



# How SmartHealth Can Help

2016 Zo8 Award Group Discussion

## Organization Examples

- Clark College
- Everett Community College
- Natural Resources Building Wellness Committee
- State of Washington Board of Industrial Insurance Appeals
- Washington's Lottery
- Washington State Department of Labor and Industries
- Port of Olympia
- Washington State Health Care Authority
- Washington Utilities and Transportation Commission
- State Board for Community and Technical Colleges
- Washington State Office of the Insurance Commissioner
- Washington State Department of Retirement Systems
- Washington Student Achievement Council
- Intercity Transit
- Washington State Department of Revenue
- Washington State Department of Health
- Washington State Department of Licensing
- Washington State Employment Security Department
- Washington State Office of the Attorney General
- Washington State Liquor and Cannabis Board
- Washington State Department of Transportation

# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |                     |
|---------------------|---------------------|
| <b>Name</b>         | Karen Ferguson      |
| <b>Email</b>        | kferguson@clark.edu |
| <b>Phone</b>        | 360.992.2317        |
| <b>Organization</b> | Clark College       |

## Enter your organization's demographics

|   |  |
|---|--|
| <b>How many employees are eligible for your wellness program?</b> | All employee groups. Appx. 1600.   |
| <b>How many worksites does your program serve?</b>                | Primarily main campus, but we do have a small number of employees at two other sites that are eligible to participate. |
| <b>How many cities are your employees located in?</b>             | One (1). Vancouver, WA.  |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

SmartHealth has been an extremely valuable tool for building our wellness program this past year. In particular, I have found the SmartHealth Road Map indispensable in keeping our wellness team focused and moving forward. Launching a wellness program for an organization of our size can be a challenge, and is certainly time-consuming; and with a rather large wellness team, there are often credible but conflicting goals and agendas at the table. The SmartHealth Road Map gave us a goal to reach (Zo8 award) and laid out the necessary steps we needed to take to build a successful program. From leadership support, to forming a team, to collecting data and creating a wellness plan, each step in the Road Map is clearly defined, and backed by research on best practices in the wellness field. I am confident that by following these guidelines we are moving our program in the right direction, which provides peace of mind and allows me to manage our efforts efficiently and effectively.

In the future, I intend on using the SmartHealth Activities Calendar, and linking to our web-portal so employees can earn points toward their annual deductible.

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Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Elise Mayes  |
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| <b>Phone</b>        | 425-388-9231   |
| <b>Organization</b> | Everett Community College                                      |

## Enter your organization's demographics

|   |      |
|---|------|
| <b>How many employees are eligible for your wellness program?</b> | 1200 |
| <b>How many worksites does your program serve?</b>                | 4    |
| <b>How many cities are your employees located in?</b>             | 3    |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

Each quarter I am going to look at what is being offered (next year I would like to plan out the year in advance). I am going to attempt to create emails that will periodically go out reminding people to do things here at EvCC and they will count for points on SmartHealth. We consistently have EvCC Wellness Classes so I have spoken with SmartHealth and they will be able to set up a standard tile for just EvCC. That's really exciting for me because not only does it qualify for points on SmartHealth but it's another way to reach people in trying out our wellness classes.

I would also like to get some testimonials up on SmartHealth that are strictly for EvCC. It's so powerful to have a coworker speak to their own successes.

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Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | *Department of Agriculture: Stacy Laney<br>*Department of Fish and Wildlife: Rachel Glover, Yvonne Jennings, Katherine Waldrop, Jeff Grimm and Cindy Colvin<br>*Department of Natural Resources: Gabe Baez<br>*Recreation & Conservation Office: Cindy Gower                             |
| <b>Email</b>        | <a href="mailto:Stacy.Laney@agr.wa.gov">Stacy.Laney@agr.wa.gov</a><br><a href="mailto:DFWWellnessTeam@dfw.wa.gov">DFWWellnessTeam@dfw.wa.gov</a><br><a href="mailto:Cindy.Gower@rco.wa.gov">Cindy.Gower@rco.wa.gov</a><br><a href="mailto:Gabe.Baez@dnr.wa.gov">Gabe.Baez@dnr.wa.gov</a> |
| <b>Phone</b>        | 360-902-2160, 360-902-2822, 902-3013 and 902-1061  |
| <b>Organization</b> | Natural Resources Building Wellness Committee  |

## Enter your organization's demographics

|   |   |
|---|---|
| <b>How many employees are eligible for your wellness program?</b> | Agriculture: 686<br>Fish and Wildlife: 1,634<br>Natural Resources: 1,369<br>Recreation & Conservation: 40 out of 53 |
| <b>How many worksites does your program serve?</b>                | Agriculture: 35<br>Fish and Wildlife: 150<br>Natural Resources: 60<br>Recreation & Conservation:1                   |
| <b>How many cities are your employees located in?</b>             | Agriculture:35<br>Fish and Wildlife: 135<br>Natural Resources: 50+<br>Recreation & Conservation:1                   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

We have 4 agencies in the Natural Resources Building and each agency has staff statewide. When it comes to SmartHealth, we kicked off the year by having an Open House to help staff get signed up or answer any

questions they had. We walked them through logging in, troubleshoot potential roadblocks and showed them tips on adding activity tiles to their account portal. In March, we did a reminder postcard for the Governor's Early Bird deadline. We handed out 300 cards in the morning, standing in the Rotunda and Stairwells and then put them in lunch and breakrooms so that staff could see them throughout the day; we also sent emails to Regional and local staff. We send out monthly emails, post flyers, include information in weekly newsletters, SharePoint or Intranet sites and word of mouth. We also use the SmartHealth dashboard to look at our agency data – after each promotion, we noticed a jump in users and active participants. We like to get the word out about SmartHealth during our monthly lunch and learns and we also remind staff during our Fall Wellness Fair.

### Future plans

Using the monthly SmartHealth activity planner to align with other Wellness activities to promote throughout the agencies. Through our promotions, we got several questions in regards to “not seeing the money” in the HSA account holders. We intend to provide more guidance to those who choose this type of benefit.



*Spring into \$125 in savings*



- **Complete the SmartHealth Well-being Assessment & earn 800 points towards the 2,000 points requirement. Earn the Governor's Early Bird Bonus of 100 points by completing the assessment before March 31, 2016, and you are nearly there.**
- **Earn 2,000 points by September 30<sup>th</sup> to reduce your medical plan deductible by \$125 in 2017 by logging onto [smarthealth.hca.wa.gov](http://smarthealth.hca.wa.gov).**
- **You already do many of the activities every day so you might as well earn points that will reduce your 2017 medical plan deductible.**

Contact your Wellness committee members to learn more about SmartHealth, Wellness or to join the team!

