

# Washington Wellness 2022 Preview

**Health Care Authority  
Employees and Retirees Benefits Division  
Washington Wellness Program**

# Agenda

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- ▶ Welcome & Introductions
- ▶ Washington Wellness Announcements
- ▶ SmartHealth Preview
- ▶ Polling: Help Shape 2022
- ▶ Q&A
- ▶ Networking Session (optional)

# Housekeeping

- ▶ Please use the “Q&A” function to submit your questions.
- ▶ Initially, only the hosts & panelists can see your questions.
- ▶ We will post and answer your questions by the end of the presentation.
- ▶ The recorded webinar will be available on the WA Wellness page within a few days.



# Our Team

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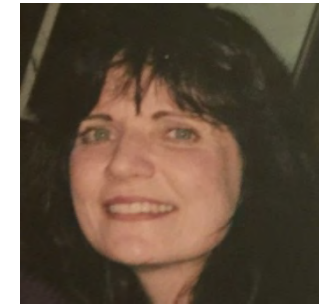
Heidi Helsley



Aaron Huff



Ron Kim



Pam Walker



Kristen Stoimenoff



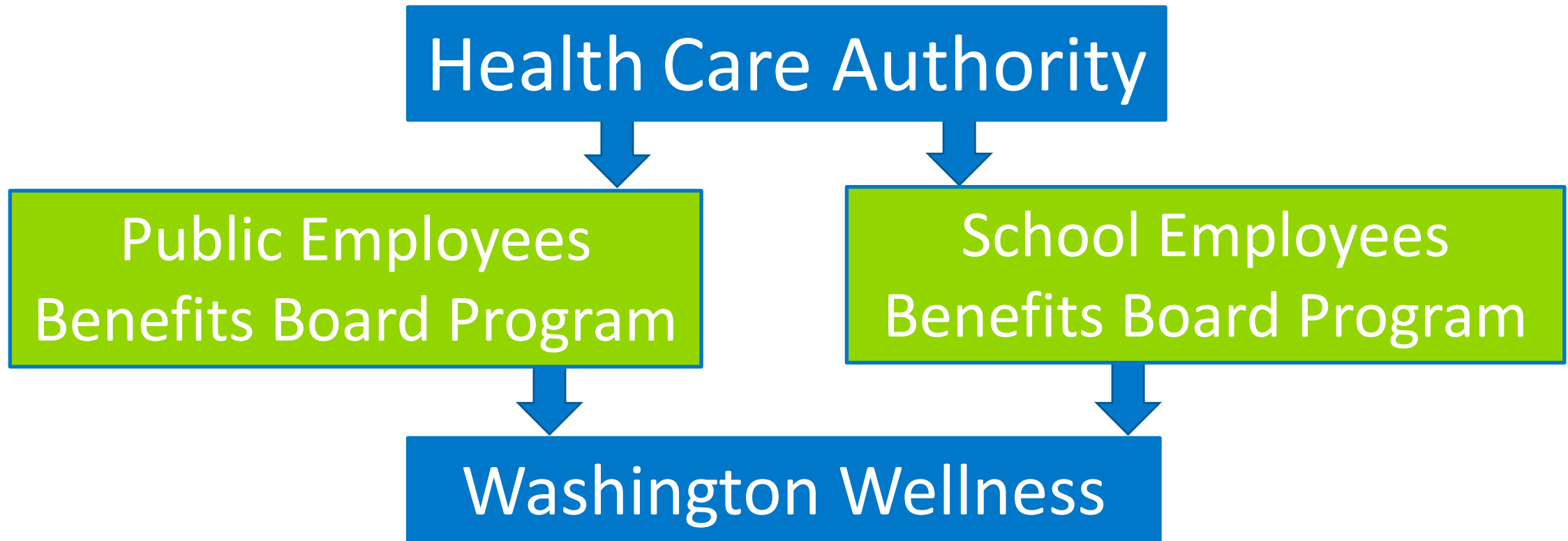
Sarah Bell,  
Limeade



Christine Bilheimer,  
Limeade

# What is Washington Wellness?

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# Why Well-being at Work Matters

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# Learning Objectives

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By the end of today's webinar, you will be able to:

