

WFHTN Wellness Council Webinar Notes July 7, 2022

Welcome

- Hello everyone! Thank you for joining our July Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - Get Active Outdoors this Summer
 - Guest Speaker
 - Fiscal Year 2023 Budget Update
 - Quarterly Activity List
 - What's New?
 - Wellness Council Spotlight
 - Upcoming Schedule
 - Sharing

Get Active Outdoors this Summer

- TWRA On the Go App: <https://www.tn.gov/twra/stay-connected/mobile-web-information.html>
 - Would you rather be outside enjoying all the beauty and recreational opportunities Tennessee has to offer? Are you looking for outdoor adventures?
 - Well, the Tennessee Wildlife Resources Agency has an app for that! Now you can take the TWRA with you when you're on the go! Get it in the Apple App Store or on Google Play.
 - TWRA Mobile App Features include:
 - Hunters can now report harvested game even with NO available cell service.
 - You can store licenses for yourself and others on your phone
 - Use geo-location features and other cool tools
 - Determine sunset and sunrise times based on your GPS location
 - Purchase licenses
 - Find places to hunt and fish near you
 - Access hunting and fishing regulations and lots of other information
 - Stay connected to TWRA through Facebook, Twitter and YouTube
 - And more!
- Healthy Parks Healthy Person: <http://healthyparkstn.com/>
 - Healthy Parks Healthy Person is an app that encourages Tennesseans to engage in outdoor physical activity. App users can earn points by participating in healthy activities in any park in Tennessee and then redeem their points for free rewards! Download the app for free in the App or Google Play store today and get moving.
- TN State Parks: <https://tnstateparks.com/>
 - With 56 unique parks, five lodges, 36 campgrounds, 372 cabins and more than 80 waterfalls, our state parks have so much to offer!
 - On their website at tnstateparks.com, you can find a park close to you and a list of activities and upcoming events.
- Do any or all of these outdoor experiences and resources interest you? If so, you'll want to check out our new Mother Nature Calls Challenge!

- This is a two-week challenge happening July 18-29. By participating, you'll earn points as you enjoy the great outdoors. The more activities you complete, the more points you'll earn! We've created a tracking sheet with suggested activities. As you complete activities, tell us what you discovered and/or submit a photo to <mailto:WFHT.TN@tn.gov>.
- No matter what you like, you can find something to love in Tennessee at tnvacation.com.
 - Discover the authentic experiences and places that can only be found in our state. Use their website to plan your trip or find events happening near you!
- Please help me welcome today's guest speaker, Jill Kilgore from the Department of Tourist Development. Jill serves as the department's public relations media manager, managing domestic and international media campaigns to promote tourism across the state. She is a skilled project manager and leads PR strategy for statewide campaigns and events including the industry's annual Economic Impact, Tennessee Songwriters Week, media familiarization tours, and more. Her news background earned notable news spots for the department, including stories in *The Washington Post* highlighting the state's Colorblind Viewfinders. She served on the Tennessee Woman 100 Committee with the purpose of coordinating women's suffrage centennial celebrations across the state. Jill joined the Tourist Development team in 2017 following a successful career in TV, having worked as a producer at multiple stations, including Nashville's WZTV. She was awarded the Governor's Excellence in Service award in Fall 2020. She's a passionate community advocate, graduated from the 2021 class of L'Evate and is currently participating in LEAD Tennessee, a leadership and executive coaching program with Tennessee State Government.

Guest Speaker – Jill Kilgore (Tourist Development)

Fiscal Year 2023 Budget Update

- Good morning, everyone. We have made some changes to the Wellness Council Budget Request process for this new fiscal year. The available funds have been divided into: (a) Wellness Council special requests and (b) Working for a Healthier Tennessee swag requests.
- Our budget request process involves several people in different divisions within our department. While we're so glad you're using the budget, it has become very time-consuming for some; therefore, we're streamlining the process in hopes we'll have fewer Wellness Council special requests overall. We found that the same prize items were being requested and ordered repeatedly. For this reason, our WFHTN team will be placing bulk swag orders quarterly to hopefully accommodate most of your Wellness Council's needs.
- Each quarter, we will ask you to complete a survey to help determine which prize items to order. Your input is appreciated so we can make sure to have what you want! We will be sharing a prize item inventory list (accessible via OneDrive), so you'll know what we have and how many of each item are available. If you have a WFHTN swag request from our bulk prize inventory, please reach out to your Wellness Coordinator and she'll assist.
- For the Wellness Council special requests, each Wellness Council will have a budget based on division size.
 - Division A: \$200
 - Division B: \$150
 - Division C: \$100
- This budget can be used for special requests for specific activities and events, like we've done in the past. You can submit **one request per quarter**. We have eliminated our budget request

Google form, so when you have a request, reach out directly to your Wellness Coordinator and she'll assist you. We ask that you use Amazon or 4imprint for your Wellness Council special requests. If those vendors do not offer what you are requesting, your Wellness Coordinator will work with you on ordering from other state-approved vendors. When making requests, please plan in advance as it sometimes takes up to four weeks from the time you submit the request to the time you or the recipient receive the item(s).