Stacy Laney-AGR

Gabe Baez-DNR

Cindy Gower-RCO

DFW Wellness Team-DFW

## March 22<sup>nd</sup> is American Diabetes Association Alert day

Log on to <http://www.diabetes.org/are-you-at-risk/alert-day/> to learn more about your risk of getting diabetes.

Or attend our Diabetes Prevention program testing event on April 12, 2016 in Conference Room 175 between 1-5 p.m. to have your A1C tested. As part of this testing event, those who are in the pre-diabetes range will be eligible to join the weekly classes (16 weeks) and then the follow-up monthly classes (8 months) to learn how to lower your risks by eating healthier and increasing your activity levels. Classes are held during lunch right here in the NRB at no cost to you. As an extra benefit, after 4 weeks you will also be given a 3-month membership to the YMCA to assist in lowering your A1C levels.



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Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Ann Bartholomew  |
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| <b>Phone</b>        | 360-753-9639   |
| <b>Organization</b> | Board of Industrial Insurance Appeals  |

## Enter your organization's demographics

|   |            |
|---|------------|
| <b>How many employees are eligible for your wellness program?</b> | Approx 150 |
| <b>How many worksites does your program serve?</b>                | 5          |
| <b>How many cities are your employees located in?</b>             | Approx 26  |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

The BIIA has used the SmartHealth website and Activity Calendar as a reference for creating our own programs, but has mostly utilized the resources associated with each activity.

Each January through April, we host a Get Healthy & Fit Challenge and utilize at least one of the activities listed on SmartHealth; this enables our participants to get points for our Get Healthy & Fit Challenge and also points toward earning the Wellness Incentive. Taking the Health Assessment on SmartHealth was also a way participants could earn points, and by doing this, we hoped to get more people to see the value and utilize all the topics the SmartHealth Website has to offer.

We encouraged our PEBB employees to sign up for SmartHealth and take advantage of the resources and programs to help them reach *entire* well being.

In the future, we hope to incorporate additional SmartHealth programs into our Wellness plan and to utilize the Limeade Dashboard.

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Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Barbara Taylor   |
| <b>Email</b>        | <a href="mailto:btaylor@walottery.com">btaylor@walottery.com</a> |
| <b>Phone</b>        | 360-664-4784   |
| <b>Organization</b> | Washington's Lottery   |

## Enter your organization's demographics

|   |     |
|---|-----|
| <b>How many employees are eligible for your wellness program?</b> | 125 |
| <b>How many worksites does your program serve?</b>                | 6   |
| <b>How many cities are your employees located in?</b>             | 6   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

We have used SmartHealth to get ideas for our own wellness activities. Also being able to see what our employees are interested in and what causes an increase in SmartHealth participation has been very helpful. Right now, we are going through a conversion that has been four years in the making. This has really limited the amount of time spent on Wellness or any other activity not central to the conversion. We hope to get back on track in 2017 and put SmartHealth in use like it should be. Thank you for your interest in our agency and stay tuned for a huge spike in our participation.

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## Enter your details

|                     |                             |
|---------------------|-----------------------------|
| <b>Name</b>         | Doug Spohn                  |
| <b>Email</b>        | Doug.Spohn@lni.wa.gov       |
| <b>Phone</b>        | 360-902-6304                |
| <b>Organization</b> | Dept. of Labor & Industries |

## Enter your organization's demographics

|   |       |
|---|-------|
| <b>How many employees are eligible for your wellness program?</b> | 2,900 |
| <b>How many worksites does your program serve?</b>                | 21    |
| <b>How many cities are your employees located in?</b>             | 19    |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

### **Spring Fling A-Go-Go: *Race to the White House!***

This is our annual 6-week exercise, nutrition, and mental health campaign. Runs May 2 through June 12, 2016. Participants go on a virtual road trip from Hawaii to Washington DC, earning mileage by exercising and completing other activities at different landmarks along the route. Participating in Spring Fling is worth 300 SmartHealth points.







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## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Kim Kawada-Schauer   |
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| <b>Phone</b>        | 360.528.8033   |
| <b>Organization</b> | Port of Olympia  |

## Enter your organization's demographics

|   |           |
|---|-----------|
| <b>How many employees are eligible for your wellness program?</b> | All Staff |
| <b>How many worksites does your program serve?</b>                | 3         |
| <b>How many cities are your employees located in?</b>             | 2         |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

The Port uses our intranet to advertise about SmartHealth and other wellness activities. In order to provide ways our staff can earn SmartHealth points, we've set up a lot of different programs, some of which are highlighted here.

- Our wellness team stocks a fruit bowl once a month in every office. ("Eat fewer processed foods").
- We have an office in our warehouse that we use for lunchtime workouts. It is stocked with a computer/screen, weights, yoga mats and workout DVDs. ("Exercise 3 times").
- Our organization votes on three charities to support each year. We do fund raisers such as auctions and bowl-a-thons to raise money for these charities. ("Give back to others").
- The Port does two walks a year - the Easter Egg Walk and the Poker Walk. Employees walk (or run) a 2 mile course around our property and have opportunities for extra points by doing exercises such as jumping jacks at each station. At the end, everyone gets a small participation gift card with the chance to win a 1st, 2nd or 3rd place prize. ("Get moving").
- Once a month we offer chair massage or reflexology to staff. The Wellness program pays for half of each session. ("Pamper myself" "Make time to relax 5 times")





April 2016

# How SmartHealth Can Help

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Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |                             |
|---------------------|-----------------------------|
| <b>Name</b>         | Christie Stelzig            |
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| <b>Phone</b>        | 360-790-3222                |
| <b>Organization</b> | Health Care Authority       |

