

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:



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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



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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



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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



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Follett Corporation – Christine Lewis

- **Follett Live Well**

- Drop 10 in 10 Program
- Color Your Plate
- 10,000 Step Challenge.



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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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