- ▶ Describe upcoming training opportunities for new wellness coordinators
- ▶ Apply for the Zo8 Award and gain recognition for your program
- ▶ Explain how SmartHealth themes and activities are selected
- ▶ Vote for preferred SmartHealth themes, training topics, and networking opportunities



# Announcements





# Washington Wellness Training Modules

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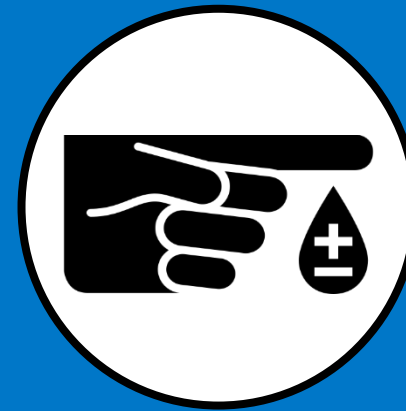
**WA Wellness  
Overview**



**Building a Wellness  
Program**



**SmartHealth  
Overview**



**Diabetes  
Prevention**



**Tobacco  
Prevention**

# Training Modules *continued...*

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## ▶ What:

- Program component overview and functionality
- Current data and best practice guidelines
- How to include the topic in your wellness plan
- Links to information and resources

## ▶ Who:

- New and experienced wellness coordinators, well-being champions, and benefit administrators