## Enter your organization's demographics

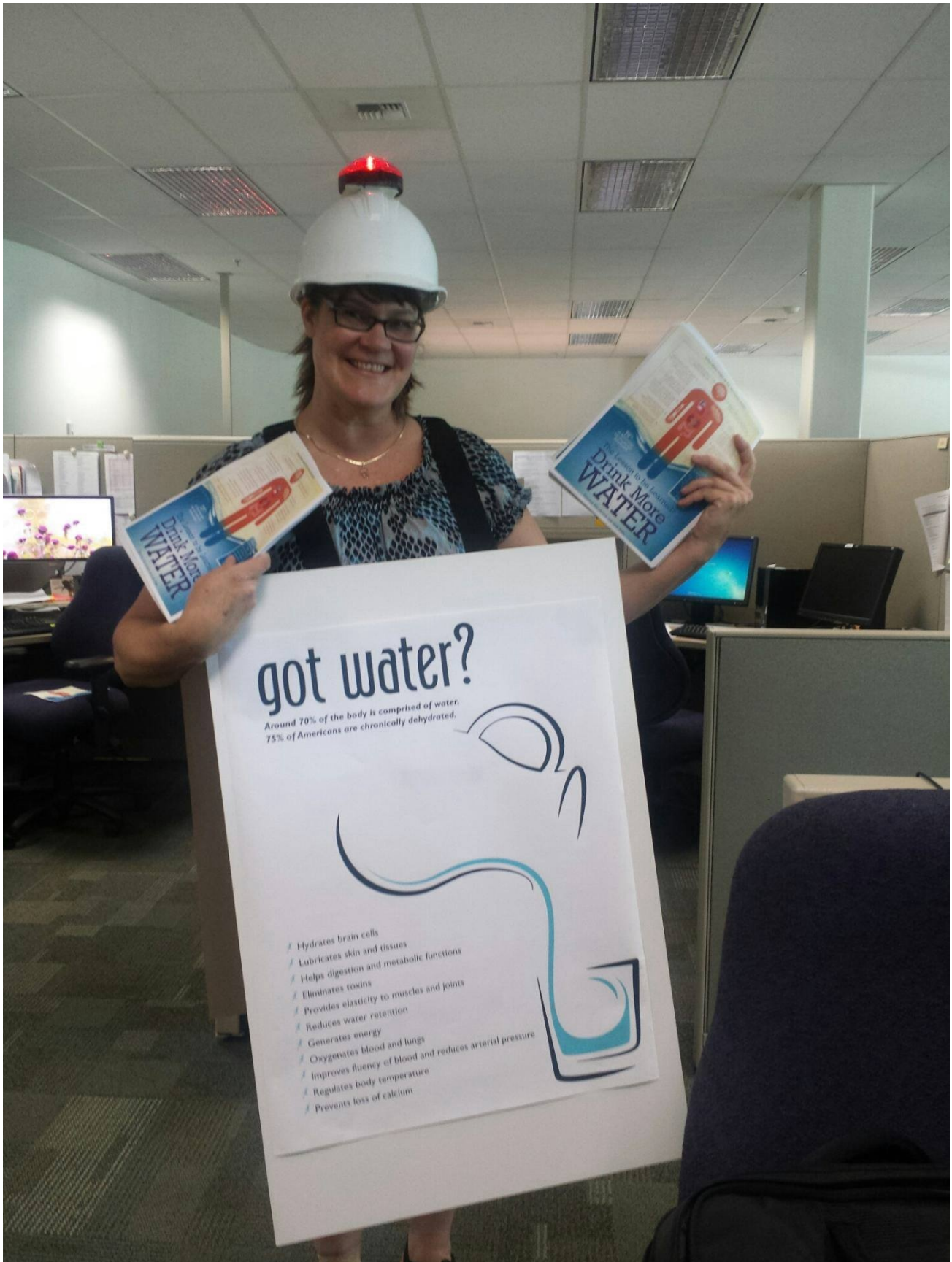
|   |  |
|---|--|
| <b>How many employees are eligible for your wellness program?</b> | 1,200  |
| <b>How many worksites does your program serve?</b>                | 4 – Plus individual out-stationed employees. |
| <b>How many cities are your employees located in?</b>             | 3  |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

SmartHealth is super easy as you can choose a few tiles each month to focus on. You can even choose one to do a campaign with. I chose “Drink Fluids” and talked about drinking more water. I walked around the agency with a sandwich board that had a poster that said “Got Water?” and handed out flyers on the importance of drinking water. I send a monthly email to our extended management that speaks about SmartHealth and talks about the tiles that I will be focusing on for the upcoming month. This is also a reminder for them to let their employees take the assessment and participate in SmartHealth. Our director has given permission for our employees to take the assessment during work time as well as small amounts of time to track their activities.



# got water?

Around 70% of the body is comprised of water.  
75% of Americans are chronically dehydrated.

- / Hydrates brain cells
- / Lubricates skin and tissues
- / Helps digestion and metabolic functions
- / Eliminates toxins
- / Provides elasticity to muscles and joints
- / Reduces water retention
- / Generates energy
- / Oxygenates blood and lungs
- / Improves fluency of blood and reduces arterial pressure
- / Regulates body temperature
- / Prevents loss of calcium



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## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Sandi Yeomans  |
| <b>Email</b>        | <a href="mailto:syeomans@utc.wa.gov">syeomans@utc.wa.gov</a> |
| <b>Phone</b>        | 360-664-1237   |
| <b>Organization</b> | Utilities and Transportation Commission                      |

## Enter your organization's demographics

|   |     |
|---|-----|
| <b>How many employees are eligible for your wellness program?</b> | 150 |
| <b>How many worksites does your program serve?</b>                | 1   |
| <b>How many cities are your employees located in?</b>             | 1   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

### 2015 UTC Wellness Plan

#### Mission

The UTC Wellness Team exists to help the commission create and maintain a healthy working environment, foster a healthy lifestyle, and enhance the organizational culture for commission employees.

#### Program Goals

- Increase physical activity during the work day
- Educate employees on the dimensions of wellness
- Increase participation in preventative measures and services. (This includes diet changes (nutrition), flu shots, testing events, screenings, etc.)

## Health Assessment Feedback

Key areas to focus on: Blood pressure, lack of exercise, weight, and self-breast exams.

## Measures

Participation, completion, satisfaction, awareness, and biometrics.

## SmartHealth

Those things that are part of the SmartHealth program or will be an agency event entered into SmartHealth are highlighted in yellow.

## Activities to Promote Throughout the Year

- Testimonials
- Recipe sharing
- “Caught in Wellness”
- Book Club
- SmartHealth

May – Mental Health Month, National Physical Fitness and Sports Month

| Date      | Activity                                       | Type                  | Team Members/Sub-Committee                          | Wellness Dimensions           | Program Goal  | Objective/Measure | Outcome |
|-----------|--|-----------------------|---|-------------------------------|---|-------------------|---------|
| 5/11/2015 | Book Club Discussion: Water for Elephants      | Lunch-time book club  | Occupational, Intellectual, Financial Sub-Committee | Intellectual                  |   |                   |         |
| 5/12/2015 | First Aid/CPR/AED Training                     | Training              | Desiree, HR   | Physical                      |   |                   |         |
| 5/13/2015 | Wellness Trivia for Public Service Recognition | Lunch-time trivia     | Desiree, Events Committee                           | Intellectual, Social          |   |                   |         |
| 5/14/2015 | Executive Support for Wellness Events          | Meetings              | Desiree, Marks                                      |                               |   |                   |         |
| 5/15/2015 | Setup basketball hoop                          |                       | Desiree   | Physical                      |   |                   |         |
| 5/19/2015 | Pumpkin Seed Distribution                      | Physical Distribution | Environmental, Nutritional Sub-Committee            | Environmental, Nutritional    |   |                   |         |
| 5/19/2015 | Wellness Team Monthly Meeting                  | Meeting               | All   | Social/Cultural, Occupational | Increase healthy habits and physical activity in our population, educate employees on the 8 dimensions of |                   |         |

