

WELLBEING ACTIVATORS FOR AN ENGAGED CULTURE

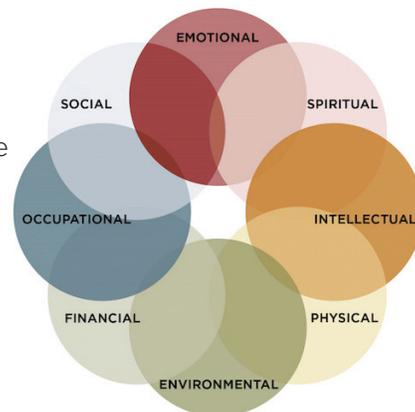
(a.k.a. Wellness Coordinator)

Innovative employers are moving from a sole focus on physical wellness to a holistic solution resulting in **improved health and productivity**. Activators **leverage the power of your workforce** to empower your people and co-create a culture of health. They are outgoing individuals with:

- Degrees in health promotion, community health and more
- Wellcoaches® training for lifestyle and wellness coaching
- IHI's Leadership and Organizing to Improve Population Health training

Wellbeing Activator Program Platform

- **Health Culture Survey** implementation and analysis
- **Team champion identification** and network development (a.k.a. Wellness Committee)
- Peer-to-peer **program development** and implementation of the Lifesaver Wellbeing Series or other wellbeing program platform
- **Program planning**, calendar and communications
- Rewards, **recognition** and celebration support
- **Employee benefits-sponsored initiative** implementation (i.e. Wellness Certificate, wearables)
- **Organize worksite events** (i.e. yoga, book clubs)
- **Data and measurements** reported through Harvard Improvement Science guidelines



Components of
Employee Wellbeing*

1:1 lifestyle
and wellness
coaching

Facilitate
WELCOA
& other health
promotion
programs



KRISTIN JACQUES
Senior Sales Executive
(920) 436 -8682
Kristin.Jacques@bellin.org



ANN KRESL
Senior Sales Executive
(715) 938-2992
Ann.Kresl@bellin.org
Serving Northern Wisconsin
and U.P. Michigan

Success Stories

12-week program lifestyle/charitable giving program at a manufacturing facility resulted in 98% employee engagement, an increase in overall wellbeing measures and nearly \$4,000 donated to charity

Peer-developed 8-week program resulted in statistically significant 3.6-6.5% of body weight lost

88% employee engagement in inaugural "wearables" program

20-minute guided walking meditation begins with 71% feeling stressed/anxious and 100% feeling relaxed/calm upon completion

Welcome to
bellinhealth

* <http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>