## ▶ When:

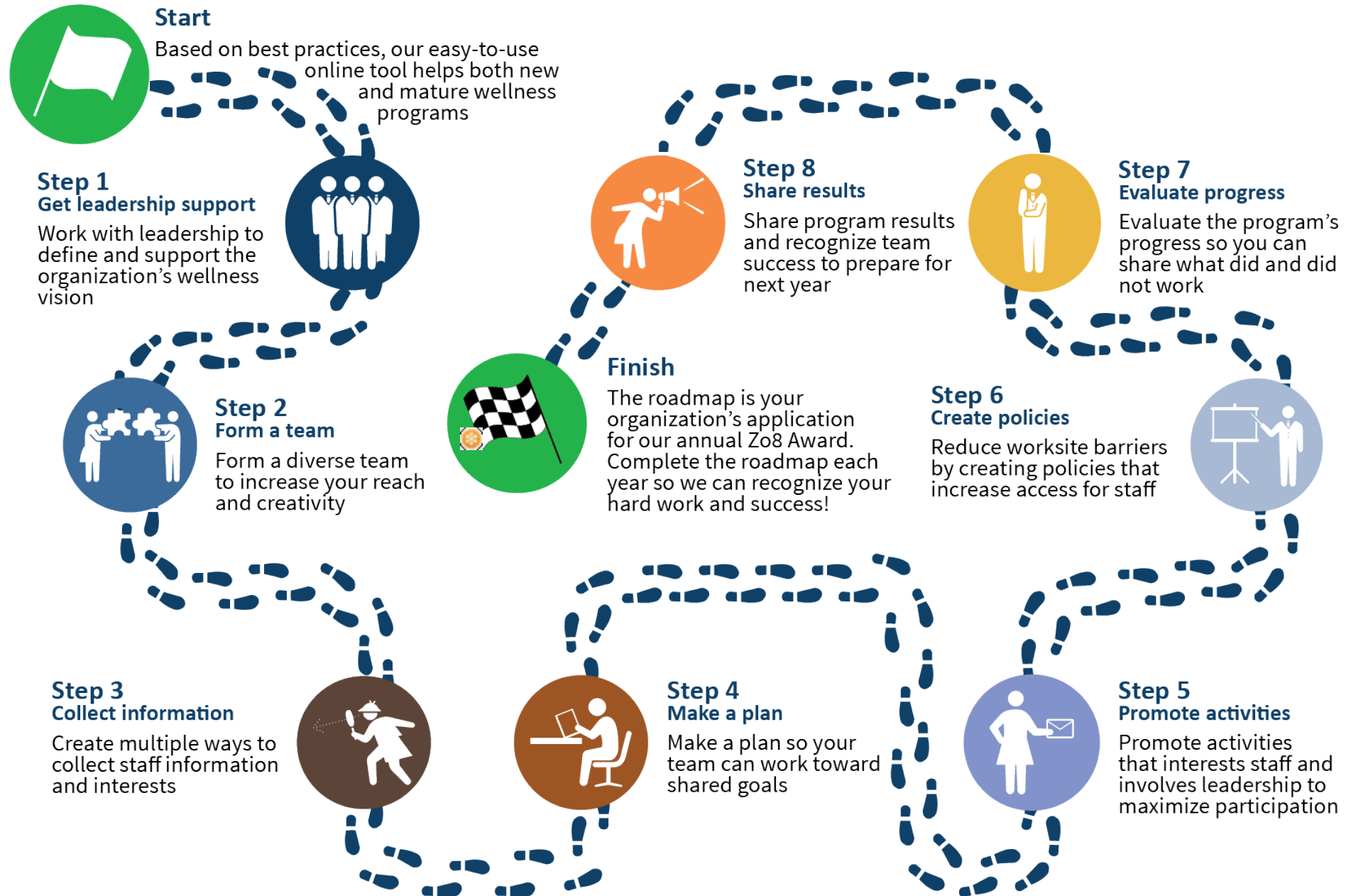
- Early 2022

## ▶ Where:

- HCA's Washington Wellness website

# Worksite Wellness Roadmap

8 steps to build and grow a sustainable wellness program



# Roadmap Details

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**Easy-to-use  
online checklist**



**Submit application  
for our Zo8 Award**



**Deadline:  
February 28**



# Zo8 Award

# Zo8 Award Details

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**Apply for and  
earn each year**



**Highlight  
your success**



**Most in 2021:  
35 winners**

The logo features a central yellow circle with a blue arc above it and a green arc below it. The word "Healthy" is in green, "Worksite" is in blue, and "SUMMIT" is in green below it.

Healthy  
Worksite  
SUMMIT

# Healthy Worksite Summit Details

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**In-person event  
March 9-10, 2022**



**Lynnwood  
Convention Center**



**Scholarships  
available**



# Quarterly Themes

SmartHealth 2022

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# 2022 Theme Considerations

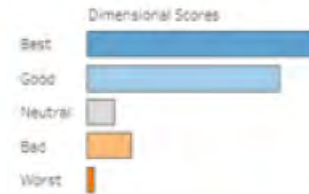
- Well-being Dimensions based on assessment
- Well-being Dimensions based on activity popularity
- Organizational Focus based on executive leadership

# Well-being Assessment Scores 2021

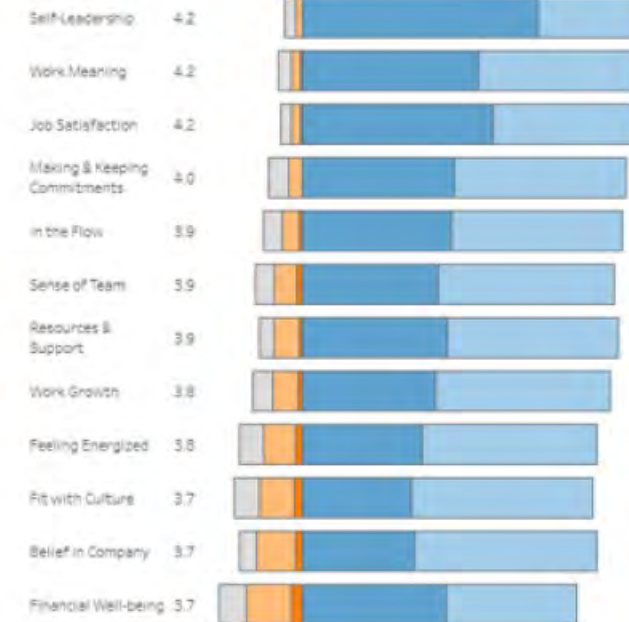
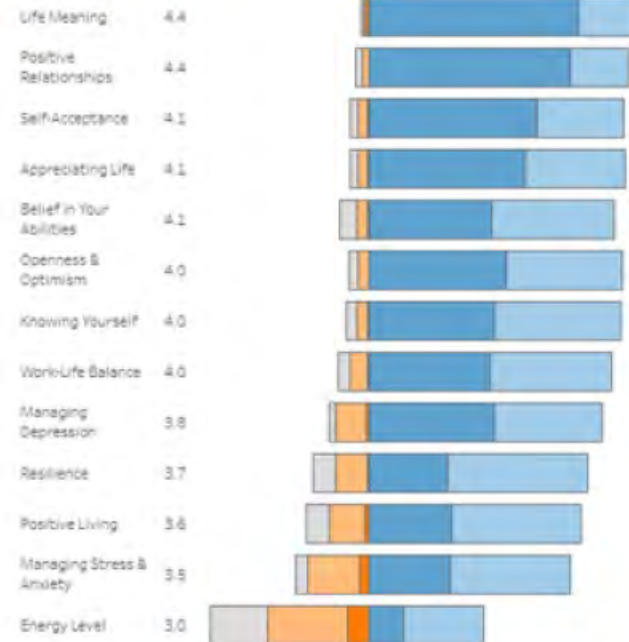
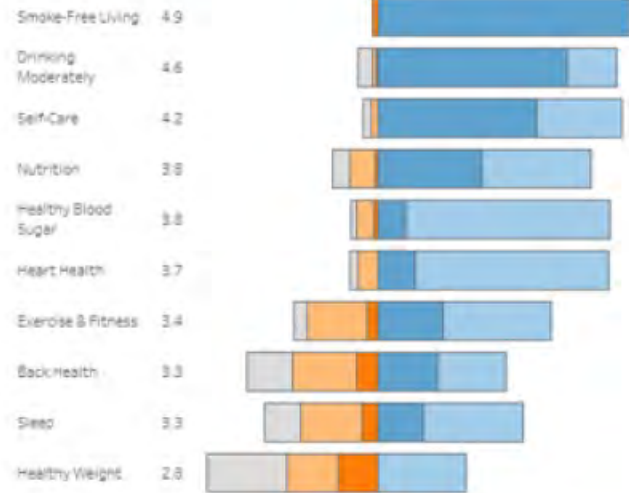
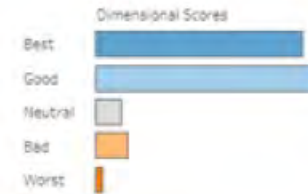
Average Health Score