April – Stress Awareness Month and Distracted Driving Awareness Month (Spring Forum)

| Date      | Activity  | Type     | Team Members/Sub-Committee                        | Wellness Dimensions                       | Program Goal   | Objective/Measure | Outcome |
|-----------|---|----------|---|---|--|-------------------|---------|
| 4/6/2015  | Emotional and Spiritual Sub-Committee Meeting                   | Meeting  | Greg K, Mark S, Jennifer P, Tiffany, Desiree      | Emotional and Spiritual                   | Focus on emotional and spiritual elements of wellness. Allow team members to work on the elements they are most interested in and cut the work into more manageable chunks.                  |                   |         |
| 4/7/2015  | Lunch Walks 2X/Week   | Activity | Desiree   | Physical, Social                          | Encourage employees to get out and walk during their lunch break.  |                   |         |
| 4/8/2015  | SMT Meeting – Present Wellness Charter                          | Meeting  | Desiree, Mark S                                   |   |  |                   |         |
| 4/13/2015 | Occupational, Intellectual, and Financial Sub-Committee Meeting | Meeting  | Scott S, Jennifer P, Nicole M, Deborah R, Desiree | Occupational, Intellectual, and Financial | Focus on occupational, intellectual and financial elements of wellness. Allow team members to work on the elements they are most interested in and cut the work into more manageable chunks. |                   |         |
| 4/15/2015 | Physical and Social Sub-Committee                               | Meeting  | Greg H, Melissa H, Tiffany, Desiree               | Physical and Social                       | Focus on physical and social elements of wellness. Allow team  |                   |         |





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Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Scott Toscano  |
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| <b>Phone</b>        | 360-704-4381   |
| <b>Organization</b> | State Board for Community & Technical Colleges             |

## Enter your organization's demographics

|   |     |
|---|-----|
| <b>How many employees are eligible for your wellness program?</b> | 176 |
| <b>How many worksites does your program serve?</b>                | 3   |
| <b>How many cities are your employees located in?</b>             | 3   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

I will get access to the SmartHealth Dashboard. Then I will review our agency's data with the Safety & Wellness Committee. We will look for opportunities to support areas doing well and seek to improve areas of low performance. We will find a specific activity to promote quarterly.



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## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Amy Teshera  |
| <b>Email</b>        | <a href="mailto:Amyt@oic.wa.gov">Amyt@oic.wa.gov</a> |
| <b>Phone</b>        | 360-725-7237   |
| <b>Organization</b> | Office of the Insurance Commissioner                 |

## Enter your organization's demographics

|   |      |
|---|------|
| <b>How many employees are eligible for your wellness program?</b> | 220  |
| <b>How many worksites does your program serve?</b>                | Four |
| <b>How many cities are your employees located in?</b>             | Four |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

We created a SmartHealth event that encouraged staff participation in support of both an office CFD event and our CTR program simultaneously. Our commissioner led a historical walk around the capitol campus. Staff from outlying locations utilized Intercity Transit to join the activity.

## Get free bus ride & bus to Capitol for CFD kickoff, get SmartHealth points, too!

Employees with a StarPass can ride free to this year's kickoff of the OIC Combined Fund Drive (CFD) campaign. The kickoff begins at 11:30 a.m. Sept. 15 at the Capitol Campus.



The StarPass is good for free rides anytime on Intercity Transit buses. Route 13 buses stop outside the 5000 Building every 15 minutes beginning at two minutes past the hour. Same goes for returns from the Capitol Campus. A one-way trip takes about 14 minutes.

The theme of the kickoff event is "Back to the '80s." OIC's deputies will serve ice cream, there will be a walk around the capitol grounds and you can donate \$5 to the CFD and get your photo taken with the Commissioner.

Our agency fundraising goal for 2015 is \$36,000, an \$8,000 increase over last year. Your contributions are tax-deductible.

Employees enrolled in the state's employee wellness program, SmartHealth, can earn 200 points for participating in the walk with the Commissioner. All you have to do is log into your SmartHealth account, sign up for the event, called **CFD Kickoff Walk with the Commissioner**, and then participate in the walk. It's as easy as that!

CFD Kickoff Walk with the Commissioner



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## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Joy Feist  |
| <b>Email</b>        | <a href="mailto:joyf@drs.wa.gov">joyf@drs.wa.gov</a> |
| <b>Phone</b>        | (360) 664-7220                                       |
| <b>Organization</b> | WA Dept. of Retirement Systems                       |

## Enter your organization's demographics

|   |     |
|---|-----|
| <b>How many employees are eligible for your wellness program?</b> | 240 |
| <b>How many worksites does your program serve?</b>                | 1   |
| <b>How many cities are your employees located in?</b>             | 1   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

Our agency currently does not utilize SmartHealth to its full capacity; however, after attending the Healthy Worksite Summit in March, we plan to incorporate SmartHealth activities into our existing Safety & Wellness plan so that it benefits all of our team members and not just those who participate in PEBB. We will piggyback on the SmartHealth event calendars and ensure the team members who qualify for the wellness incentive are able to receive points for their participation.

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## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Rashel Wise  |
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| <b>Phone</b>        | 360-753-7786   |
| <b>Organization</b> | Washington Student Achievement Council                       |

## Enter your organization's demographics

|   |     |
|---|-----|
| <b>How many employees are eligible for your wellness program?</b> | 102 |
| <b>How many worksites does your program serve?</b>                | 1   |
| <b>How many cities are your employees located in?</b>             | 1   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

Our Wellness Committee uses SmartHealth tools for agency activities so it becomes something employees use every day. We encourage our employees to complete their SmartHealth assessment by having drawings and culminating events. We have agency-wide wellness challenges incorporating ideas from SmartHealth and hold events with prize drawings at the end of each challenge. We also encourage our employees to share their SmartHealth goals and achievements with other staff by way of a bulletin board design or other tool.



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## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Shannie Jenkins  |
| <b>Email</b>        | <a href="mailto:sjenkins@intercitytransit.com">sjenkins@intercitytransit.com</a> |
| <b>Phone</b>        | 360-705-5867   |
| <b>Organization</b> | Intercity Transit  |

## Enter your organization's demographics

|   |     |
|---|-----|
| <b>How many employees are eligible for your wellness program?</b> | 320 |
| <b>How many worksites does your program serve?</b>                | 2   |
| <b>How many cities are your employees located in?</b>             | 1   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

We are trying to make our employees aware of events that coincide with the tiles/event in Smart Health so they can get points when attending events put on by our Wellness Committee. We are always promoting the Smart Health program and log on information in our electronic messaging and our flyers.



