

13TH ANNUAL OHIO

*Employee
Health &
Wellness*
CONFERENCE

Workshop F

Employee Engagement
**Impact Empowering Employees to Live Life
Fueled by Healthy Behavior**

11:15 a.m. to 12:30 p.m.

Biographical Information

**Nick Batanian, Wellness Program Coordinator
Marathon Petroleum Company LP
539 South Main Street, Findlay, Ohio 45840
(419) 421-3049 nbatanian@mpcorp.com**

Nick began his career working in cardiac rehabilitation for the Michigan Heart & Vascular Institute in 2010. The experience of helping his patients change their behaviors and educational workshops lead him to finding his first role in corporate wellness in 2011 as a fitness specialist for DTE Energy in Detroit, MI.

Nick spent 3.5 years progressing from the fitness center supervisor to becoming a lead wellness coordinator for DTE Energy's program where he focused on engagement within the company's Natural Gas division.

Nick joined Marathon Petroleum LP in Findlay, Ohio as the Wellness Program Coordinator in June of 2014 and has been focused on growing the culture of health ever since. His primary responsibilities are oversight of program operations, providing direction for initiatives at all locations and corporate program strategy. He is passionate about living a healthy lifestyle and empowering others to do the same.

Nick is a graduate of Ohio University in Athens, Ohio with a B.S. in Exercise Science, where he also went on to receive a M.S. in Exercise Physiology focused in clinical work.

**Elisabeth (Libby) A. Spragg, Wellness Program Assistant
Marathon Petroleum Company LP
539 South Main Street, Findlay, Ohio 45840
(419) 421-2914 elspragg@marathonpetroleum.com**

Libby started her career with Marathon Petroleum LP in Findlay, Ohio in 2016 as the Corporate Wellness Intern. In 2017, Libby was hired by MPC as the Wellness Program Assistant. Libby's primary responsibilities include developing and implementing wellness programs and initiatives, creating health and wellness communications, managing the automated external defibrillator program and tracking engagement and analytics for the wellness program.

Libby is a graduate of Samford University in Birmingham, Alabama with a B.S in Food and Nutrition and received an MPH from Liberty University in Lynchburg, Virginia.



Well ALL Ways

Empowering Employees to Live Life Fueled by Healthy Behaviors

Nick Batanian, MS and Libby Spragg, MPH

Ground Rules

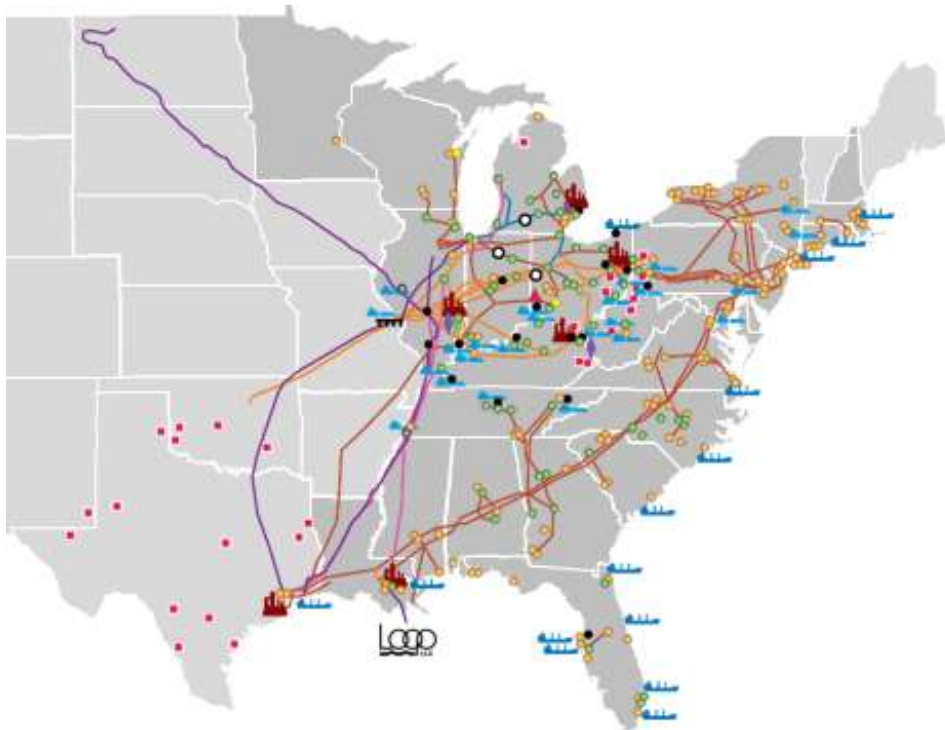


- Health and Safety moment
- Start and stop on time
- Be here now
- Be Raggedy
- It's okay to move
- Have fun!

