

Premier 
healthy living

 Premier Health

4 Ways to Wellbeing



Lifestyle Change

Premier Blue

stability,
strength,
confidence



Physical Activity

Orange

excitement,
energy,
determination



Stress Reduction

Purple

wisdom,
calm,
spirituality



Nutrition

Green

fresh,
natural,
health

Structure

- Medical Director and Nursing Director
- Operations/Advisory Committee
- Site Co-Chairs
- Network of Wellbeing Champions/Warriors at each site

Health Assessment



Biometric Screenings

Onsite Biometric Screenings or at Primary Care Provider

Measurements:

- Total Cholesterol
- Blood Pressure
- BMI
- Hemoglobin A1c



SDOH

- ...the conditions in the environment where people are born, live, learn, work, play, worship, and age.

Examples:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skill

SOCIAL DETERMINANTS OF HEALTH



ECONOMIC
STATUS



EDUCATION




HEALTHCARE




BUILT
ENVIRONMENT



SOCIAL
CONTEXT


 Premier Health



AFRICAN AMERICAN WELLNESS WALK

Join Our Stride

Proceeds Benefit Central State and Wilberforce Universities

 Point your camera at this QR code

VIRTUAL WALK: NOW – AUG. 13 **IN-PERSON WALK: SATURDAY, AUG. 13 • 7:30 A.M.**
UNIVERSITY OF DAYTON, DANIEL J. CURRAN PLACE



Mental Health Support

- Mental Health First Aid
- Employee Assistance Program (EAP)
- EAP Cards with QR Code
- Online Health University
- Mindfulness/Meditation
- MyWellbeing Index
- Free Wellbeing Apps
- Spiritual Wellness Resources
- Respite Rooms

Table 1

WHO ICD-11 Definition of Burnout

Syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- Feelings of energy depletion or exhaustion
- Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
- Reduced professional efficacy

ICD-11: International Classification of Diseases; WHO: World Health Organization. Source: Reference 3.

Employee Assistance Program

- No cost
- Available for employees and their household members
- 5 free sessions per issue per year
- Virtual and in-person options available



Employee Assistance Program

Your program is here to help you along the journey of life. No situation is too big or too small. When you and your household members need assistance, reach out anytime and we will help get you on the right path to meet your needs.



continued on back

Key Features:

- Up to five in-person sessions per concern
- Confidential service provided by a third party
- Provided at no cost to you
- Available 24/7/365



To Get Started:

Call **1-800-327-7360**; TTY Users: **1-800-456-4006**



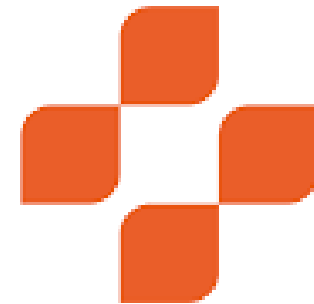
To Explore All the Benefits Available:

Visit **MagellanAscend.com** and click on "Find my company/Log in" and enter "Premier Health Partners"

MagellanAscend

Mental Health First Aid

- Teaches participants to identify, understand, and respond to signs of mental illness and substance use disorders.
- Quarterly training available



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Other Mental Health Resources

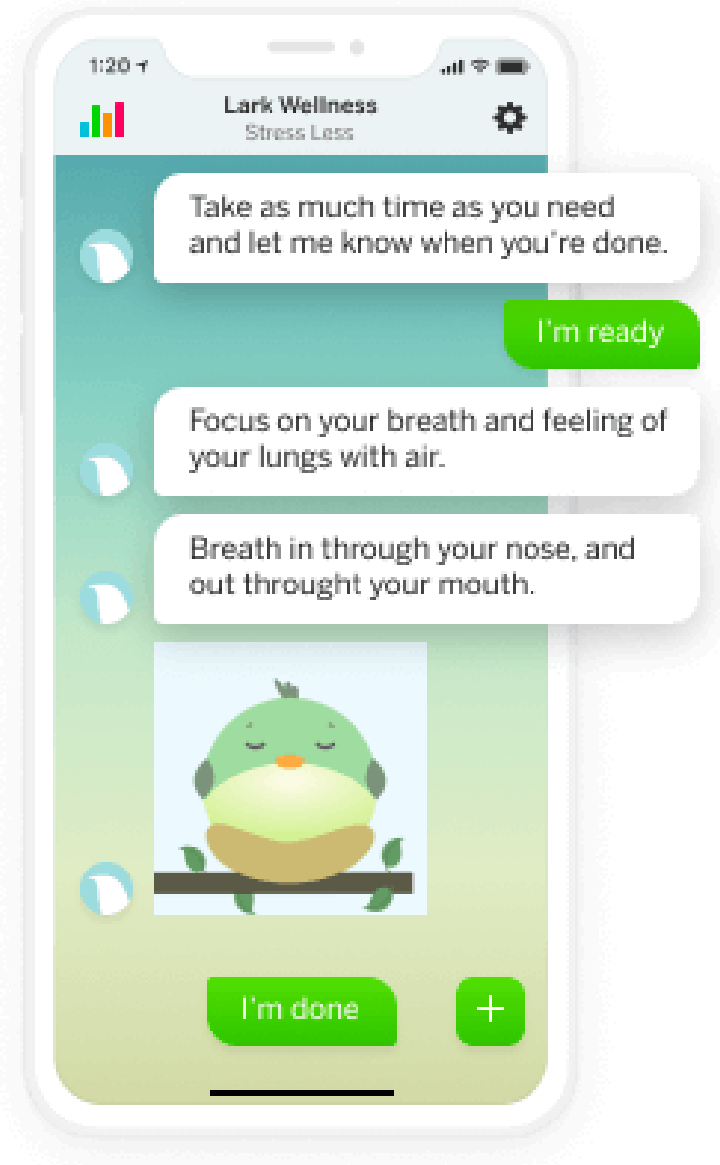
- **Online Health University** - self-paced video courses that employ a cognitive-behavioral training process.
- **Project DAWN**
- **Onsite Mindfulness, Meditation, and Yoga**
- **Spiritual Wellness Resources**
- **Respite Rooms**



