

Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!



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WORKING  **FOR A**
HEALTHIER **TN**

WORKING FOR A HEALTHIER TENNESSEE

March 2020 Wellness Council Webinar



WORKING FOR A
HEALTHIER TN

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Fun Fact Challenge
- WFHTN Team Update
- ParTNers for Health Wellness Program
- Q3 (January-March) Point Tracker
- Wellness Council Spotlight
- March Health Observances & Holidays
- Upcoming Schedule
- Roll Call & Sharing

February Fun Fact Challenge

Congratulations to
Denise Galben
The Department of
Human Services



Fun Fact Challenge Rules

- The first Wellness Council representative to get two out of the three answers correct using the CHAT feature will be crowned this month's Fun Fact Champion.
- In the event of a tie, a fourth question will be used as a tie breaker.
- You **MUST** type out the complete answer. (A, B or C is not acceptable.)

Fun Fact Challenge



Fun Fact Question #1:

The Grains Group could also be called the “Carbohydrate Group” because only foods that contain carbohydrates are in the Grains Group.

- True
- False

Fun Fact Question #2:

What is the name of the sugar found naturally in milk?

- Dextrose
- Sucrose
- Lactose

Fun Fact Question #3:

What food group are beans and peas counted in:

- Vegetable Group
- Protein Group
- Both
- Neither

Tie-Breaker Fun Fact Question:

Which of these nutrients can you get from eating whole fruit that is not usually found in juice:

- Vitamins
- Minerals
- Fiber
- Sugar



WFHTN TEAM UPDATE

Welcome, Morgan!





PARTNERS FOR HEALTH WELLNESS PROGRAM



The path to better health

MyActiveHealth member engagement platform and Mobile App

An ActiveHealth[®] Management presentation

**PARTNERS
FOR HEALTH**

 **ActiveHealth**
MANAGEMENT.

Introduction

- ActiveHealth Management provides wellness programs and services to all employees.
- Our digital platform, called MyActiveHealth is being made available to all employees regardless of medical coverage.
- MyActiveHealth provides the following features:
 - Health Assessment with personalized health status report
 - Device integration for tracking physical activity, sleep, caloric intake, and more
 - Your Health Education and Your Health Goals to help you learn about various health topics and track your health goals
 - A mobile app that is in sync with the MyActiveHealth site.

www.myactivehealth.com/wellnesstn

The screenshot displays the MyActiveHealth website interface. At the top, the logo reads "PARTNERS FOR HEALTH" and "ActiveHealth MANAGEMENT". The main heading is "Discover a Healthier You!" with a subtext: "Inside you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight but we'll help you start down the path to a healthier lifestyle today."

On the left, there is a "Members Sign In Here" form with the following fields:

- User Name* (Required Field)
- Password*
- Links: "I forgot my username" and "password"
- Submit button
- Link: "New here? Create an Account"

On the right, there is a "Begin Your Registration Below" form with a progress indicator showing Step 1 (active), Step 2, and Step 3. The registration form includes:

- *Required Field
- Instructions: "Please enter your first and last name as it appears on your Caremark pharmacy card. If you do not have a Caremark card please enter your name as it appears in Edison. Enter the zip code from your mailing address if different from your home address. Enter your or your spouse's 8-digit employee (Edison ID) found on your Caremark card."
- Fields: First Name*, Last Name*, Date of Birth* (mm/dd/yyyy)
- Fields: Gender* (Male, Female), ZIP Code/Postal Code*, Edison ID*
- Instruction: "Enter your 5 digit zip/postal code"
- Buttons: Back, Continue, Cancel

Welcome, Sandy

Reach your health goals with tools, coaching,
and insights designed just for you



Reach Your Health Goals

- Do you eat enough fruits and veggies?
- Do you get enough physical activity?
- Even if you do, there are probably still ways you can improve your health.
- With this easy-to-use feature, members set weekly goals. And fun daily activities will keep them moving forward.

Your Health Goals

Which health goal is most important to you?

Eating a healthier diet

Great choice! You want to improve what you eat and we can help!

We know it's easy to get overwhelmed by all the eating options out there. We've found that people are most successful when they focus on making one small change at a time.

Pick the healthy eating goal you want to tackle first:

Eat more vegetables

Eat more fruit

Eat smaller portions


Eat more whole grains

Let's Get Going

Eat more vegetables

WEEKLY CHALLENGE

One More Will Do Wonders



We'll help you create a plan to get more vegetables into your week and we'll support you along the way to keep you on track!