Simply stand-up every time you see our logo



Marathon Petroleum Corporation



- Fortune 50 company
- Established in 1887
- Second-largest U.S. refiner
- Employees: approximately 43,800
- Headquartered in Findlay, Ohio
- Approximately 2,740 Speedway convenience stores
- Approximately 5,600 Marathon brand retail outlets
- Extensive terminal and pipeline network

Demonstrating Our Corporate Values

The foundation for all that we do



- Health and Safety
- Environmental Stewardship
- Integrity
- Corporate Citizenship
- Diversity and Inclusion



Program History



Offered preventive colonoscopy covered through wellness grant

1990's



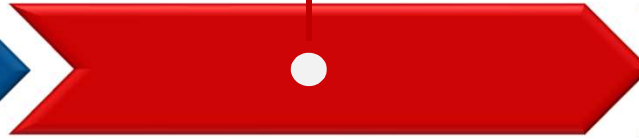
Rebranded Well ALL Program, initiated Heartsaver Program, partnered with new vendor, revitalized Champion Program and implemented strategic incentives.

2014 – Present



2000's

Focus on HRA completion and offered reimbursement for fitness and Weight Watcher memberships



Mission & Strategy

Marathon Petroleum Wellness Program



Encourage and empower all Marathon Petroleum employees and their families to live life fueled by healthy behavior

This is accomplished through:

- Providing excellent programs that align with our population
- Creating a work environment that is supportive of health and well-being
- Offering incentives that make the healthy choice, the easy choice
- Growing a network of champions who are fueled by living healthy lifestyles
- Understanding our population by gathering information through assessments, feedback and observation



Current Program Focus



ENJOY THE REWARDS OF TAKING CARE OF YOUR HEALTH.

Earn your rewards by completing the activities below.

ACTIVITY	ACTIONS	DUE DATE	VALUE	EARNING FREQUENCY
Annual Preventive Physical	Download the "Preventive Physical Form" on the website (under "My Health," "Screenings"), bring to your appointment and submit afterwards.	12/31/18	\$250 for employees, plus an additional \$150 for spouses, qualified domestic partners or one dependent child of a single parent employee	1x/year
Health Assessment	Complete online. <i>Note:</i> Must be completed in order to earn Healthy Activity points.	12/31/18	100 pts	1x/year
Health Advising	Call 1-800-851-5951, Option 2.	12/31/18	50 pts	1x/year
Biometric Screening	Participate in an on-site screening, or schedule with your primary care physician. Complete the optional "biometric data" section on the Preventive Physical Form or attend an on-site HealthFitness screening event.	12/31/18	100 pts	1x/year
Lifestyle Coaching (only those with OWS ≤65 eligible)	Complete four Lifestyle Coaching goals.	12/31/18	50 pts each/ 200 pts maximum	1x/year
Online Challenges	Complete by earning 800 Passport™ points.	6/10/18	200 pts	1x/year
Online Challenges	TBD		200 pts	1x/year

Champion Program



- Standardized and Formal Program
- Voluntary Role
- Force multipliers
- Annual Champion Summit
- Tools and Resources



move ALL Ways

GROUND RULES

- 1 Listen to your body. If something hurts, **STOP!** Well ALL Ways can provide modifications.
- 2 Perform these movements in a slow and controlled fashion.
- 3 Be aware of your surroundings and other people around you.

3 PLANES OF MOTION

Targeted Area - Back



- Sit tall in a chair with your back straight and feet flat on the floor. Cross your arms in front by grabbing the opposite elbow. Do the following movements 6x each and be sure to keep your head/neck neutral.
- Lift your arms over your head and then lower them down
- Lift your arms over your head and bend from side to side
- Lift your arms over your head and turn your torso right and left

TWISTING LUNGE

Targeted Area - Hips, Back and Upper Legs



- Stand with feet shoulder width apart and toes pointed straight ahead.
- Lunge forward with the right leg, bending both knees and keeping the back heel off the ground.
- From this position, rotate the trunk towards the front knee. Pause for one second and return to the middle.
- Rotate 3-5 times in one direction. Step back to the starting position and repeat the movement on the other side.

SINGLE ARM WALL SWIM

Targeted Area - Back, Shoulders



- Stand with your back against a wall or flat surface. Place your arms against the wall with your palms facing out.
- Lift and drag your left arm against the wall as high as you can, then return it to the starting position.
- Make sure you keep your back flat against the wall.
- Repeat the same motion with your right arm. Alternate right and left arms for 30-45 seconds.

BACK STROKE

Targeted Area - Back, Shoulders and Arms



- Stand with feet shoulder width apart and arms out in front at shoulder height.
- Shift weight to one side and pull one arm back, as if doing the back stroke in swimming.
- Bring arm back to front and repeat with opposite side. Alternate back and forth with both arms for 30-45 seconds.

