Dashboard Training
- Calendar of events for the year
- Pre-written communications
- A monthly flyer from Smarthealth would be helpful in my planning preparation to the staff
- Calendar of upcoming events.
- Tips for engagement for leadership and staff.
- I will continue sharing resources that ready made to my employees.
- I love the idea on a compiled calendar of events.
- Support or training: best ways to get volunteers to help with activities and events! Not always easy.
- High-quality images of diverse people that match well with each SmartHealth promotion. People of Color, LGBTQIA+ representation, people with disabilities. And it's a bonus if they don't look like stock photos.
- How do I get clinics to come to our agency? Such as flu shots, mammogram, blood drives, ...
- Opportunities for collaboration with other agencies for wellness activities, wellness fairs, etc.
- Small doses or information at a time that support the Diabetes and Tabaco programs.
- Calendar of events or theme ideas
- Meeting invite sent for coordinators to brainstorm how to promote, maximize resource for events (e.g., DDP)
- Suggestions for how to share, keep engagement when so many staff are still working virtually
- Wellness communication/resources on types of wellness. How to Promote wellness to employees?
- Monthly Wellness presentations we can share with employees
- HCA-organized Wellness Fairs - at least where there are a high concentration of state employees. I think Wellness Coordinators would be happy to help organize and promote, but they're a lot of work for us.
- How to keep employees that are teleworking engaged and feeling appreciated
- Capture How To such as : flu shot clinics; weight watchers at lunch; walking groups; cooking/recipe shares
- New ideas and ready-made emails. We have a Wellness Team that meets monthly. Speakers to pump us up!
- Ideas for promoting wellness to teleworkers. Our agency is mostly telework.
- A 'library' of these presentations/info, recorded sessions - centralized location and under a theme/purpose...
- Provide a way to share with each other on a regular basis - Wellness Coordinator channel in SmartHealth?
- We need HCA working with agency leadership more to get them to support Wellness more. We can't even get in front of them, and programs don't go anywhere if it's not a priority from the top. Paid coordinators are needed.

Question #3

What quarterly training topics would you like Washington Wellness to provide to help you with your program planning?

Responses:

- Training on burnout, compassion fatigue
- Mental Health awareness, resources, training
- Wellness coordination for beginners :)
- Maybe a walking challenge, a bike challenge, etc
- Mental health: anxiety
- Employee Connection for teleworking Employees, employee engagement
- Do HCA and Wellness quarter activities match?
- Supporting remote worker well-being

(Responses to Question #3 continued)

- Diabetes Program and Tabaco program and how best to provide info when this can be hard sometimes.
- Managing work/life balance, how to empower staff to take and use their time off.
- Alcohol, Mindfulness, Nutrition, Sleep
- List of gym's that offer State discounts.
- Lifting stigma of taking time for Wellness
- Employee connection and engagement outside of meetings and 1:1's
- Regularly scheduled sessions on platform trainings (SmartHealth, etc.) - brainstorm opportunities, questions, and get refresh on system updates
- Illness prevention: vaccines
- Reaching and engaging millennials
- What can you do at your desk to promote Wellness?
- Ways to start challenges, ways to get higher participation. How to make activities relevant to on-site and at-home workers. Mindfulness activities
- Leveraging technology for wellness
- Nutrition, Moving/Exercise, Emotional support/mental health topics cover a wide variety of issues
- Seasonal - Winter - SAD, Mental Health; Summer - Promoting Hiking/Biking, Sunscreen awareness
- Stigma on mental health
- Recognizing possible depression in our co-workers, how to respond beyond saying "EAP is available to you."
- I seem to follow the monthly Wellness calendar.
- A WA Wellness 101 for new(er) or others are reminder to confirm all the valuable resources available