Your goal: I will eat one more cup of vegetables on most days for one week.

Healthy Eating: Eat more vegetables

Tap the Flag

0%

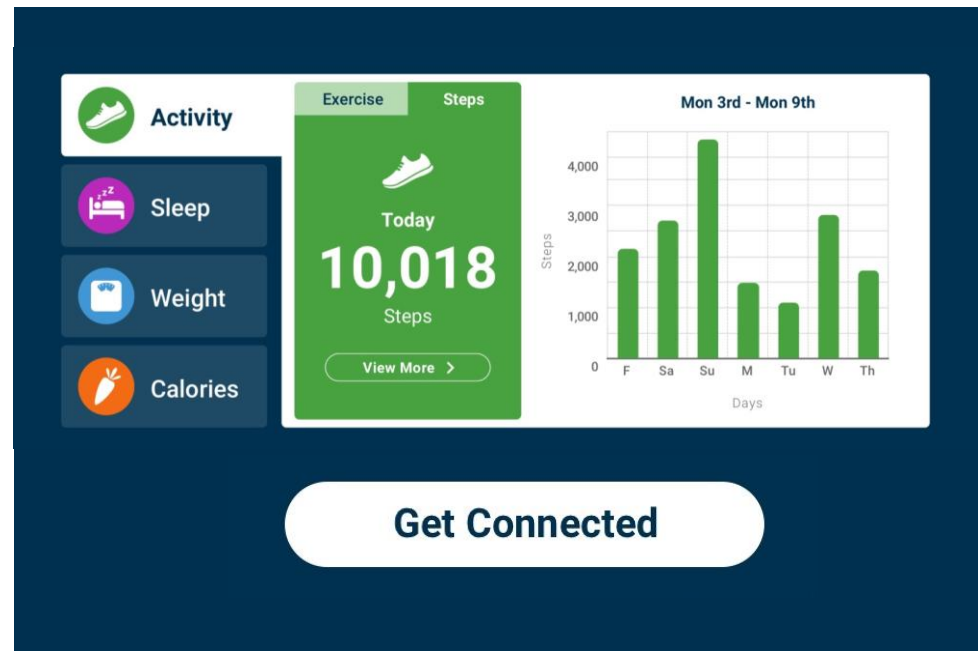
20 One More Will Do Wonders

Stay on track

Get a better picture of your health by tracking your exercise, sleep and more.

It's easy to connect a device or app and get real-time tracking. Members can connect:

- Apple HealthKit™
- Fitbit®
- Garmin®
- iHealth®
- MapMyFitness
- Misfit Shine®
- MyFitnessPal
- And many more ...



The Apple HealthKit is an app-to-app connection through the mobile app.

Have a question?

- Your Health Education includes:
 - Over 30 categories available with hundreds of topics, like asthma and back pain
 - A variety of formats – articles, flip cards, videos and quizzes
- Eager for a healthy recipe? Members can find anything from comfort food to international cuisine. And desserts can be healthy too!
- Social Communities lets members connect with other people with the same issues they have.