Average Well-Being Score



Average Productivity Score



# Top WBA Dimension Strengths

1

## HEALTH

Smoke Free Living  
Drinking Moderately  
Self-care

2

## WELL-BEING

Life Meaning  
Positive Relationships  
Self-Acceptance

3

## WORK

Self Leadership  
Work Meaning  
Job Satisfaction

# Top WBA Dimension Opportunities

1

## HEALTH

Healthy Weight  
Sleep  
Back Health  
Exercise & Fitness

2

## WELL-BEING

Energy Level  
Managing Stress &  
Anxiety  
Positive Living

3

## WORK

Financial Well-being  
Belief in Organization  
Fit with Culture

# Activity Popularity 2021

## Top Joined Activities

- Mental Health Tips
- COVID-19
- Daily Steps
- Stand Up and Stretch
- Bring Your Lunch to Work
- Do I Drink Enough Water
- What Causes Your Stress
- One Minute of Gratitude
- One Thing That Makes You Happy
- Maintain a Bedtime Routine
- Spend Quality Time Outdoors
- Support Your Mental and Emotional Well-being
- Are you actually hungry?
- The importance of goal setting (video)

# 2022 Theme Considerations

- Well-being Dimensions based on assessment
- Well-being Dimensions based on activity popularity
- Organizational Focus based on executive leadership

WBA Assessment	Activity Popularity	Org Focus
<ul style="list-style-type: none"><li>✓ Healthy Weight</li><li>✓ <b>Energy Level</b></li><li>✓ Sleep</li><li>✓ Back Health</li><li>✓ Exercise &amp; Fitness</li><li>✓ <b>Managing Stress &amp; Anxiety</b></li></ul>	<ul style="list-style-type: none"><li>✓ <b>Energy Level</b></li><li>✓ Heart Health</li><li>✓ Healthy Weight</li><li>✓ <b>Manage Stress &amp; Anxiety</b></li><li>✓ Nutrition</li><li>✓ Exercise &amp; Fitness</li><li>✓ Manage Depression</li></ul>	<ul style="list-style-type: none"><li>✓ <b>DEI - Inclusion</b></li><li>✓ <b>Mental &amp; Emotional Well-being</b></li></ul>