BENDING LUNGE

Targeted Area - Hips, Back and Upper Legs



- Stand with feet shoulder width apart and toes pointed straight ahead.
- Lunge forward with the left leg, bending both knees and keeping the back heel off the ground.
- From this position, reach the right hand up and over, until a slight stretch is felt in the side.
- Pause for one second and then lower hand back down.
- Repeat 3-5 times in one direction. Step back to the starting position and repeat the movement on the other side.

SQUAT WITH ROTATION

Targeted Area - Hips, Back, Shoulders



- With a wide stance and knees soft, squat down with thighs parallel to the floor.
- Hinge at the waist, keeping your back flat, and reach down to the floor as far as you can.
- Walk your hands to right side and lift your right arm straight up and out, until you feel a stretch in your back.
- Pause for one second, then bring the right arm back down and walk hands to the left side.
- Now repeat the same motion with the left arm.
- Repeat these actions for 30-45 seconds.

For questions or modifications for the Move ALL Ways exercises, please contact **Well ALL Ways** at **419-421-2914**.

Communications



- Champion Planning Guide
- [Toolkits](#)
- [Grocery Store Tour Video](#)
- Corporate Wide Webinars
- Weekly Emails
- Electronic Message Boards



...one step at a time





What fuels you to be healthy?



Annual My Fuel Contest



show us
how you're



Submit a photo of you participating in your favorite healthy activity with the *Well ALL Ways* logo in it for a chance to win a prize!

HOW TO ENTER:

Post a photo of yourself doing a healthy activity to your personal social media network and tag **#MPCMyFuel**

OR

Send your photo directly to wellallways@marathonpetroleum.com with "My Fuel" as the subject.



PRIZES INCLUDE: Individual owners of the top 3 photos will receive \$50.00 Marathon Petroleum gas cards and a Well ALL Ways quarter-zip pullover to continue to fuel their healthy lifestyles. **DEADLINE TO SUBMIT PHOTOS:** Friday, August 31

Developing Internal Relationships

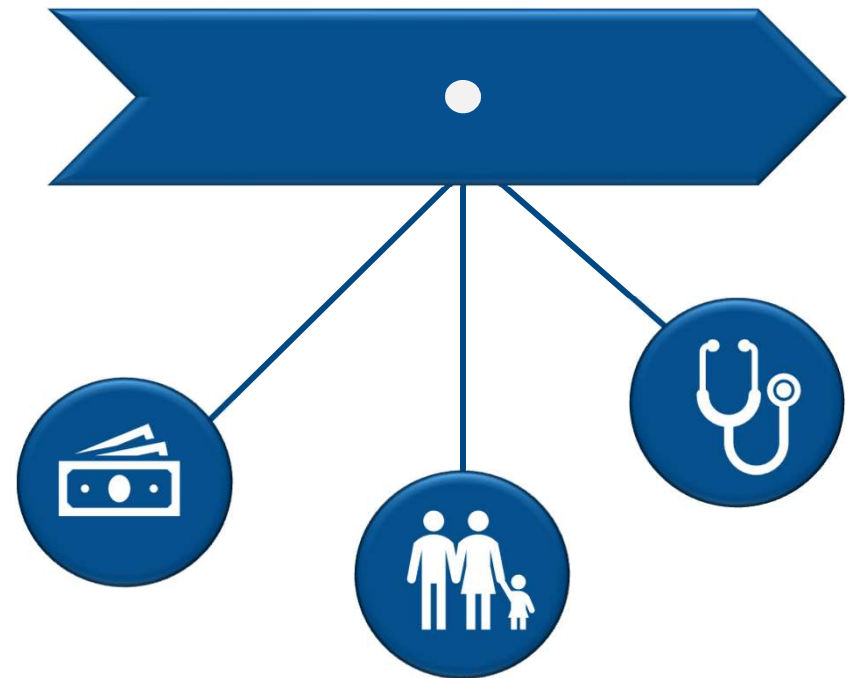


Incentive Program



- Building the business case
- Impactful behavior
- Building relationships
- Complete Annual Preventive Physical
- Engage employees and spouses

2018



Future Outlook



- Champion Grant Program
- Enhanced Communications
- Incentive Growth
- Leadership Training
- Corporate Fitness Center
- Financial Wellness
- Tobacco Surcharge
- Tobacco-Free Policy
- Bike Share Program



Take-Aways



- Look at where you have been and build a business case for health
- Create a program mission that is visible and connects with your employees
- Develop programs that are important and impactful
- Empower wellness champions
- Keep communications consistent and simple
- Partner with other internal organizations
- Focus on creating healthy and happy employees





Questions?

wellallways@marathonpetroleum.com

419.421.3049