April 2016



# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |                       |
|---------------------|-----------------------|
| <b>Name</b>         | Renee' Cosare         |
| <b>Email</b>        | Reneec@dor.wa.gov     |
| <b>Phone</b>        | (360) 704-5734        |
| <b>Organization</b> | Department of Revenue |

## Enter your organization's demographics

|   |      |
|---|------|
| <b>How many employees are eligible for your wellness program?</b> | 1160 |
| <b>How many worksites does your program serve?</b>                | 15   |
| <b>How many cities are your employees located in?</b>             | 15   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

### Previous

For several years, our agency hosted an annual exercise challenge called the DOR (Department of Revenue) Health Games. The information and documents were emailed out to all employees encouraging them to participate. Employees could either participate individually, or as a team. In June 2015, we added this challenge to SmartHealth. Adding this challenge to SmartHealth allowed employees to access the information about the activity and the participant scorecard. It also allowed employees to see the top 20 participants on the leader board. Seeing the leader board seemed to help motivate some employees to work just a little harder.

After the challenge was concluded, we found that we were also able to see the number of employees who participated in this activity, which was an added bonus to our wellness program. This participant profile information will help us to evaluate, design and structure our wellness activities and program throughout the year.



## **Current**

In January 2016, our agency added Professional Development to SmartHealth. We picked this activity from the SmartHealth Idea Bank that is available to all agencies. The Idea Bank provides activities that are pre-approved by PEBB and can be tailored to be relevant to our agency. The SmartHealth Idea Bank is a great resource for providing wellness activities for our employees to utilize...there is something for everyone. The use of SmartHealth activities helps our agency provide a convenient method for our employees to participate.

## **Future**

The Department of Revenue will continue to rely on the SmartHealth wellness portal to advertise activities for our wellness program annual calendar of events. This has proven to be not only a great resource for providing a solid wellness program, but it also offers an easy way for employees to participate, reach their personal health goals and qualify for the annual wellness incentives.

# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |                                       |
|---------------------|---------------------------------------|
| <b>Name</b>         | Kim Concepcion                        |
| <b>Email</b>        | Kim.concepcion@doh.wa.gov             |
| <b>Phone</b>        | 360-236-4249                          |
| <b>Organization</b> | Washington State Department of Health |

## Enter your organization's demographics

|   |      |
|---|------|
| <b>How many employees are eligible for your wellness program?</b> | 1597 |
| <b>How many worksites does your program serve?</b>                | 5    |
| <b>How many cities are your employees located in?</b>             | 5    |

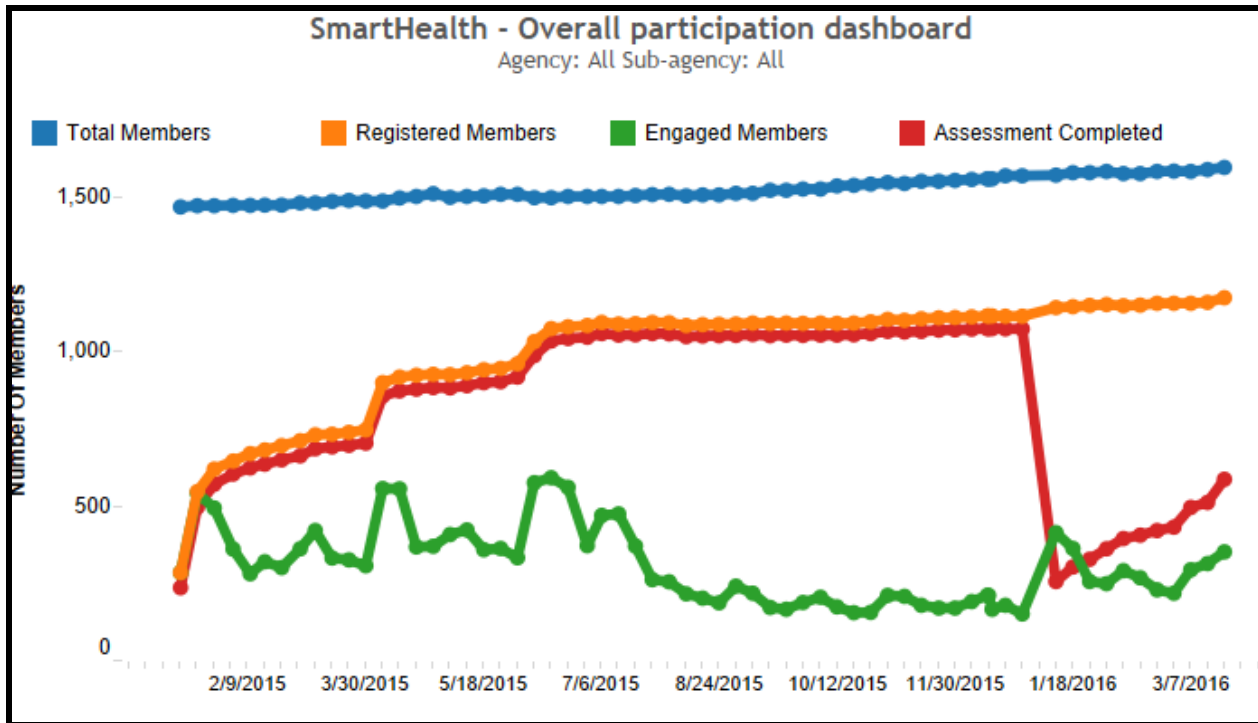
## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

Smart Health helps in providing wellness data to your organization, providing consistent reminders to participants about their health, and has programs based on current research and reputable resources.

For agencies that do not have access to biometric data, which is increasing more difficult to obtain, Smart Health can help your agency establish a baseline of the health of the organization and weekly metrics on the Registrations, Well-being Completion, and program participation. For the agencies that have the required minimum number of eligible staff and have a 50% or higher Well-being completion rate, the Well-being report at the end of the year summarizes the organizations health scores by health category. The report highlights areas to focus on and provides recommendations.



