2016 Wellness Spotlight

Corporate Weight Management Initiatives
Recognition Program
Award Recipients
About Wellness Spotlight

- New initiative from LVBCH
- Recognizes members that commitment to worksite health and wellness
- Different recognition themes each year
  - Focus on best practices in wellness and health promotion
2016 Wellness Spotlight

- Focuses on corporate Weight Management
- Includes core components related to:
  - Nutrition
  - Physical Activity
  - Overall Weight Management
2016 Application

• Strategies determine recognition level
  — Good, Better, and Best
• Benchmarking and program data included
• All member companies incorporated the levels
Good Initiatives

- Offer healthy foods
- Provide food prep and storage facilities
- Provide weight management information
  — Healthy eating, physical activity, etc.
Better Initiatives

- Screenings for body composition
- Education about nutrition and physical activity
- Self-management programs for healthy eating
Best Initiatives

- Expected to have a large impact
  - Sufficient to strong evidence
- Organized physical activity programs
- Self-management programs for weight
- Gym memberships or discounts
- Environmental support for physical activity
- Lifestyle counseling for weight management
- Identification of healthy foods and beverages
Benchmarking:

Health & Wellness Program

- Leadership Support
- Strategic Planning
- Employee Involvement
- Social Strategies
- Communications

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Benchmarking Action:

- Provide training, budget & resources
- Provide program access to employees
- Use online technology resources
- Provide a financial incentive
- Measure and evaluate participation data
Participant Recognition
Andesa Services - Beth Kulig

- Wellness Reimbursement
- Nutrition Workshops
- Andesa on the Move Annual Physical Fitness Challenge
- Monthly Wellness Topics
- Annual Health Fair
B. Braun Medical Inc. – Denise Moyer

- B. Well and B. Well Center
  - Free Gym Memberships For Employees
  - Onsite Fitness Classes Such As Yoga
  - Targeted One-On-One Weight Management Counseling
City of Bethlehem - Sherri Penchishen

- City of Bethlehem Employee Wellness Program
  - Take the Stairs Campaign
  - Take the Stairs Goes Mountain Climbing
  - Highway to Health Program
  - Live Stronger Longer Campaign
  - Community Supported Agriculture Program
  - Gym Reimbursements and Lunch Time Walks
Computer Aid – Cary Quarry

- Bee Well
  - Annual 10,000 Step Challenge
  - Corporate Sponsored Onsite Yoga
  - Zumba Style Fitness Opportunities
Crayola – Adrienne Nagy

• Be Well
  – Weight Watchers At Work and Cost Sharing Program
  – Fresh Vegetables and Fruits Daily On the Salad Bar
  – Nutritional Information Displayed For All Cafeteria Items
  – Customizable Catering Menu For Healthier Alternatives
  – Healthy Vending Machines With Less Expensive Healthy Options
  – Eat Well to Be Well Nutrition Challenge
  – Edwin’s Garden
  – Get Moving Fitness Team Challenges.
  – Walking Paths & Discounted Gym Memberships
Essroc Cement Corp – Barb Bensinger

• **Wellness Works**
  — Monthly Lunch and Learns
  - Fitness
  - Food
  - Wellness
  — Annual Health Fairs Include Healthy Food Options
Follett Corporation – Christine Lewis

- Follett Live Well
  - Drop 10 in 10 Program
  - Color Your Plate
  - 10,000 Step Challenge.
Lancaster-Lebanon Intermediate Unit 13 – Diane Janney Schall

• Bee Healthy
  – Gym Membership Reimbursement
  – Treadmills
  – Yoga
  – Strong Women Strength Training
  – Indoor Walking Path
Lehigh University - Mary Jo McNulty

- Be Well: Mind, Body, Spirit
  - Weight Watchers
  - Nutrition Counseling
  - Fitness Center Reimbursements
  - LU Marathon
  - One-On-One Coaching With A Fitness Center Instructor
Lehigh Valley Health Network - Mark Wendling, MD

- Wellness University (Well U)
  - Deans of Wellness & Culture of Wellness
    - Gyms with Reduced-Cost Membership & Reimbursement
    - Fitness Assessments and Classes
    - Nutrition and Weight Assessments
    - Weight Watchers
    - Health Coaching and Online Self-Management Tools
Members 1st Federal Credit Union – Alyssa Thompson

- Wellness 1st
  - Winter Melt Down Weight Loss Challenge
  - Blueprint For Wellness Program
  - Biometric Screening and Personal Profile
  - Company Sponsored Smoking Cessation Program
  - Wellness Credit Program
Schlouch Incorporated – Lisa Bogert

- Schlouch Incorporated’s Wellness & Healthy Lifestyle Program
  - Wellness Incentive Program
    - Medical Insurance Premium Reductions
    - Participation in Healthy Lifestyle & Behavior Change Activities
  - Online Tools
  - Telephonic & Digital Health Coaching
  - Gym Memberships
  - Lifestyle Screenings
St. Luke’s University Health Network – Amy Previato

• Caring Starts with You
  — Mindful Meal Choice at Cafeterias & Salad Bar Price Reduction
  — Whole-Food, Plant Based Cooking Class Pilot
  — Annual Community Supported Agriculture (CSA) Program
  — Fitness Centers with Reduced-Cost Membership & Reimbursement
  — Tail on the Trail Program & Walking Routes
  — Onsite Weight Management & Medical Management Programs
  — One-On-One Health Coaching
Victaulic – Lisa Betz

**Victaulic Wellness…**

Get Ready, Get Fit, Go Healthy

- Monthly Onsite Nutritionist & Nutritional Counseling
- Weight Watchers At Work
- Annual Wellness Challenges (For Example: Biggest Loser)
- Onsite Cafeteria Services With Nutritional Information Displayed
- Boost Program Healthy Eating Campaigns
- Healthy Recipes and Sample Days
- Step Challenges
Volvo Group/Mack Trucks – Angie Smallwood

- **Health for Life**
  - Annual Weight Management Challenge (Biggest Loser)
  - Onsite Fitness Centers
  - Gym Subsidies
Participant Recognition

- Andesa Services
- B. Braun Medical Inc.
- City of Bethlehem
- Computer Aid
- Crayola
- Essroc Cement Corp
- Follett Corporation
- Lancaster-Lebanon Intermediate Unit 13
- Lehigh University
- Lehigh Valley Health Network
- Members 1st Federal Credit Union
- Schlouch Incorporated
- St. Luke’s University Health Network
- Victaulic
- Volvo Group / Mack Trucks

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