Free Wellbeing Apps



Lark – Health Coaching App



Employee Resource Page

The screenshot shows a SharePoint page titled "Inside Premier" for the Premier Health department. The page features a navigation menu with options like Home, My Stuff, About Premier, Forms & Policies, and Facilities. A search bar is located in the top right corner. The main content area is titled "Home" and features the "Premier healthy living" logo, which consists of the word "Premier" in a sans-serif font and "healthy living" in a script font, accompanied by four colorful leaves (blue, orange, purple, green). Below the logo is a prominent blue button that says "Log-in to Your Premier Healthy Living Wellness Portal". Underneath this is a "Quick Links" section with four rounded rectangular buttons: "Wellness Incentive Program Guide" (orange), "Biometric Screenings" (green), "Employee Assistance Program (EAP)" (purple), and "Wellness Center Application" (orange). On the left side of the page, there is a vertical sidebar menu under the heading "Premier Healthy Living" with various links such as "1 Million Steps (Track Steps)", "4 Ways to Well Being", "African American Wellness Walk", "Biometric Screenings", "Campus Walking Maps", "Contact Us", "Employee Assistance Program (EAP)", "FAQs", "Financial Wellness", "Free Wellbeing Apps", "Health Coaching (Lark App)", "Health Fairs", "Meditation", "Mental Health and Self Care", "Pregnancy or Maternity Program", and "Preventive Care Screenings".

Virtual Wellness Webinars

- Financial Wellness
- Emotional Wellness
- Nutrition
- Strength Training
- Grief
- Self-Care
- Retirement Planning
- Mindfulness
- Etc.



Premier 
healthy living
presents...

Virtual Wellness Webinar Series

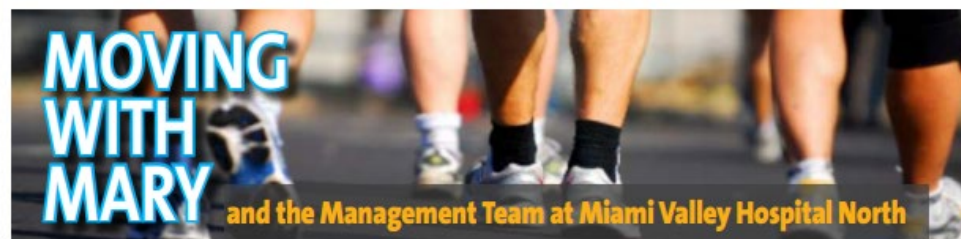


Onsite Shoe Fittings



Culture of Health and Leadership Support

- Walking meetings
- Walk with management
- Tobacco Free Policies



At Miami Valley Hospital North you have an opportunity to join a group of employees for a 20 -30-minute walk, stretching, or light exercise during your lunch break.



- All are welcome to participate in this fun activity!
- This is an ongoing event that will take place every Friday, May 6 through Oct. 28.
- Meet at the new Employee Garden outside the inpatient entrance.

MVHS LUNCH
with **MARQUITA**

As part of our commitment to the employee experience and visible leadership, Miami Valley Hospital South offers time for non-management employees to meet with Chief Operating Officer, Marquita Turner. Employees will hear about current events impacting the hospital and have time to ask any questions that are top of mind.