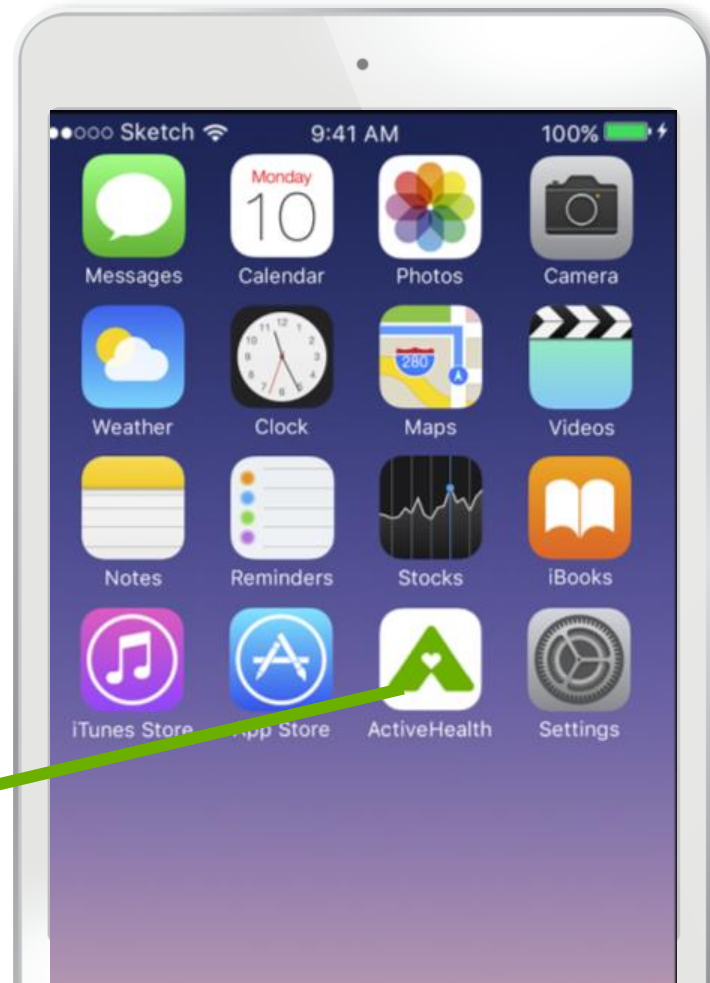


The ActiveHealth Mobile App

The ActiveHealth mobile app makes it easier to stay healthy, wherever you go. Our app:

- Complements and enriches existing programs
- Supports sustained engagement and improved outcomes with a proven behavior change model
- Is simple, personalized, connected and actionable

Members can connect **whenever, wherever and however** they want.

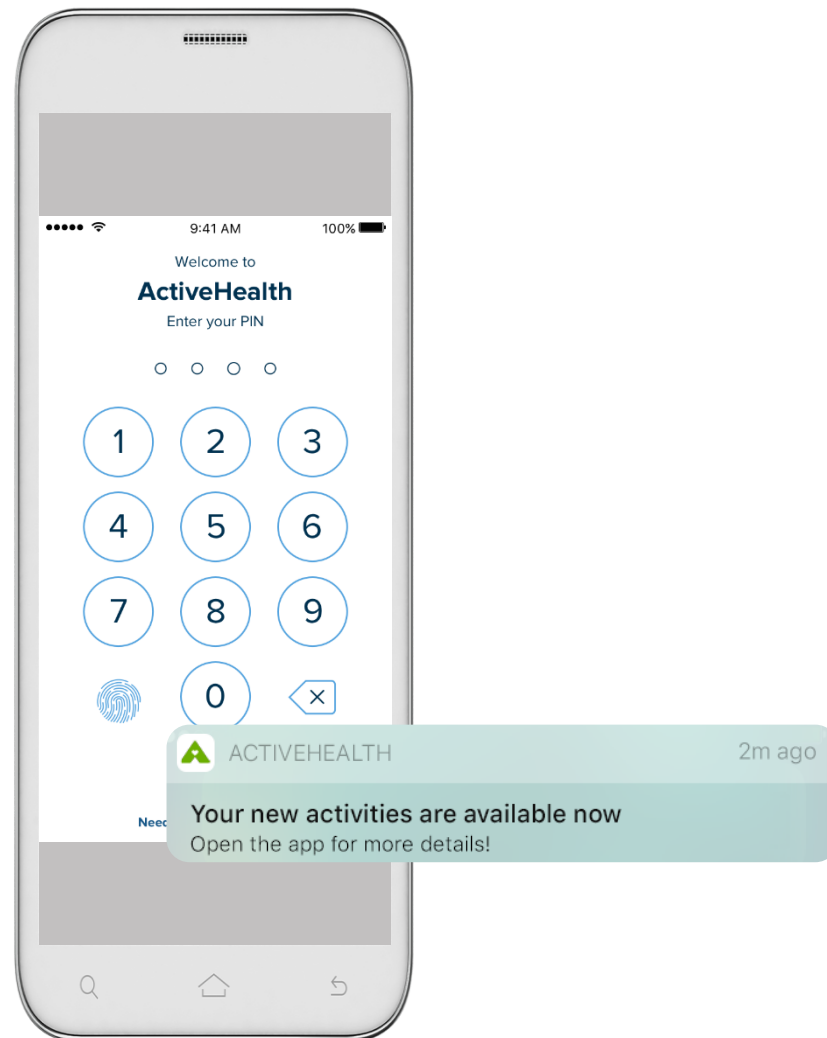


Stay Connected

Members can connect with us when it's convenient for them. Our mobile app is optimized for use on the go.

