



Wellness Council Webinar Notes

January 11, 2024

Welcome

- Happy New Year everyone! Thank you for joining our January Wellness Council webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- This month's agenda includes:
 - Guest Speaker: Ginger Maloy with Sharecare
 - Celebrations
 - Quarterly Activity List
 - What's New
 - Wellness Council Spotlights
 - Upcoming Schedule
 - Your Updates

Guest Speaker

Today we're joined by Ginger Maloy, Senior Account Manager with Sharecare. Sharecare is our new Partners for Health wellness program vendor as of Jan. 1, 2024. Ginger will share about all the great programs and resources available to you and your employees.

Ginger Maloy holds an extensive background in account management and other client services working with strategic Pharmaceutical, Agriculture, Health Plans and Government partners.

She joined Sharecare in May 2023, and in her current capacity she is motivated by the partnership with the State of Tennessee and the opportunity to manage programs that support members in a customized wellness journey, helping them better understand their health and benefits to improve outcomes.

Originally from North Carolina, Ginger lives in the Nashville area and enjoys all the area has to offer including the music, great food and charming main street of downtown Franklin.

Thank you for that great presentation, Ginger! If anyone has any questions about the wellness program after this webinar, feel free to reach out to your Wellness Coordinator, or you can email Partners.Wellness@tn.gov. Let's move on to the rest of our meeting agenda!

Celebrations

- We want to celebrate you! If you are celebrating a birthday, anniversary or anything else, please share it in the chat!



- We would like to wish Natalie Bannon, our Digital Media Coordinator, Kayla Livesay, our Assistant Director of Population Health, and LaTamera Woodley with the Department of Human Services a very happy birthday!
- We'd also like to warmly welcome Kennedy Hammonds, Talent Management Assistant Director and TDOE's new Wellness Chair and Angel Kellman, Health Educator with the Health Department
- If you'd like to share your birthday or other celebrations with us, please let us know: https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations

Quarterly Activity List

- We are beginning quarter three of fiscal year 2024.
- We have some suggestions to help you reach gold [achievement level](#) status this fiscal year.
- As a reminder, our team strives to ensure we're hosting and leading a variety of challenges, activities and resources, so all you need to do is promote them. Your Wellness Council activities are up to you to complete.
- You can always go to www.tn.gov/wfhtn/challenges/wellness-events.html to grab the calendar invites for all these events with details!
- Here's a sneak peek at what's coming up in January 2024:
 - Our [Goal Getters group](#) started Jan. 8! Five participants chosen at random will win a prize.
 - Are you working on a health or wellness goal? Our Communications Coordinator Natalie Bannon is too! She'll be documenting the ups and downs in a weekly vlog series: Working for a Healthier Me. We'll provide tips along the way, so these short videos can help benefit everyone. Watch for them on Fridays on [Instagram Reels](#) and [YouTube Shorts](#).
 - Complete these [Word Picture Puzzles](#) by Jan. 31 for International Brain Teaser Month (January). Submit your completed puzzle to wfht.tn@tn.gov. Five participants chosen at random will win a prize!
 - Virtual events coming up include:
 - [What Is a Healthy Weight](#) on Tuesday, Jan. 23 from 12-12:30 p.m. CT
 - [Goal Getters Group Check-in](#) on Tuesday, Jan. 30 from 12-12:30 p.m. CT
 - Head to <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html> to access the entire quarter three (January-March) Activity List.
- **January Wellness Calendar**
Grab our January daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.html.

What's New

- We have an update from Optum Health



- As of Jan. 1, 2024, to better represent the full range of services and support available to employees and to improve the employee experience and engagement in their benefits, Optum is changing the name from Employee Assistance Program to Emotional Wellbeing Solutions. Employees will continue to receive the same great benefits they have through Here4TN . You'll continue to see references to the employee assistance program (alongside Emotional Wellbeing Solutions to reduce confusion and ensure a smooth transition.
- To access Optum's services, head to <https://www.here4tn.com/> or call 855-Here4TN (855-437-3486).
- Are you wondering how you can help employees deal with stress? Do you have a team member who's going through a tough situation like divorce, grief and loss, substance use or caregiving challenges? Make sure they know that support is available 24/7 through Here4TN. You can print materials or download digital files anytime at Here4TN.com > Manager resources > Here4TN Marketing Resources. Topics cover Here4TN benefits, caregiving, grief, stress management, substance use and more. Access these resources directly at <https://cx.optum.com/content/cx-consumer/here4tn-etoolkit/en.html>.

Wellness Council Spotlights

- **Planksgiving Challenge**
 - Although Planksgiving is officially over, if you missed these posts on our social media platforms, we wanted to reshare a few!
 - Department of Health employee, Jennifer Sanchez, did some planking while on vacation at Grand Canyon National Park!
 - Johnny W. Staggs at Human Services took the time to tag us in his planking posts in November!
- **Movember (Revenue)**
 - Revenue's Taxpayer Services division held a two week "Movember" challenge where each challenge day different exercises were spotlighted. They even finished the challenge strong with a DANCE PARTY!
- **Social Media Spotlights**
 - Shoutout to the following agencies for sharing and/or tagging us on social media:
 - [\[Pictured Left\]](#) The Department of Revenue Field Auditor Chip P. Andrews completed the St. Jude Marathon in Memphis!
 - [\[Pictured Right\]](#) The Department of Revenue Audit Division held a training in Jackson and incorporated a Stretch Break led by Revenue Wellness Council member Dawn Cano!
 - Please keep sharing with us and tagging us as we hope this will ultimately bring more awareness to your individual Wellness Councils and engagement



to your workplace wellness activities!

Upcoming Schedule

- In February, we'll resume our regular schedule of the first Thursday of each month with our next monthly Wellness Council webinar taking place on Feb.1 from 9-9:45 a.m. CT.

Your Updates

- If you haven't already, please let us know in the chat which agency you're representing.
- Let's take some time to share what's going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

If you have any questions, we'd be happy to answer those now.

Before we wrap up today's webinar, we want to remind you to check out our [Be Well @Work newsletter](#) sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.

Thank you for joining our Wellness Council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!