- Finally, just a reminder that we cannot purchase gift cards, vouchers or memberships of any kind. You can review all the budget request guidelines on our website: https://www.tn.gov/content/dam/tn/wfhtn/documents/wellness_council_budget_request_for_m.pdf
- I'm happy to answer any questions.

WFHTN Quarterly Activity List

- Can you believe it? We're in the first month of our new fiscal year!
- We have some suggestions to help you earn gold achievement level status this fiscal year.
- **July 2022 Suggestions**
 - As a reminder, our team strives to ensure we're hosting and providing challenges, activities, resources, etc. so all you need to do is promote and share them.
 - Your Wellness Council activities are, of course, up to you to complete.
 - Here are some suggestions for July.
 - Share information related to:
 - [Physical activity video resources from Here4TN.](#)
 - The [Sit Less and Move More](#) [handout](#).
 - Promote the 4Mind4Body "Healthy Hydration: Choose Your Drinks Wisely" webinar taking place July 14 from 11:30 a.m. - 12:30 p.m. CT.
 - Activities that you can plug into:
 - Invite employees to join our "How to Handle the Heat" webinar on July 19 from 11-11:30 a.m. CT.
 - Challenges you can decide whether to participate in:
 - Mother Nature Calls Challenge from July 18 to 29.
 - Move More Challenge
 - The Working for a Healthier Tennessee 2022 Move More Challenge will be in August! Registration is July 18-27, and the challenge will run August 1-28. During registration, participants can self-select into a "level of movement" group which will include weekly cardio, strength and stretching goals. If participants meet two of the three goals each of the four weeks, they will be put into the drawing for a prize. Each group will have a prize winner. Be on the lookout for a promotional email on July 18!

Here4TN Scavenger Hunt

- Our next Here4TN Scavenger Hunt will be available from July 11-22.
- Your Wellness Coordinator will provide the link on Monday, July 11 for you to share with employees.
- Fifty employees, chosen at random, who complete the scavenger hunt will win a Here4TN tote!

What's New?

- ***Reminder*** [WFHTN Wellness Events Page](#)
 - This is where you'll find our *July Wellness Calendar* and *Virtual Events*.
 - Just a heads up, we have moved the Wellness Events as a drop-down option under Activities & Challenges; therefore, the link has changed.
- **WFHTN YouTube Videos**
 - Our team has been busy making some new, informative and fun YouTube videos you can share and enjoy!
 - [How to Get Rewards for Going Outdoors](#)
 - [How to Keep Cilantro Fresh for Up to a Week](#)
 - [Recipe: Peach & Ricotta Toast with Honey](#)
 - Be sure to check them out and share them with your employees. Make sure you subscribe to our YouTube Channel at youtube.com/tnsitechampions so you never miss a new video!

Wellness Council Spotlight

- **Wellness Week Challenge**
 - In June, we hosted a Wellness Week which included daily challenges. We had 1,067 participants from 20 agencies! The most popular challenge was Thoughtful Thursday where participants shared a positive quote and/or something they were grateful for. The Wellness Week division winners were:
 - Division A: Department of Human Services
 - Division B: Department of Revenue
 - Division C: Department of General Services
 - Great job everyone, and thank you for promoting and participating in our challenge!
- **Human Services and Environment and Conservation** partnered to host a webinar on foraging. They had more than 70 participants!

Upcoming Schedule

- **August Wellness Council Webinar**
 - Thursday, August 4 from 9-9:45 a.m. CT
 - We will have a guest speaker from ActiveHealth Management to discuss the aggregate ActiveHealth Index report.
- **Quarter 1 Activity List**
 - Due on Monday, October 3
- For our full event list, please visit tn.gov/wfhtn/wellness-events.html

2022 Annual Awards Celebration

- You're invited to attend our **VIRTUAL Annual Awards Celebration** on Wednesday, July 20 from 9-10 a.m. CT. If you plan to attend and haven't done so already, please complete our [registration form](#), or you can easily register now with the QR code pictured on the screen.
- You will receive an Outlook calendar invite from us with the meeting information the Friday after registering.
- You may invite all Wellness Council members as well as your agency's leadership. A thank you gift will be available for the first 125 people who register.
 - Our agenda includes a guest speaker, exciting awards, a fun activity and recap of fiscal year 2022.

- We hope to “see” you there!

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.

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!