An example of one section of the well-being report:

| SmartHealth              |     |             |                              |     |             |
|--------------------------|-----|-------------|------------------------------|-----|-------------|
|                          | DOH | SmartHealth |                              | DOH | SmartHealth |
| Smoke-Free Living        | 4.9 | 4.9         | Managing Depression          | 4.0 | 4.0         |
| Drinking Moderately      | 4.6 | 4.6         | Work-Life Balance            | 3.9 | 4.0         |
| Self-Care                | 4.3 | 4.3         | Resilience                   | 3.8 | 3.8         |
| Nutrition                | 4.0 | 4.0         | Managing Stress & Anxiety    | 3.7 | 3.7         |
| Healthy Blood Sugar      | 3.8 | 3.9         | Positive Living              | 3.7 | 3.7         |
| Heart Health             | 3.8 | 3.8         | Energy Level*                | 3.0 | 3.0         |
| Back Health              | 3.5 | 3.6         | Self-Leadership              | 4.3 | 4.3         |
| Exercise & Fitness*      | 3.5 | 3.6         | Work Meaning                 | 4.2 | 4.3         |
| Sleep*                   | 3.2 | 3.3         | Job Satisfaction             | 4.1 | 4.2         |
| Healthy Weight*          | 2.8 | 2.9         | In the Flow                  | 4.0 | 4.0         |
| Positive Relationships   | 4.4 | 4.5         | Making & Keeping Commitments | 4.0 | 4.0         |
| Life Meaning             | 4.4 | 4.5         | Resources & Support          | 4.0 | 3.9         |
| Self-Acceptance          | 4.2 | 4.3         | Work Growth                  | 3.9 | 3.9         |
| Belief in Your Abilities | 4.1 | 4.2         | Sense of Team                | 3.9 | 3.9         |
| Openness & Optimism      | 4.1 | 4.1         | Feeling Energized            | 3.8 | 3.9         |
| Appreciating Life        | 4.1 | 4.2         | Belief in Company            | 3.8 | 3.8         |
| Knowing Yourself         | 4.0 | 4.0         | Fit with Culture             | 3.7 | 3.7         |

Smart health also provides built in communication reminders to participants to take care of their health. These reminders can be personally tailored based on Communication preferences and provide links to current programs pertinent to each individual.

As a coordinator, I can appreciate and trust the information on smart health to be from reputable and current resources. I recently viewed the Advanced Directives Tile and its resources links were impressive.

# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Betsy E. Vandrush-Borgacz                                    |
| <b>Email</b>        | <a href="mailto:BBorgacz@dol.wa.gov">BBorgacz@dol.wa.gov</a> |
| <b>Phone</b>        | (360) 902-4063   |
| <b>Organization</b> | WA Dept. of Licensing  |

## Enter your organization's demographics

|   |      |
|---|------|
| <b>How many employees are eligible for your wellness program?</b> | 1269 |
| <b>How many worksites does your program serve?</b>                | 60   |
| <b>How many cities are your employees located in?</b>             | 58   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## What DOL is doing:

### We have:

- Retrieved valuable information from the SmartHealth dashboard regarding participation and engagement of DOL employees in SmartHealth activities. Based on this information, we created a more-in-depth interest survey for employees to fill out on what they are most interested in. We launched the interest survey and received participation by nearly 1/3 of the agency (of 1200 staff). The SmartHealth results coupled with the interest survey results has made it easier for the program as it helped narrow down what really matters and motivates employees. This is necessary to establish our action plan.
- Encouraged employees to log into SmartHealth and take advantage of their participation in our fitness challenges in order to receive credit toward the SmartHealth incentive. This has made it easier for employees to reach the number of points to receive the incentive, and more importantly has aided in forming healthy habits of employees.
- Utilized the SmartHealth calendar to assist us in planning upcoming events at D.O.L.

### We will:

- Be assessing the SmartHealth data and interest survey to come up with an action plan so that we can continue to make the work environment supportive of positive health behaviors of the employees.



# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Mike Palmason  |
| <b>Email</b>        | <a href="mailto:mpalmason@esd.wa.gov">mpalmason@esd.wa.gov</a> |
| <b>Phone</b>        | (360) 902-9429   |
| <b>Organization</b> | Employment Security Department                                 |

## Enter your organization's demographics

|   |       |
|---|-------|
| <b>How many employees are eligible for your wellness program?</b> | 1,500 |
| <b>How many worksites does your program serve?</b>                | 40    |
| <b>How many cities are your employees located in?</b>             | 36    |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

We use information from the SmartHealth challenges to make our own monthly wellness challenges. Two challenges are offered each month... one physical and one other. March, for example, we offered a Get Moving challenge and a Sleep Well challenge. Those that complete the challenge get a signed certificate from the Commissioner. Eligible employees can also use the activity to log points into SmartHealth.

# March Wellness Challenge - Get Moving

## March 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  |     |     |

### NOTES:

March's 30-day challenge is **Get Moving**. You don't have to be a gym rat or a marathoner to add physical activity into your day. Because doing *something* is better than doing nothing at all. While you should aim for 150 minutes of moderate physical activity a week, you can work that into your day in small ways. So make it a goal to move for 30 minutes a day, five days a week. That could be a walk early in the morning, during your lunch break or after dinner.

### Find ways to move more all day long by:

- Taking the stairs instead of the elevator.
- Parking further away from your destination to sneak in extra steps.
- Asking a coworker to take a walking meeting instead of huddling in a conference room.
- Trade four wheels for two legs and walk to run your errands.
- Get busy and tackle some chores - mow the lawn, scrub the floors, rake some leaves.
- Pair TV with activity - use hand weights, walk on a treadmill or do some squats and push-ups.
- Try the popular, scientifically proven, full-body 7 Minute Workout.
- Incorporate standing breaks into meetings.
- Stand up for every phone call you take.

### Why do we need to Get Moving?

About 28% of Americans get no physical activity. *Zero, zip, nada.* But given that the majority of ESD jobs are sedentary, and that full-time workers put in around 47 hours a week - not to mention long commutes and the lure of our screens - it can be tough to prioritize exercise

**Did you know?** High-intensity circuit training - like the 7 Minute Workout - helps decrease body fat and improve insulin sensitivity and overall fitness. (Yes, all that in just 7 minutes!)

- APP: [7 Minute Workout](#) (iOS)
- APP: [7 Minute Workout](#) (Android)



Health  
&  
Wellness

# March Wellness Challenge - Sleep Well

## March 2016

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  |     |     |

### NOTES:

March's 30-day challenge is **Sleep Well**. One of the biggest concerns State employees had during last year's assessment was the lack of quality sleep. This month, we'll focus on establishing a sleep routine at least twice a week. Many people have morning routines that prepare them for the day. Bedtime routines are just as important, allowing you to unwind and letting your body know it's time to sleep. More than just a nighttime ritual; sleep routines go long way in helping you sleep longer and better.



Health  
&  
Wellness



### **Why do we need to Sleep Well?**

When establishing a sleep routine, it's good to know what helps or hinders your sleep. Does reading make you sleepy or keep you awake? Does a cup of herbal tea activate your digestion or calm you? Be mindful of the hour or so before you go to bed and make a point to remove anything that disrupts a sound sleep. In general, stop working on any project or task an hour before bed.

### **The Hidden Costs of Insufficient Sleep**

Sleep is often one of the first things to go when people feel pressed for time. Many view sleep as a luxury and think that the benefits of limiting the hours they spend asleep outweigh the costs. People often overlook the potential long-term health consequences of insufficient sleep, and the impact that health problems can ultimately have on one's time and productivity.

While sleeping well is no guarantee of good health, it does help to maintain many vital functions. One of the most important of these functions may be to provide cells and tissues with the opportunity to recover from the wear and tear of daily life. Major restorative functions in the body such as tissue repair, muscle growth, and protein synthesis occur almost exclusively during sleep.

