

# Wellness Presentation

Staff Senate

November 18, 2009

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[www.scranton.edu/employeewellness](http://www.scranton.edu/employeewellness)

# What is Wellness?

An intentional choice of a lifestyle characterized by personal responsibility, moderation, and maximum personal enhancement of physical, mental, emotional and spiritual health.

source: WebMD, 2008

# What is worksite wellness?

An organized program in the worksite that is intended to assist employees and their family members (and/or retirees) in making **voluntary** behavior changes which reduce their health and injury risks, improve their health consumer skills and enhance their individual productivity and well-being.

Source: WebMD, 2008

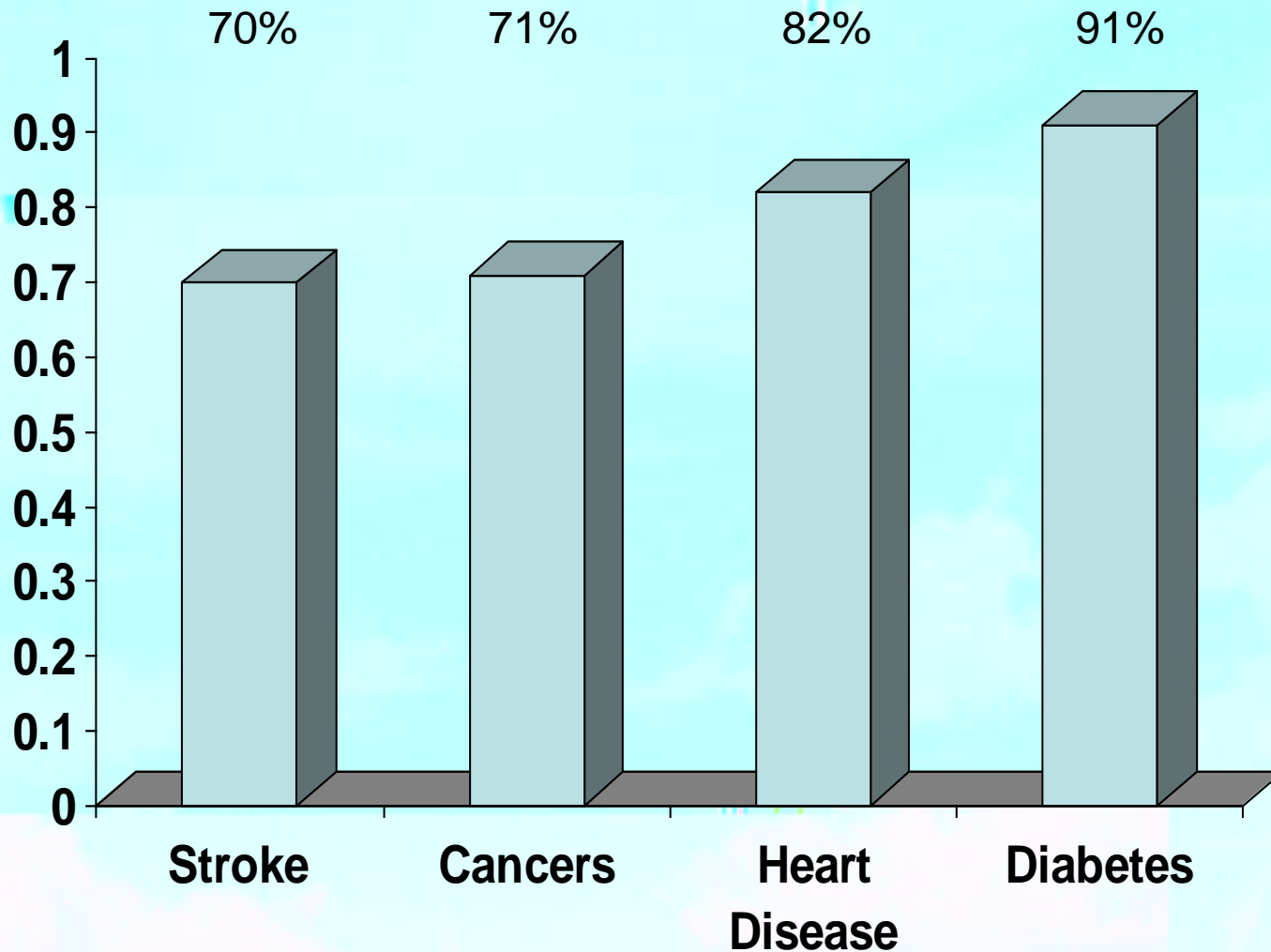
# Why at the worksite?