The next “Lunch with Marquita” is Wednesday, May 4 from noon – 1 p.m.

Employees interested in attending the luncheon must RSVP via email to Ashley Diggs by 5 p.m. on Monday, May 2.

The first 15 interested employees who RSVP will be eligible to attend. Selected employees and their managers will be notified via email and will receive a calendar invitation with location and meeting details.

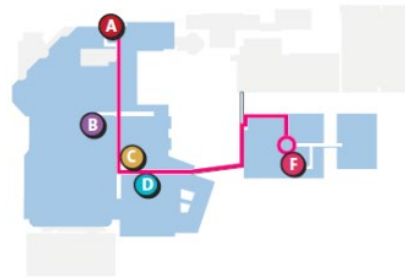
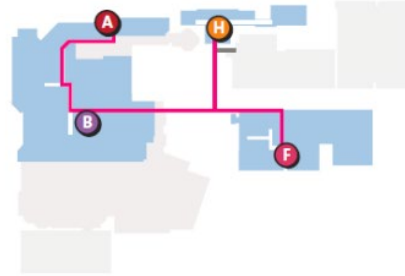
American Heart Association Healthy Food and Beverage Policies

- Healthy Vending Machines
- Re-Think Your Drink – Sugary Beverages Policy
- Elimination of fried foods in the cafeteria
- Used AHA guidelines for catered/on-site meals



Walking Maps

Interior Walking Routes at MVH



Ground Floor Paths

- .21 miles** — Elevator A through tunnel to Elevator F
- .2 miles** — Elevator A through tunnel to Elevator H
- .51 miles** — Elevator A to Elevator F to Elevator H and back to Elevator A

Second Floor Paths

- .45 miles** — Elevator A to Elevator F and back to Elevator A

Make the **Healthy** choice the **Easy** choice



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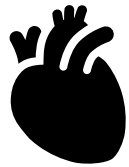
Ohio University Healthy OHIO

Empowered Employee Wellbeing

Unit Overview – OHIO Wellness

Auxiliary Unit under the College of Health Science & Professions

We are responsible for generating revenue above and beyond our allocation



Clinical Cardiovascular &
Pulmonary Rehabilitation Center
(OhioHealth Hospital)
4 Full time staff



On-site Wellness Center
4 Full time staff



Employee Wellness
Program
1 Full time staff

Healthy OHIO



Empowered Employee Well-being

1. Annual Biometric Screening & Review
 - contract out with OhioHealth
2. Wellness Platform
 - Virgin Pulse
3. On-site Wellness Center w/Virtual Memberships
 - 100 Day Challenge
4. Small Group Behavior Change
 - Risk Reduction– in house by professional staff supported by students
5. Wellness Champions
 - Microsoft Teams & SharePoint– in house by professional staff, supported by employee volunteers
6. Department Well-being Checks (NEW)
 - Assessment, focus groups, policy/work rule reviews, action plan recommendations

Healthy OHIO Principles

1. Remove barriers
2. Connection & consistency
3. Build partnerships
4. Have fun



Principles in Action



Remove Barriers

1. Virtual Memberships & Check-Ins
2. Strong bicycle & pedestrian infrastructure
3. Remote & On-site offerings happen at all campuses
4. Year-round physician screening form acceptance
5. Flexwork space & place




Connection & Consistency

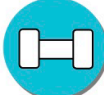
- Healthy Breaks Campaign
- Virgin Pulse wellness platform
- Wellness Champions


INVEST IN YOUR WELLNESS:

GO TO BED!


 **Prepare yourself for bedtime.** Start with a dark and cool bedroom. Light can disrupt your circadian rhythm and a cool temperature can help your body relax.


Limit consumption before sleep. Avoid alcohol, caffeine and nicotine 4-6 hours prior to your bedtime. Alcohol will disrupt your sleep and caffeine and nicotine will make falling asleep more difficult. 

 **Did you sweat today?** Exercising regularly helps produce energy and can reduce stress, anxiety and depression. Physical activity wears the body out, making bedtime a breeze.

Check out Virgin Pulse, a free online and mobile wellness platform available to benefits-participating employees and their benefits-participating spouses/partners! Virgin Pulse can help you track and monitor your sleep habits through the "Sleep Guide" program. 


If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.

 **WellWorks**
A CHSP initiative



TAKING A WELLNESS BREAK

YOU CAN, TOO!

 **HealthyOHIO**
A WellWorks initiative



TREAT YOURSELF TO WELLNESS



Wellness Breaks

Taking healthy, active breaks throughout the work day can improve productivity, increase your health profile and positively alter your overall wellbeing. Looking for healthy break ideas? Visit our Employee Wellbeing website at ohio.edu/wellworks.