**Did you know?** Getting plenty of quality sleep improves your mood, increases your mental clarity and creativity, boosts your energy and performance, makes you more resistant to infections, and even guards against heart disease and obesity.

# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Steven W. Reneaud  |
| <b>Email</b>        | <a href="mailto:SteveR@atg.wa.gov">SteveR@atg.wa.gov</a> |
| <b>Phone</b>        | (360) 664-3451   |
| <b>Organization</b> | Washington State Office of the Attorney General          |

## Enter your organization's demographics

|   |      |
|---|------|
| <b>How many employees are eligible for your wellness program?</b> | 1186 |
| <b>How many worksites does your program serve?</b>                | 17   |
| <b>How many cities are your employees located in?</b>             | 12   |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

The AGO's former practice was to create monthly wellness challenges and to post them on our intranet. SmartHealth has almost completely replaced our need to create challenges.

Each year, the AGO offers incentives through what we fondly call our AGO Wellness Fun Store. The store resembles a credit card rewards program—the more wellness points you earn, the better the wellness incentive you can claim. Limited numbers of incentives ranging from full magic bullet blender kits down to stress balls are available on a first-come, first-serve basis. Those stress balls fly off the shelf. 😊 Incentive values range from \$1 to \$50, but multiple incentives may be acquired.

Rather than spend time creating challenges at the AGO, we now tie the Fun Store directly into SmartHealth points. For example, if you are one of the first two people to earn 8800 SmartHealth points and to claim a magic bullet blender at our Fun Store, you get it. (Non-PEBB members may participate by independently completing activities and tracking points earned via the annual SmartHealth calendar.) 52% of survey responding employees prefer the Fun Store over drawings—we will likely mix in some drawings this year to please the other 48%.

This year the AGO's theme is "Eating Clean in 2016." To promote the theme we will highlight three related SmartHealth Challenges and plan to promote the five nutrition related challenges. We will also create an AGO challenge to post on SmartHealth that will promote a September AGO run/walk and associated "training."

ACE

InsideAGO Newsfeed OneDrive Sites Reneaud, Steve (ATG) - ?



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### Eating Clean in 2016



#### CSA Sign Ups - Next Steps

[A Community Supported Agricultural Program](#)

#### Challenges (click banner)



Smart[Heart]Health

Time is running out to earn your Early Bird Bonus through the SmartHealth Wellness Program. When you complete the SmartHealth Well-being Assessment you'll earn 800 points; if you complete it by **March 31, 2016**, you'll earn 100 bonus points toward a \$125 wellness incentive in 2017.

If you haven't already completed the SmartHealth Well-Being Assessment, follow the instructions below:

1. Visit [www.smarthealth.hca.wa.gov](http://www.smarthealth.hca.wa.gov) and select **Get Started** to walk through the activation process.
2. **Take the SmartHealth Well-being Assessment.** Earn 800 points, plus 100 bonus points if you complete it by March 31, 2016. We will award bonus points on April 8, 2016.
3. **Join activities that interest you.** After completing the Well-being Assessment, complete activities on the SmartHealth website to earn more points. When you reach 2,000 total points by September 30, 2016, you'll qualify to receive a \$125 wellness incentive in January 2017 (if you meet [PEBB eligibility requirements](#) in January 2017).

Don't delay, [get started](#) today!  
Be Well,  
The SmartHealth Team

#### Blog (click banner)



#### Everyone Can Earn AGO Wellness Fun Store Incentives by Participating in SmartHealth Challenges!

Non-PEBB members participate by tracking completion of SmartHealth Challenges on the

[SmartHealth Calendar](#)

PEBB members participate in the [SmartHealth](#) program which tracks their points.

Points earned in 2016 and reported on the AGO Wellness Fun Store page by January 13, 2017, may be used for a 2016 AGO WFS incentive.

Click on the Wellness Fun Store banner below for more information.

#### How to Earn, Record, and Claim Incentives (click banner)



#### Committee Chair

360.664.3451  
Reneaud, Steve (ATG)  
Assistant Attorney General



#### Site Maintenance

360.586.7755  
Newberry, Lantz (ATG)  
Graphic Designer



#### LINKS

[+ new link or edit this list](#)

✓ URL

- AGO - Obtaining Copyright Permission
- Calculating Nutrition in Food
- D.O.H. Guidelines for Energizing your Meetings
- HCA Washington Wellness
- Mayo Clinic Weekly Newsletter
- Online Food and Exercise Journal
- On-Line Pedometer
- The Daily Plate

#### Suggestion Box (click box)





ACE

InsideAGO Newsfeed OneDrive Sites Reneaud, Steve (ATG)



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Search This Site



This is the site where you choose your own rewards - those in addition to the greatest reward you give yourself by doing things to maintain your h well-being.

**Accruing Wellness Fun Points:**

You accrue **Wellness Fun Points** by completing [SmartHealth](#) activities and through activities offered directly by the AGO Wellness Committee. We Points accumulate **January 1** through **December 31** of each year.

- **PEBB subscribers** who are [registered](#) on SmartHealth and participate in SmartHealth activities earn the total number of points listed on their SmartHealth page.
- **Non-PEBB Subscribers** may earn Wellness Fun Store Points by independently completing SmartHealth activities and tracking the points they earn. Here to the [SmartHealth Activities Calendar](#) and an optional [Tracking Sheet](#).
- The Committee may occasionally offer Points for your participation in additional events or activities.

**Reporting Wellness Fun Points:**

Before claiming an incentive, you must report your **total** Wellness Fun Points below. Don't worry, you will only see your own points. Always report your latest number of points--edit your entry as you earn more points! The Wellness Committee will separately track the number of points you have redeemed during the

- **PEBB subscribers** must indicate the latest total on their SmartHealth main page, plus any additional points earned from the AGO.
- **Non-PEBB subscribers** must insert the total SmartHealth points they tracked for completing activities on the SmartHealth Activities Calendar, plus any a points earned from the AGO.