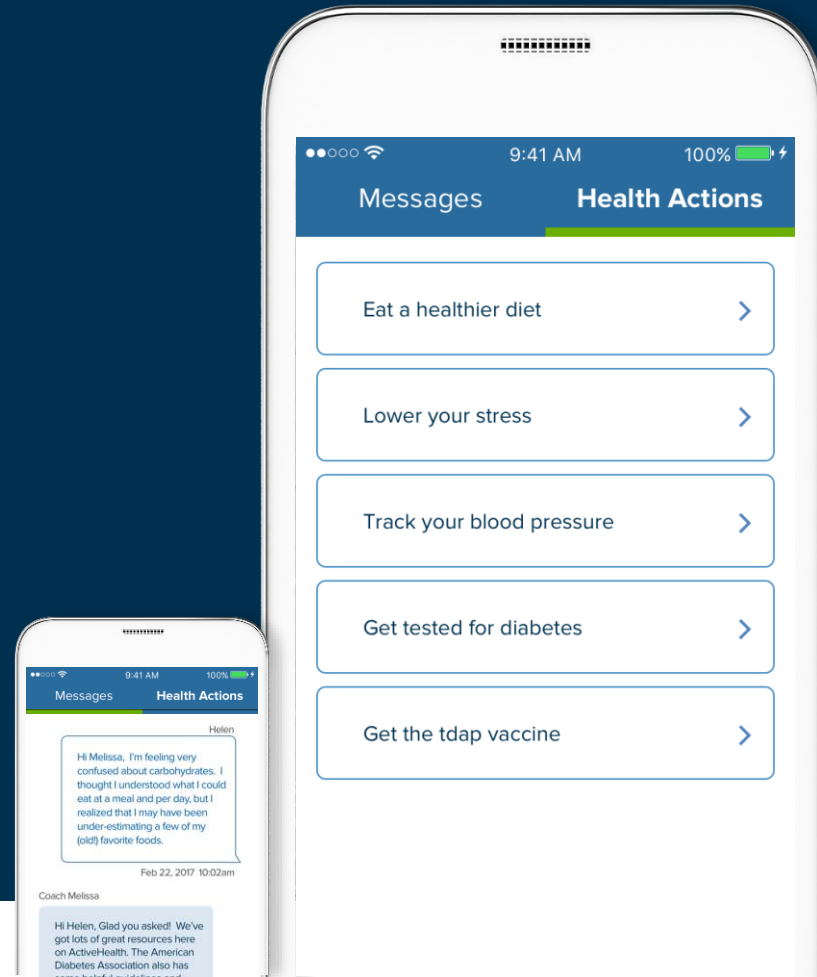
- Simple, actionable messages
 - Clean, uncluttered display
 - Short bites of text
- Easy to read
 - Four-digit PIN login
 - Optional TouchID login*
- Keeps members focused and engaged with push notifications

* iPhone only



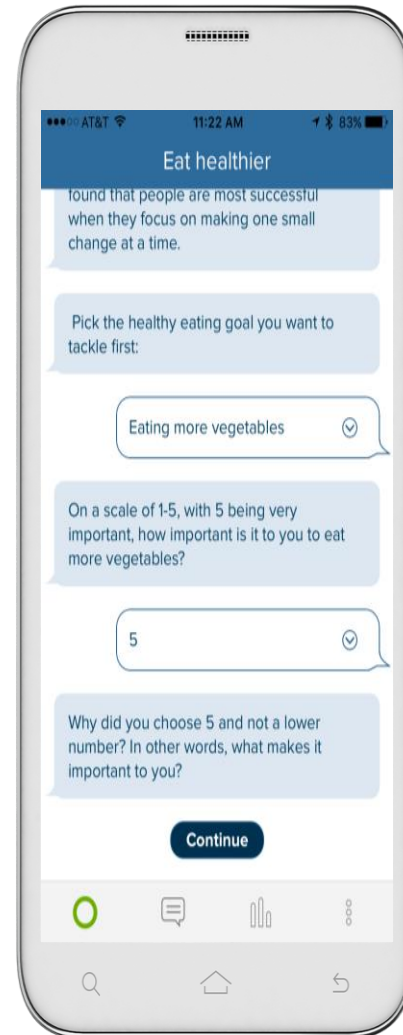
Activating responsiveness to health needs

Messages are clear and actionable.



