



Wellness Council Webinar Notes

Aug. 1, 2024

Welcome

- Thank you for joining our August wellness council webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's agenda includes:
 - Celebrations
 - New Partnerships
 - Team Building
 - Quarterly Activity List
 - What's New
 - Wellness Council Spotlights
 - Upcoming Schedule
 - Your Updates

Celebrations

- Let's kick off by celebrating you! If you're celebrating a birthday, anniversary or anything else, please feel free to share it in the chat.
 - We'd like to wish a very happy birthday to Jimmy Wheeler from Economic and Community Development, Keita Cole from the Department of Disability and Aging and Kelly Cortesi from the Department of Revenue.
- If you'd like to share your birthday or other celebrations with us, please let us know: https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations

New Partnerships

- **DOHR Employee Well-being Training**
 - During our annual celebration, we announced some exciting news! We've partnered with the Department of Human Resources to create a new training on employee well-being, called Be Well @ Work. This course is designed to equip managers, supervisors and employees with the tools and strategies to improve the overall health and well-being of employees in the workplace. Through a combination of interactive lectures, group discussions and hands-on activities, participants will learn how to optimize their physical and mental well-being while navigating the demands of their work. Along with this new interactive facilitator-led offering, well-being resources will now be included in the existing employee and supervisor essentials courses as well as the mental health awareness training. Be on the lookout for this training!
- **Wellness Champions**



- We often hear time is the biggest obstacle of why employees don't engage in wellness activities or join the wellness council, even when they are interested.
- To continue to make strides toward a healthier workplace and increase awareness and engagement in wellness efforts across the state, we're supplementing the efforts of wellness councils by implementing the addition of wellness champions. We're all on the same mission to create a healthy, positive workplace and show how taking small steps can help employees achieve their larger goals.
- Like a wellness council member, a wellness champion is an employee who volunteers to support and promote the wellness initiatives to their coworkers. Any Tennessee State Government employee can be a wellness champion, but these individuals will not be on the wellness council. Ideally, we'd love to have a wellness champion on every team! This will create more peer-to-peer wellness promotions. Wellness champions can choose what's most relevant to coworkers and promote via Teams chat, email, meetings, etc. when appropriate.
- The opportunity to be a wellness champion will be promoted in our communications, activities and events. Employees who take the new Be Well @ Work training will be asked to complete a 90-day post-training survey, which will include an opportunity for employees to sign up to be a wellness champion.
- Once an employee signs up, they'll receive a monthly email from us with up to four wellness resources and activities to share with their team. A wellness champion can opt out at any time.
- We will share monthly communications sent to wellness champions with you all to ensure alignment of our mission. If, at any time, your wellness council is recruiting new members, we're happy to reach out to wellness champions from your agency to ask if they are interested in joining your wellness council. We have created a graphic to help clarify the different expectations of a wellness council member versus a wellness champion since being on the wellness council requires more time and collaboration.
- Our goal with the addition of wellness champions is to make it as simple as possible to spread awareness of resources available through Working for a Healthier Tennessee, Optum Health and Sharecare.
- I'd like to take a moment to answer any questions about the new training and wellness champions.

Let's Tell a Story

- Let's shift gears and have a little team building fun. We're going to create a story together. Some of you may have played this with us before, and you know it can turn into a really funny story.



- I have the list of words we need and the story.
- The first word I see come through the chat will be the word chosen.
- Once we've collected all the words, I'll read the story aloud.
- Word References
 - We know you all probably remember what these are but just in case, we have a reference for you.
 - For example: If I say I need an adjective, you might say "silly".
- **Story:**
- A vacation is when you take a trip to some 1._____ place with your 2._____ family/friends. Often you go to a place that is near a/an 3._____ or up on a/an 4._____. A great vacation place is one where you can ride 5._____ or play 6._____ or go hunting for 7._____. I like to spend my time 8._____ or 9._____. When adults go on a vacation, they spend their time eating three 10._____ a day and the guys play darts ,and the ladies sit around 11._____. Last summer, my friend fell in a/an 12._____ and got poison 13._____ all over his 14._____. My family/friend group is going to go to (the) 15._____, and I will practice 16._____. Adults need vacations more than kids because adults are always very 17._____ and because they have to work 18._____ per day all year making enough 19._____ to pay for vacation.
- Thank you for playing and remember, you can ask your wellness coordinator for help if you'd like to do a similar activity within your department.