**Report Your Fun Store Points Here**

new item or edit this list



| Employee             | Points Total |
|----------------------|--------------|
| Reneaud, Steve (ATG) |              |

**Redeeming Wellness Fun Points--NEW APPROACH IN 2016:**

To redeem your Wellness Fun Points for a Fun Incentive, [email Diane Graf](#) during the redemption period. You may redeem your Points beginning on October 1 and no later than **January 13, 2017** (unless extended by the Committee). After January 13, points for the prior year are erased. **So as to distribute top incentives to more people, each participant may claim no more than one incentive from the top three tiers; e.g., participants may claim one top-three tier incentive many fourth, fifth, and sixth tier incentives as available. Items are only available on a first come first served basis and while supplies last.**

**Available Fun Incentives for 2016:**

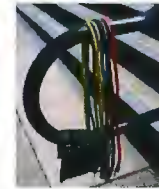
| Points Accumulated: | Incentive                            | Original Qty | Redeemed | Available |
|---------------------|--------------------------------------|--------------|----------|-----------|
| 8800 points:        | Magic Blender                        | 2            |          | 2         |
|                     | Badminton                            | 1            |          | 1         |
|                     | Croquet Set                          | 1            |          | 1         |
|                     | *Fitbit ZIP Activity Tracker         | 2            |          | 2         |
|                     | *LifeTrak Core C200 Activity Tracker | 2            |          | 2         |
|                     | *LifeTrak Reversible                 | 2            |          | 2         |

Band Activity Tracker



|                     |  |    |    |
|---------------------|--|----|----|
| <b>6800 points:</b> | King of the Beach Volleyball             | 2  | 2  |
|                     | Spalding 29.5" Indoor/Outdoor Basketball | 3  | 3  |
|                     | NIKE Sunglasses                          | 1  | 1  |
|                     | Reebok Balance Board                     | 1  | 1  |
|                     | Resistance Bands Set                     | 5  | 5  |
|                     | *Omron Pedometer                         | 10 | 10 |



|                     |   |    |    |
|---------------------|---|----|----|
| <b>4000 points:</b> | Planting Seeds Gym Bag                    | 13 | 13 |
|                     | *Digital Step Counters - White            | 3  | 3  |
|                     | *Digital Step Counters - Blue             | 30 | 30 |
|                     | *Digital Step Counters - Pink             | 9  | 9  |
|                     | Frisbee - white 175 g Discraft Ultra-Star | 2  | 2  |
|                     | Frisbee - gold 140 g All Sport            | 2  | 2  |
|                     | Frisbee - blue 140 g All Sport            | 2  | 2  |
|                     | Frisbee - yellow 125 g Sky-Pro            | 2  | 2  |



|                    |                       |    |    |
|--------------------|-----------------------|----|----|
| <b>3600 Points</b> | Healthy & Fit Journal | 60 | 60 |
|                    | Halo Headband         | 5  | 5  |
|                    | *Sport [safety] Light | 6  | 6  |



|                     |  |    |    |
|---------------------|--|----|----|
| <b>3200 points:</b> | Planting Seeds of Health Water Bottle    | 6  | 6  |
|                     | BLUE Planting Seeds of Health Travel Mug | 18 | 18 |
|                     | Planting Seeds of Health Grocery Bag     | 10 | 10 |



|                     |                     |    |    |
|---------------------|---------------------|----|----|
| <b>2800 points:</b> | Soccer Stress Balls | 50 | 50 |
|                     | Tape Measure        | 70 | 70 |





# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Erin Boutilier   |
| <b>Email</b>        | <a href="mailto:Erin.Boutilier@lcb.wa.gov">Erin.Boutilier@lcb.wa.gov</a> |
| <b>Phone</b>        | 360-664-4529   |
| <b>Organization</b> | Washington State Liquor and Cannabis Board                               |

## Enter your organization's demographics

|   |                                      |
|---|--------------------------------------|
| <b>How many employees are eligible for your wellness program?</b> | 315                                  |
| <b>How many worksites does your program serve?</b>                | 10 with a focus on our HQ in Olympia |
| <b>How many cities are your employees located in?</b>             | Statewide                            |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

Utilizing SmartHealth enables our staff to keep track of their goals beyond achieving their \$125.00 incentive. By offering a way to record their efforts at healthier living, they are able to use this tool in concert with their personal fitness devices, our agency wellness room and events offered by our Wellness Committee to improve their health and overall quality of life. Together, these efforts improve not only our employees' health, but their work-life balance.





# Wellness At Work

| Date | Event  | Employee Participation   |
|------|--|--|
| Jan  | Launched Smart Health wellbeing Assessment.  | 149 assessments have been completed to date employees  |
| Feb  | Promote monthly massage & blood drives   | Monthly & Quarterly  |
| May  | Public Agency Challenge  | 42 Employees participated—agency funded  |
| Jun  | Soft opening and Lunch and Learn for Wellness Room (stretch breaks & instructor lead exercise) | Exercise classes started 6/8/2015. The six slots and have been consistently filled             |
| July | Wellness Room Grand Opening  | 80 people participated in the Grand Opening event and we have received 81 waiver forms to date |
|      | Currently offering Aerobics classes 3x weekly  | The six slots and have been consistently filled  |
| Aug  | Quarterly blood drives in collaboration with Intercity Transit                                 | LCB employees filled 8 of 15 slots offered   |
| Sep  | Lunch & Learn Event – Financial Literacy 101   | 25 participants  |
| Oct  | Enforcement Wellness Fair in Lake Chelan   | 42 Employees signed in for Wellness Fair   |
|      | Not Me Diabetes Testing & Class  | 30 tested and 8 met eligibility requirement to participate in onsite classes                   |
|      | Lunch & Learn – Social Security  | 28 participants  |
| Nov  | Headquarters Wellness Fair   | 108 employees signed in for fair   |
|      | Lunch and Learn Event on Holiday Stress  | 17 participants  |

# How SmartHealth Can Help

## Goal

Share your creativity and insight with your peers of how SmartHealth has helped your wellness program and made it easier for you to engage your audience.

## Enter your details

|                     |  |
|---------------------|--|
| <b>Name</b>         | Kathy Radcliff   |
| <b>Email</b>        | <a href="mailto:radclik@wsdot.wa.gov">radclik@wsdot.wa.gov</a> |
| <b>Phone</b>        | 360 705-7504   |
| <b>Organization</b> | WA State Department of Transportation                          |

## Enter your organization's demographics

|   |                              |
|---|------------------------------|
| <b>How many employees are eligible for your wellness program?</b> | 7,000                        |
| <b>How many worksites does your program serve?</b>                | 200+                         |
| <b>How many cities are your employees located in?</b>             | Most larger cities statewide |

## Instructions

Describe how you have or will use SmartHealth to make things easier for your program.

## Your example

In the past year, we have referred to SmartHealth for everything from planning to including a discussion of the calendar in each of our wellness team meetings. Since SH has been available, we immediately began using the calendar as a way to remain consistent in our wellness program focus. It is a way for our region wellness groups to plan their events without having to research to create particular interventions, events and activities. It is a valuable directional guide for our program statewide. We use the activities from SH to create articles in our newsletter (safety and wellness) on a monthly basis. Currently we have requested an agency event that we will use SH as our sole tracking and communication device. We like that we are able to offer prizes through the use of the tracking reports. This is a statewide agency challenge, but we are also planning region activities and region-to-region challenges as well. We have just begun to see the possibilities with SmartHealth and are finding that SmartHealth is an incredible tool, especially for a larger agency.