What we’ll discuss today

- Creating a “Culture of Well-being”
- Your Role
- Assessing Our Worksite
- USG Well-being Video
- Vision & Mission
- Spring 2017 HealthTrails Report
- Fall 2017 HealthTrails & Financial IQ Challenge
- Questions?
Creating a “Culture of Well-being”

- Leverage leadership, policies, benefits, and environmental supports
- Create a social support network
- Encourage and reinforce positive well-being behaviors
- Foster greater engagement
  - Impacts family health
  - Impacts community health
Your Role

- Establish a Well-being Committee
- Grow our program
- Participate in periodic surveys
- Help create and grow your community
Keep it Simple, Make it Fun

- Bring healthy snacks to share
- Have walking meetings
- Take a break from your desk every hour
- Be flexible with lunch workouts
- Wellness challenge with co-workers
- Standing desks
- Prepare and distribute a list of healthy dining options near campus
- Recommendations for healthy options on catering menu
- Facilitate a healthy recipe exchange and potluck lunch
- Encourage stairwell use by providing posters in strategic locations
- Post maps for outdoor walking routes or trails
## Assessing Our Worksite

<table>
<thead>
<tr>
<th>Rank</th>
<th>Lifestyle Condition</th>
<th>Allowed Amount</th>
<th>Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hypertension</td>
<td>$1,619,408</td>
<td>5,971</td>
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<tr>
<td>2</td>
<td>Lipid Metabolism Disorders</td>
<td>$515,394</td>
<td>3,735</td>
</tr>
<tr>
<td>3</td>
<td>Diabetes</td>
<td>$1,348,421</td>
<td>2,418</td>
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<tr>
<td>4</td>
<td>Sleep Apnea</td>
<td>$1,473,223</td>
<td>1,499</td>
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<tr>
<td>5</td>
<td>Osteoarthritis</td>
<td>$5,049,664</td>
<td>1,327</td>
</tr>
<tr>
<td>6</td>
<td>Cancer</td>
<td>$8,717,347</td>
<td>1,133</td>
</tr>
<tr>
<td>7</td>
<td>Bronchitis, Acute</td>
<td>$218,912</td>
<td>1,131</td>
</tr>
<tr>
<td>8</td>
<td>Malnutrition/Nutritional Disorders</td>
<td>$111,206</td>
<td>976</td>
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<tr>
<td>9</td>
<td>Overweight/Obese</td>
<td>$139,666</td>
<td>759</td>
</tr>
<tr>
<td>10</td>
<td>Asthma</td>
<td>$261,977</td>
<td>749</td>
</tr>
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USG Well-being Video
Vision & Mission
Vision
- A system wide culture and environment of well-being

Mission
- Create a comprehensive approach to achieving well-being that engages and empowers the entire USG community
Spring 2017
HealthTrails Report
Program Results

Logging: March 20 - April 30, 2017

Total registered participants: 7891
Total completed evaluations: 4056
Evaluation completion percentage*: 51%
Mobile app participants: 3508

*The following data is based on participants who completed the HealthTrails End of Program evaluation.

Male/Female Ratio

Team/Individual Participation

Preferred Future Challenge

- Fitness
- Nutrition
- Stress
- Weight Loss
Success Stories

- "I had foot surgery on December 29th and was released for full activity right before the start of HealthTrails. I challenged myself to do 15k steps a day and it helped to break up the scar tissue in my foot and accelerate my healing. Most of all, I have learned that if I want to do something, I will make time for it."

- "I had stopped doing exercise due to workload and extensively busy schedules but getting involved with HealthTrails was a game changer. I am really motivated and feeling great. I was able to take time out of the same busy schedule. I lost weight, feel good, become more aware of healthy choices and I feel like this program has put me back in shape and on track for a healthy life. Thanks to FVSU Wildcat trail mates for motivation and USG for implementing the program. Kudos for developing a wonderful app and web interface for calculating the steps, providing leader boards and all the fine details to keep trail mates more engaged and motivated."

Fall 2017
HealthTrails &
Financial IQ Challenge
Let the Journey Begin…

- Fall 2017 HealthTrails Challenge, brought to you by the USG Well-being program including Financial IQ Challenge sponsored by TIAA.

- Registration opens Monday, September 18; you may begin recording Monday, October 2. All teams must be formed by Monday, October 23.

- The competition will end Sunday, November 12, but you may update activity until the scores freeze on Wednesday, November 15.

- This 6-week journey through global destinations, your HealthTrails goal is to earn 300+ virtual miles by recording steps, gratitude, and participation in the Financial IQ Challenge.

- Fall 2017 HealthTrails Web Address: https://usgwellbeing.healthtrails.com

- How to register: Your unique ID is a combination of your first name, birth month, birth year, last name (John121950Smith).
Features

- Mobile app feature
- Trail Talk (wall feature)
- Trail Mates (buddy feature)
- Individual Leaderboard
- Campus Leaderboard
- Tip Test mileage (correct tip quiz answer): 1 mile
Device Integration

53 Devices

Health Behaviors

- Steps
  - Goal: 6,000/day, 5 days/week
  - Max: 25,000/day, 7 days/week

- Gratitude
  - Goal: 1/day, 4 days/week
  - Max: 1/day, 7 days/week

Cultivating gratitude increases happiness and life satisfaction; among other benefits, it also strengthens relationships, boosts the immune system, and helps you sleep better. Aim to express gratitude daily by writing a few things you’re thankful for in a journal, sending a note of thanks, or communicating appreciation to someone in person.
Health Behaviors

- **Financial IQ Challenge**
  - 1/week

- 15 quizzes in the challenge and a maximum of 1 quiz per week will count towards your movement on the trail.
  - Each day, 5 new questions will be added to the Challenge.

- Five winners will be chosen from each institution, at random, at the end of the challenge.
Financial IQ Challenge

- The USG Well-being program in partnership with TIAA will be providing weekly Financial 30 WebEx.

- October 25, 2017 at 3-3:30 PM ET
  - Tomorrow in Focus: Saving for your ideal retirement

[Link to event]
Questions?

For more information regarding the Fall 2017 HealthTrails & Financial IQ Systemwide Challenge go to USG Well-being

Email: USG Well-being usgwellbeing@usg.edu