Interactive Chat

Our interactive chat is a digital companion on the path to success. Its friendly, conversational style helps you identify and focus on attainable goals. Timely check-ins keep you engaged and motivated.



Staying Engaged with Weekly Challenges

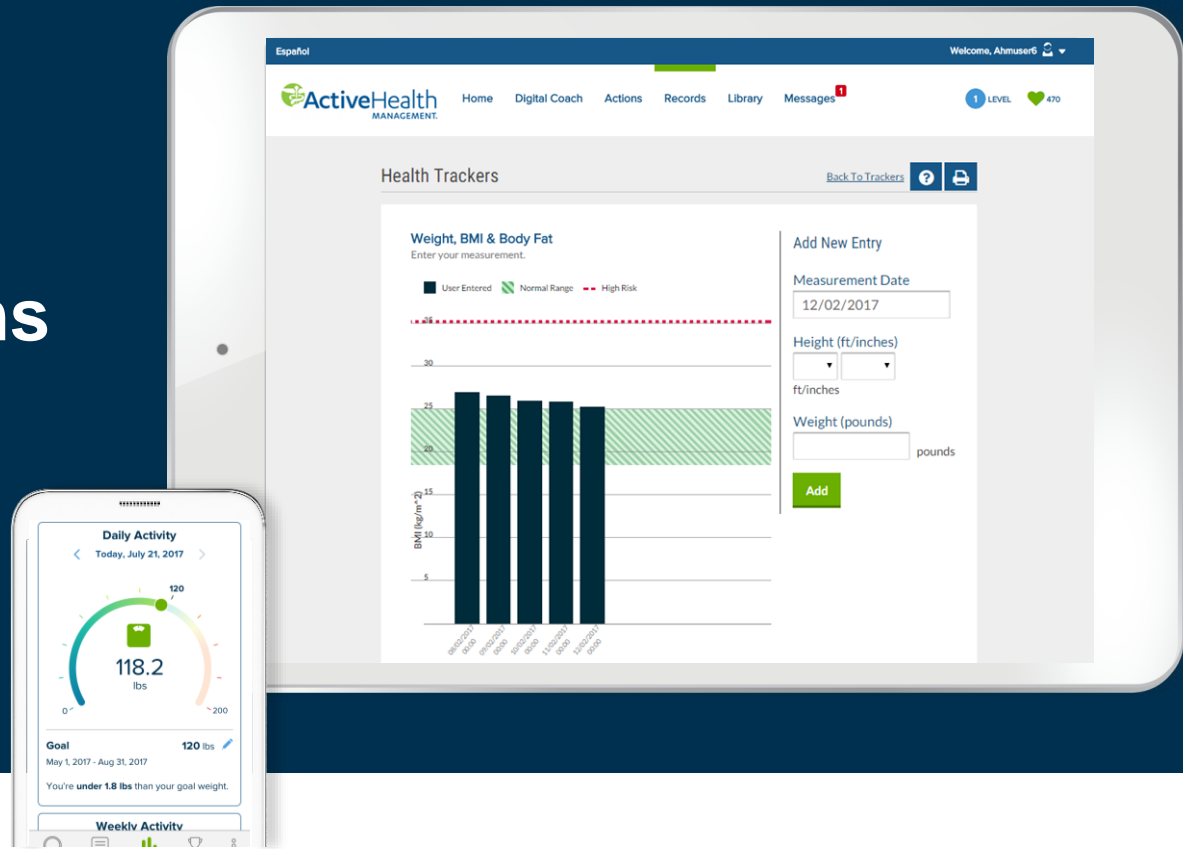
Seven-day challenges filled with fun exercises help you work on your goals and earn rewards.

Behavior change overall vow



Synchronizing the experience across platforms

Vital member information syncs across platforms. So, however you choose to engage, your experience is seamless.





Q3 (JAN-MAR) POINT TRACKER

Plan a TASTE TEST in March

- Plan a healthy “[Taste Test](#)” in honor of National Nutrition Month (March).
- Theme ideas:
 - Chips
 - Smoothies
 - Chocolate
 - Nut butters
 - Whole grains
- Earn 20 points on this Q3 Point Tracker.