University employees are encouraged to take healthy breaks! Hang this tag on your office door, lay it on your keyboard or dashboard, post it to your locker/cart or fold it as a table tent on your desk to normalize wellness and encourage your colleagues to also take healthy breaks.

www.ohio.edu/wellworks

WellWorks
A CHSP initiative

Build Partnerships

Office of Sustainability

Diversity & Inclusion

Ombudsperson

Human Resources


Employee Groups

Athens County Health Department

Local Businesses


WellWorks
A CHSP initiative

STROLL PATROL

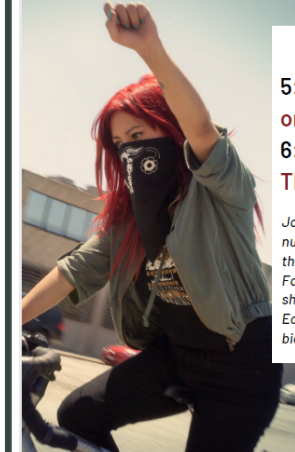


Campus walking events provide employees & students with the opportunity to walk as a campus community & to build movement into their workday!

Starting Thursday, October 19th, Join OUPD & WellWorks every Tuesday & Thursday at 12:00pm to engage in a happier & healthier campus!
Let's get those steps in!

@oupolice  #OUPD

Film Showing & Bike Ride for Hispanic/Latinx Heritage Month: **OVARIAN PSYCOS**



September 25, 2019

5:00PM: Bike Ride (meet outside on the 1st floor of Baker Center)

6:00PM: Film Showing, Baker Theater, 2nd floor

Join us for a bike ride prior to the film showing! A limited number of bicycles have been made available, for free, for this ride courtesy of Black Diamond Bicycles! Following the bike ride, we will go to the theater for the showing of Ovarian Psychos: "Riding at night through Eastside Los Angeles, the Ovarian Psychos use their bicycles to confront the violence in their lives."

Sponsored by the Women's Center, Ohio University Libraries, Black Diamond Bicycles, WellWorks, Black Student Cultural Programming Board, Scripps Hispanic Network, Latino Caucus, and the Multicultural Center.

Ohio University Women's Center | Baker University Center 403 |
740.593.9625
www.ohio.edu/womens-center | @OUWomenscenter



OhioHealth O'Bleness Hospital

Offering In-Person Tobacco Cessation Classes

2022 Session Dates:

- **Session One: July 19th through August 23rd**

Tuesdays: 3:30 to 4:30 p.m.

- **Session Two: October 18th through November 22nd**

Tuesdays: 3:30 to 4:30pm

Location:

HeartWorks, Cardiopulmonary Rehab at OhioHealth O'Bleness Hospital

Cornwell Heart Health Center- 65 Hospital Dr. Athens, OH 45701



Have Fun

- Take obstacles as adventures
- Our team's wellness is primary to what we do
- Mentoring students



Additional Information

[Ohio.edu/wellness](https://ohio.edu/wellness)

[Ohio.edu/wellworks](https://ohio.edu/wellworks)

[Ohio.edu/wellworks/100-day-challenge](https://ohio.edu/wellworks/100-day-challenge)

[Ohio.edu/wellworks/healthy-breaks](https://ohio.edu/wellworks/healthy-breaks)

www.ohio.edu/hr/flexwork



Jenn Bennett

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Thank you!

Biographical Information

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Angy El-Khatib is the Health and Wellness Coordinator at Premier Health. She has been with Premier Health for 5 years. She has her Master's in Public Health from West Virginia University and Bachelors in Athletic Training from Marshall University. She is also a Certified Health Education Specialist.

Brenda Bodenmiller, BSN, Manager, Employee Health & Wellness
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Brenda Bodenmiller is the Manager of Employee Benefits and Wellbeing at Premier Health. Brenda is a Registered Nurse and has her Master of Public Health from Wright State University. She started her career in the Cardiac ICU, was manager of the Cardio-rehab Department at Miami Valley Hospital and created the Premier Healthy Living program at Premier Health. Brenda has over 30 years of experience in cardiovascular health, employee well-being, and population health management.

Jennifer A. Bennett, Executive Director of Wellbeing, Ohio University
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Jenn Bennett has over 20 years of experience in fitness and wellbeing. She has received her degrees, with concentration in Exercise Physiology, a BS from Ohio University '05 and a MS from the University of Tennessee '08. Jenn is also a Nationally Board Certified – Health and Wellness Coach. Currently she is the Executive Director of Wellbeing, at Ohio University's providing leadership for the employee wellness programming, two facilities in Athens, OH, and recently launch an online platform. With her leadership, her team enhances wellness experiences for members and employees while providing an experiential learning opportunity for students. Her passion is connecting with others and find their inner awesomeness.