Quarterly Activity List

- We're already in the middle of quarter one of fiscal year 2025.
- We have some suggestions to help you reach gold [achievement level](#) status this fiscal year.
- As a reminder, we strive to ensure we're hosting and leading a variety of challenges, activities and resources, so all you need to do is promote them. Your wellness council activities are up to you to complete.
- Here's a look at what you could do this month:
 - **Communicate:**
 - You could share:
 - [Resources to get you moving!](#)
 - [Eat Right on a Budget](#) (2-minute video) in honor of National Financial Awareness Day on Aug. 14.
 - **Engage:**
 - [Practice Progressive Muscle Relaxation](#) on Aug. 14 from 12-12:15 CT.
 - **Inspire change:**
 - Celebrate National Relaxation Day on Aug. 15 with some [Relaxation Techniques](#). [Tell us which technique you tried](#).
 - Host a two-week [48 A Day Water Challenge](#) in honor of World Water Week (Aug. 25-29).



- Learn more about these events and others on our website at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

What's New

• August Wellness Calendar

- This fiscal year we're trying out a new format for our monthly challenges and activities. To streamline, we're going to use the monthly wellness calendar for employees to track their involvement in wellness activities.
- Employees will submit their participation and share about their experience using the same link every month:
https://stateoftennessee.formstack.com/forms/wfhtn_wellness_calendar_challenge_submission
- Each month, three participants chosen at random will win a prize. Winners will be contacted via email from our team.
- Grab our August daily wellness calendar on our Wellness Events webpage at www.tn.gov/wfhtn/challenges/wellness-events.html. For this month, submissions are due by Monday, Sept. 9.

• Be Well

- We want to take the time to share about our monthly Be Well @Work newsletter, which is sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.
- We want to hear from you, please take our short Formstack survey either now or later:
https://stateoftennessee.formstack.com/forms/wfhtn_be_well_newsletter_survey
- Do you read our Be Well @Work newsletters?
 - Yes or No?
- Do you know if any of your coworkers read our Be Well @Work newsletters?
 - Yes or No?
- We strive to make our monthly newsletter different than the weekly newsletters and include educational pieces that also remind employees about the numerous wellness events we have going on. For example, in the month of July, we leaned into the Olympics and shared various resources plus promoted the July Olympic Trivia event.
- What would you like to see in our Be Well @Work newsletters?
 - Open-ended.

• Swag Update

- We have new prizes to choose from!
 - Portion bowls
 - Mini watering can blossoming kits
 - Food and fitness journals



- Gratitude journals
- Mindfulness cards
- You can always view our up-to-date list plus look at photos: [wfhtn_prize_inventory.docx](#)

Wellness Council Spotlights

- **Economic & Community Development**
 - The Department of Economic and Community Development wellness council had great participation in their photo submission activities for Mother's and Father's Day. Wellness council member Jimmy Wheeler made wonderful videos with all the submissions. Nearly half of their department participated!
- **Human Services**
 - The Department of Human Services is hosting onsite biometric screenings on Aug. 28 and Oct. 2 in the James K. Polk building in downtown Nashville.
 - Schedule an appointment by signing in or registering at <https://stateoftn.sharecare.com>.
 - Select Achieve, Programs and Health Screening.
 - You will then be directed to the Quest Diagnostics Health & Wellness site to schedule an appointment.
 - For additional information, visit <https://s.sharecare.com/promo/tnwellness/sandhebiometricshowtoguide.pdf>
 - Note: State employees and their eligible spouses with medical insurance through Partners for Health can earn an [incentive](#) up to \$200 by completing a biometric screening. Learn more at <https://www.sharecare.com/tnwellness/earn-incentives/>.
- **Human Services**
 - Shout out to LaTamera Woodley and Lauren Vaden for being wellness role models. They both lead a stretch break with colleagues at DHS, using this five-minute YouTube video. LaTamera also talked about the Sharecare app and upcoming biometric screenings. LaTamera shared she was a little nervous before her presentation but said she got positive feedback and some follow-up questions. Way to go, ladies! Keep in mind, if you ever do get questions that you don't know the answer to, let your coworkers know that you'll reach out to us and get back to them as soon as possible.
- **Agriculture**
 - Employees in the Division of Forestry participated in a 5K event promoting safe drinking water. They call themselves the Ag Fit Family, and when they aren't participating in their division's monthly challenge or encouraging each other in their Fit Family Teams chat, some of them are also deployed to help stop forest fires in the western U.S. Way to go!



Upcoming Schedule

- Our next monthly Wellness Council webinar will take place on Thursday, Sept. 5 from 9-9:45 a.m. CT.

Your Updates

- If you haven't already, please let us know in the chat which agency you're representing.
- Let's take some time to share what's going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

If you have any questions, we'd be happy to answer those now.

Thank you for joining our wellness council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!