2020 All-Dept. Physical Activity Challenge

- **Participating Departments:**

- 1. Agriculture
- 2. Children's Services
- 3. Commerce & Insurance
- 4. Correction
- 5. Human Resources
- 6. Human Services
- 7. Finance & Administration
- 8. General Services
- 9. Health
- 10. Intellectual & Developmental Disabilities
- 11. LWFD
- 12. MHSAS
- 13. Military
- 14. Revenue
- 15. Safety & Homeland Security
- 16. TBI
- 17. TennCare
- 18. TN Courts
- 19. Tourist Development

2020 All-Dept. Physical Activity Challenge

- Link for your employees to register sent today!
- Reminder: Please make sure ALL participants have completed a Liability Waiver prior to the start of this challenge on March 23rd.



Join us this spring as we aim to move more than we normally would & complete all four weeks of this team challenge!

The department to reach the highest average physical activity miles will be the challenge winner.

2020 Top 6 Tournament

- The top two departments from *each division* will be placed in this year's **Top 6 Tournament** for our Overall Wellness Award!
- Top 6 departments determined after Q3.
- Competing departments announced on Monday, April 6
- Challenge dates: April 27-May 22



How does your department stack up to the competition?

Based on the current [Point Tracker Standings](#) after Q2, these departments are currently the top 3 departments in each division:

| Division A | Division B | Division C |
|---|---|--|
| DHS Safety & Homeland Security Correction | DIDD Agriculture Labor & Workforce | General Services HR Tourist Development |

#4Mind4Body Lunch & Learns

- **Presented by ActiveHealth**
- **Wednesday, March 18, 11:30 a.m. to 12:30 p.m. CT**
- **Balance Your Diet and Your Life**
 - *Get ready to discover how food provides energy for our bodies. And how to develop healthy eating habits. We'll also discuss how to set goals to help you change your eating habits for good.*
- **Join in person or via WebEx – no pre-registration**
 - In person: Tennessee Tower, 3rd floor, rooms A&C
 - Webex: <https://tngov.webex.com/meet/JJoralemon>

Upcoming WFHTN Monthly Handouts

- National Nutrition Month
- Stress Awareness Month
- Mental Health Month



These can always be found at:
tn.gov/wfhtn/resources/monthly-handout.html

NEW Monthly WFHTN Poll!

- We need your valuable feedback!
- Complete this month's ANONYMOUS one-question poll to help us provide wellness information and programming that meets YOUR needs.
- Link:
forms.gle/KC3wLKKPpKfgfFCm7