82% of U.S. population



source: The National Data Book, 2006

# Lifestyle Causes Chronic Disease



Sources: Stampfer, 2000; Platz, 2000; Hu, 2001

**Table 1. Classification and management of blood pressure for adults\***

BP	INITIAL DRUG THERAPY		INDICATIONS
	WITH COMPELLING INDICATIONS	WITHOUT COMPELLING INDICATIONS	
Normal			Encourage lifestyle changes
Prehypertension			Yes
Stage 1 Hypertension	Yes	Thiazide-type diuretics for most, May consider other agents	Drug(s) for the compelling indications.†
Stage 2 Hypertension	Yes	Thiazide-type diuretics for most, May consider other agents	Drug(s) for the compelling indications.†
Stage 3 Hypertension	Yes	Thiazide-type diuretics for most, May consider other agents	Drug(s) for the compelling indications.†

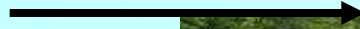






# Designing a wellness program

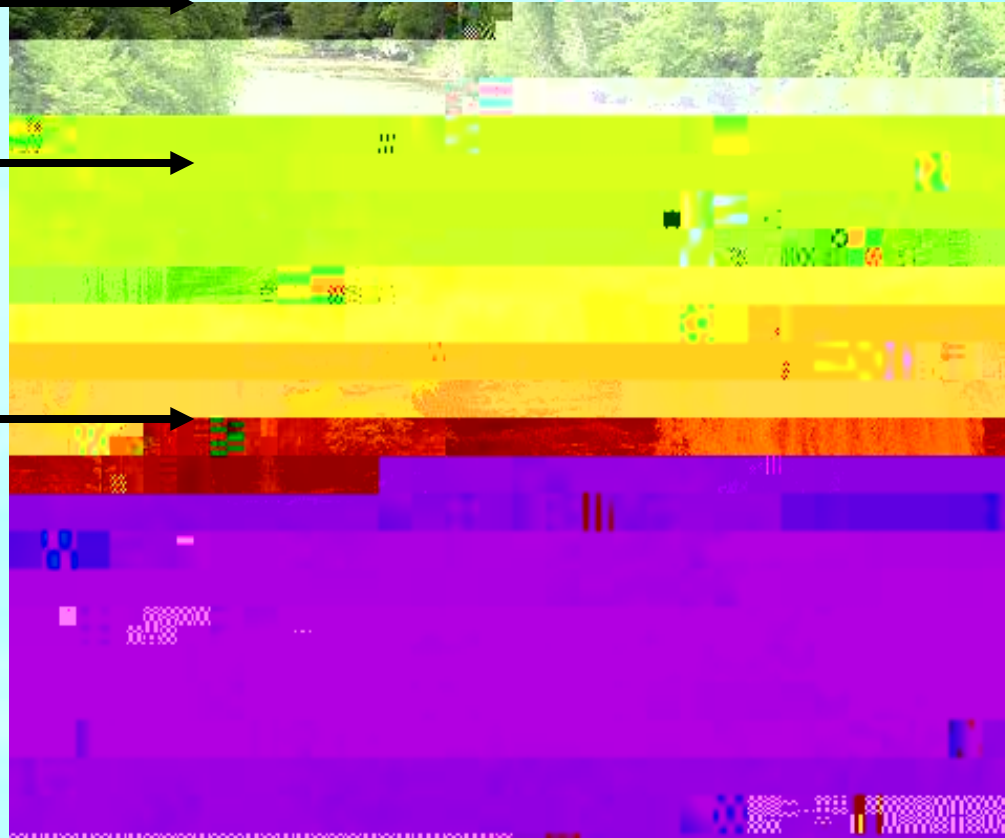
Behavior



Screening



Claims



# Wellness and Strategic Plan

## **A Caring Community:**

- Actively examine and improve the quality of campus life.**
- Create an environment that nurtures the wellness-physical, spiritual and emotional- and promote the safety of all within our community.**



# Wellness



## **Poor health is not always obvious**

Take the online health assessment

Talk to a health coach

Know your numbers (Blood Pressure, Cholesterol, Glucose)