# Potential Themes 2022

1.	2.	3.	4.	5.
<b>Inclusion &amp; Belonging</b>	<b>Elevate Your Energy</b>	<b>Prioritize Mental Well-being</b>	<b>Positive Emotional Living</b>	<b>Maximize Your Benefits</b>
<ul style="list-style-type: none"><li>✓ Help Create Inclusion at Your Workplace</li><li>✓ Foster Open Communication</li><li>✓ How Well Does Your Manager Know You?</li><li>✓ Say Hello</li><li>✓ Learn Your Org's Inclusive Behavior</li></ul>	<ul style="list-style-type: none"><li>✓ Mastering Skills of Healthy Deviance</li><li>✓ Stock Your Pantry with Whole Foods</li><li>✓ Take Care of Yourself While Caring For Others</li><li>✓ Define Your Steps Goal</li></ul>	<ul style="list-style-type: none"><li>✓ Stress and your Body</li><li>✓ Be Kind to Yourself</li><li>✓ Are you Holding Emotional Pain?</li><li>✓ A New Adventure</li><li>✓ Get to Know Your Conflict Style</li><li>✓ Mindfulness Lesson Series</li></ul>	<ul style="list-style-type: none"><li>✓ Renegade Rituals</li><li>✓ Confronting the Unhealthy Default Reality</li><li>✓ Take Time to Recharge</li><li>✓ Cultivate Your Green Thumb</li></ul>	<ul style="list-style-type: none"><li>✓ Get Connected with a Resource Group</li><li>✓ Explore Your Organizations Benefits</li><li>✓ Connect Your Role to Org Values</li><li>✓ Can I Get Your Help</li></ul>



# Thank You!

SmartHealth

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# Poll: SmartHealth themes for 2022

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Choose up to 3 themes you would like to see in SmartHealth for 2022

- Elevate your energy
- Prioritize mental well-being
- Positive emotional living
- Maximize your benefits

Smart[]Health

Washington State  
Health Care Authority



# Poll: Quarterly Training Topics for 2022

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Choose up to 4 training topics you are interested in for 2022

- The science and practice of health behavior change
- Virtual wellness programming
- Diversity, equity, and inclusion in the workplace
- Mental health in the workplace
- Workplace wellness best practice strategies
- Sleep
- Back care
- Healthy eating
- Physical activity

# Poll: Networking Topics for 2022

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## **Choose up to 4 networking topics you are interested in for 2022**

- Diversity, equity, and inclusion (DEI) in the workplace
- Supporting employees in a remote work environment
- Supporting employees experiencing compassion fatigue (secondary traumatic stress)
- Getting leadership support
- Forming a wellness team
- Using data to inform your employee wellness efforts
- Developing a wellness plan
- Promoting employee wellness activities
- Creating wellness policies
- Evaluating your wellness plan
- Sharing your wellness plan evaluation results

# A Few Final Items...

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- ▶ Survey coming tomorrow
- ▶ Tobacco Update webinar December 15, 10 – 11 a.m.
- ▶ Annual SmartHealth “reset” January 1 – 5
- ▶ Find My \$125 tiles coming in January
- ▶ Webinar evaluation



# Contact Us

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[hca.wa.gov/washington-wellness](https://hca.wa.gov/washington-wellness)



[wawellness@hca.wa.gov](mailto:wawellness@hca.wa.gov)



360-725-1700

# Virtual Networking Session





# Virtual Networking Session

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## Guiding Questions

- ▶ What is your name, and what organization do you represent?
- ▶ How long have you been involved with your organization's wellness program?
- ▶ How well-developed / active is your organization's wellness program?
- ▶ What is one new thing you have tried in the last year?
- ▶ What is one thing you'd like to hear about from others?
- ▶ What is one thing you'd like to explore?

# Guiding Question #1

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What is your name, and what organization do you represent?

▶ Type comment in chat

# Guiding Question #2

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How long have you been involved with your organization's wellness program?

▶ Type comment in chat

# Guiding Question #3

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How well-developed / active is your organization's wellness program?

- ▶ Type comment in chat, or
- ▶ Use the “Raise Hand” feature

# Guiding Question #4

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What is one new thing you have tried in the last year?

- ▶ Type comment in chat, or
- ▶ Use the “Raise Hand” feature

# Guiding Question #5

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What is one thing you'd like to explore?

- ▶ Type comment in chat, or
- ▶ Use the “Raise Hand” feature

# Guiding Question #6

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What is one thing you'd like to hear about from others?

- ▶ Type comment in chat, or
- ▶ Use the “Raise Hand” feature

Thank You!