WELLNESS COUNCIL SPOTLIGHT

DIDD Valentine's Day Taste Test



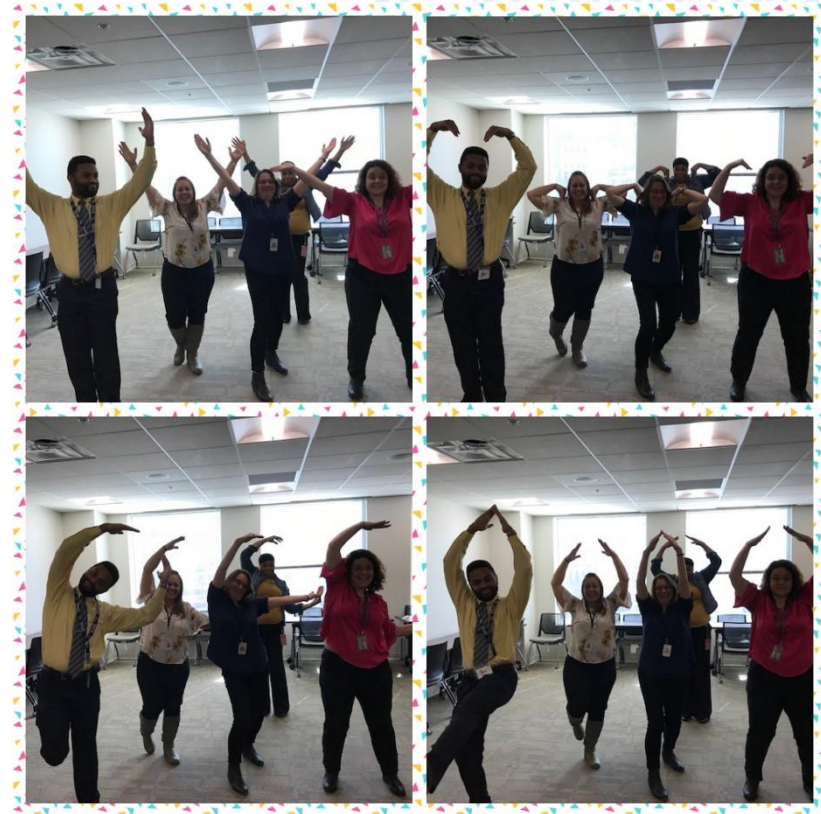
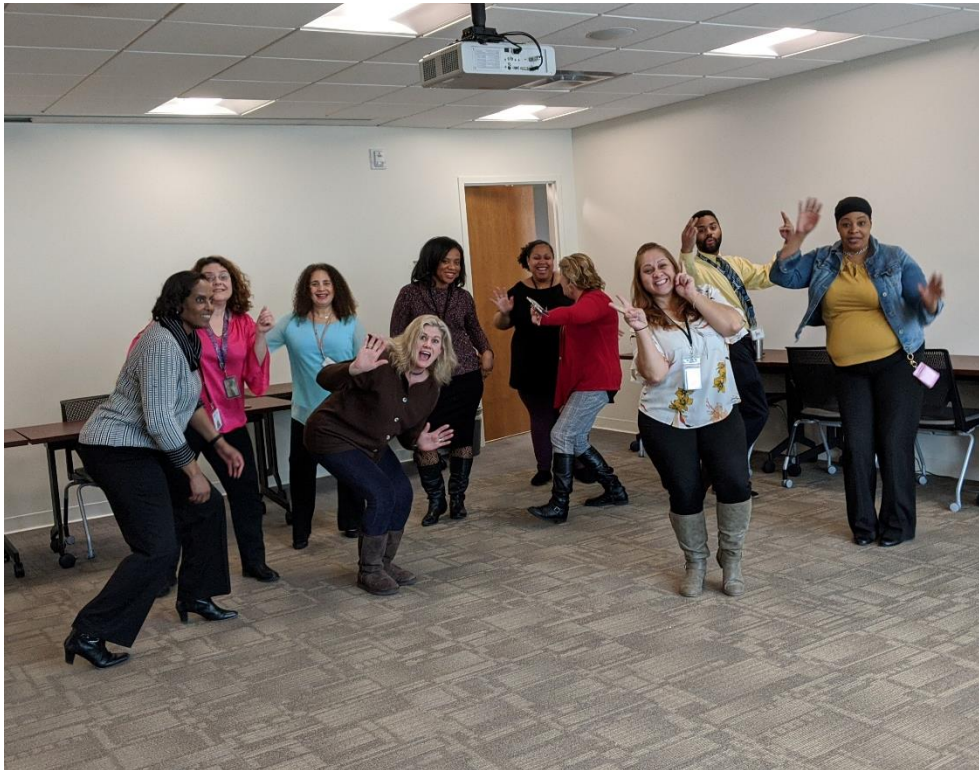
29 Days to a Healthy Heart Challenge



29 Days to a Healthy Heart Challenge



29 Days to a Healthy Heart Challenge



Wellness Council Spotlights

Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!



facebook.com/WFHTN

To tag, use @WFHTN



twitter.com/WFHTN

To tag, use @WFHTN



instagram.com/workingforahealthiertn

To tag, use @workingforahealthiertn

March Holidays & Health Observances

- [National Colorectal Cancer Awareness Month](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)
- [National Frozen Food Month](#)
- **Save Your Vision Month**
- **Workplace Eye Wellness Month**
- **World Salt Awareness Week** (March 9-15, 2020)
- [National Sleep Awareness Week](#)
- [World Kidney Day](#) (March 12, 2020)
- [World Sleep Day](#) (March 13, 2020)
- [World Water Day](#) (March 22, 2020)
- [American Diabetes Alert Day](#) (4th Tuesday in March - March 24, 2020)

Upcoming WFHTN Schedule

- **April Wellness Council Webinar**
 - Thursday, April 2nd at 9 a.m. Central
- **All-Department Physical Activity Challenge**
 - March 23rd - April 19th
 - Registration: March 5th-13th, 2020
- **Q3 (Jan-Mar) Point Tracker**
 - Due March 31st
- **Q4 (Apr-June) Point Tracker**
 - Available mid-March



Roll Call & Sharing



Questions



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