# Incentives support your efforts



## The University of Scranton Employee Wellness Program

Name: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_  
 Department: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Pillar	Description	Amount / Points
Mind Pillar	Mind Pillar: \$150 (150 pts) Mind Pillar: \$150 (150 pts) Mind Pillar: \$150 (150 pts)	\$150 (150 pts)
Health Assessment Pillar	Health Assessment Pillar: \$100 (100 pts) Health Assessment Pillar: \$100 (100 pts)	\$100 (100 pts)
<b>Total</b>		<b>\$250 (250 pts)</b>

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The University of Scranton Employee Wellness Program

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<b>Total</b>		<b>\$250 (250 pts)</b>

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name

Signature

Date

# What you can do

- Take the online Health Assessment
- Talk to your health coach
- Increase your activity
- Eat better
- Relax
- Earn your Pillars (up to \$400)
- Participate in wellness program



# Wellness Programs

## Mind Pillar

Enneagram

Freedom from smoking

Gentle Yoga

Health Screenings

Mindfulness Meditation

Relaxation 101

Stress Management

Tai chi

# We need your help for success

## Your participation is crucial

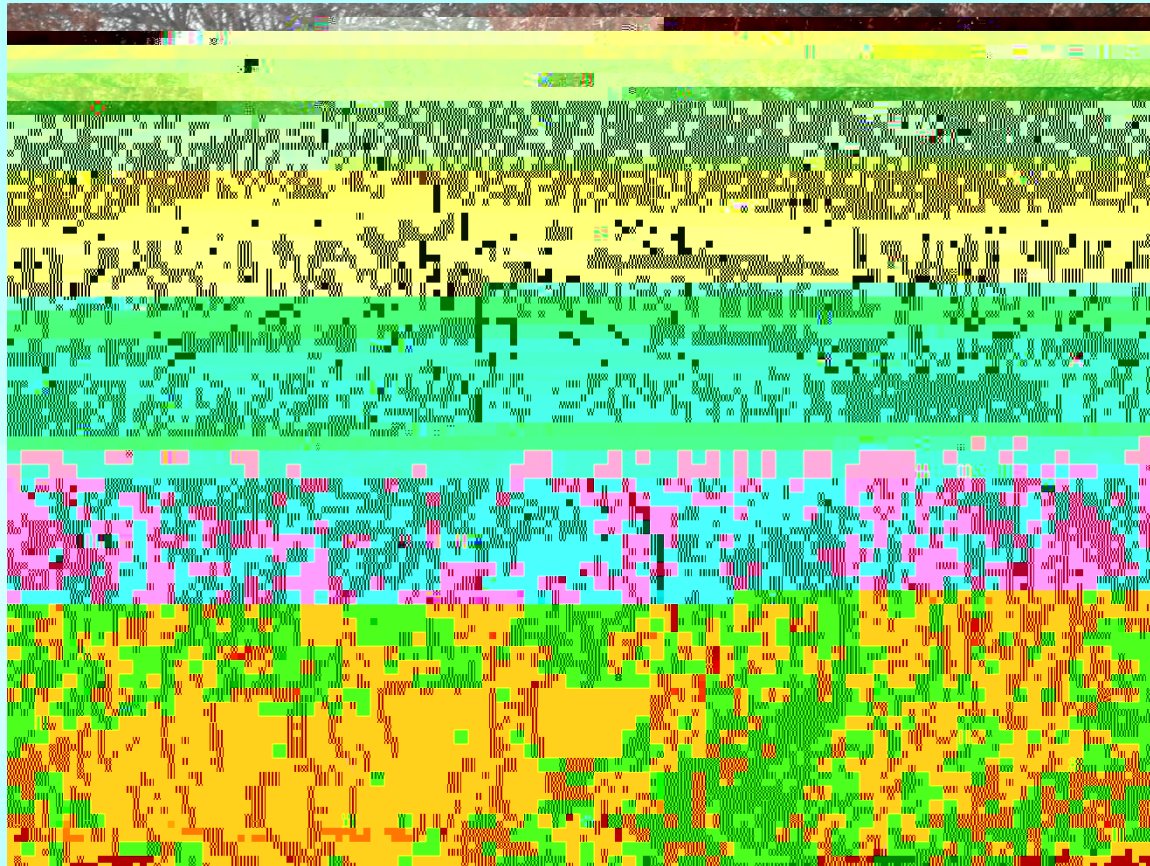
Data must prove wellness program works

Compare year 2 health assessments to  
year 1

Are sick days down?

Is the campus climate healthier?

What you do affects your quality



Save the date

Friday, March 19, 2010

# Questions?

[www.scranton.edu/employeewellness](http://www.scranton.edu/employeewellness)

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