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# WORKING FOR A HEALTHIER TENNESSEE

April 2020 Wellness Council Webinar



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**HEALTHIER TN**

In collaboration with the ParTNers for Health Wellness Program

# Today's Agenda

- Fun Fact Challenge
- Q4 (April-June) Point Tracker
- Wellness Council Spotlight
- Survey Poll Question Results/Action Items
- Top 6 Tournament Announcement
- Annual Awards Celebration Announcement
- Health Observances/Upcoming Schedule
- Roll Call & Sharing

# March Fun Fact Challenge

Congratulations to  
**Rachel Clark**  
TennCare



# Fun Fact Challenge Rules

- The first Wellness Council representative to get two out of the three answers correct using the CHAT feature will be crowned this month's Fun Fact Champion.
- In the event of a tie, a fourth question will be used as a tie breaker.
- You **MUST** type out the complete answer. (A, B or C is not acceptable.)

# Fun Fact Challenge



Are you ready  
for the  
Fun Fact  
Challenge?

**Morgan McFarlane**

# Fun Fact Question #1:

All stress is bad?

- True
- False

# Fun Fact Question #2:

Ways to reduce stress include:

- Talking to a health care professional
- Regular exercise
- Trying a relaxing activity
- All of the above



## Fun Fact Question #3:

Long-term stress has no effect on one's health.

–True

–False

# Tie-Breaker Fun Fact Question:

The Employee Assistance Program is available to all state employees via a Virtual Visit.

- True
- False



# Q4 (APRIL-JUNE) CHANGES

# April Activity Planner

- Quarter 4: one month at a time
  - In response to current events/shift to more AWS workers
  - The WFHTN team is here to help.
  - Questions? Contact us!

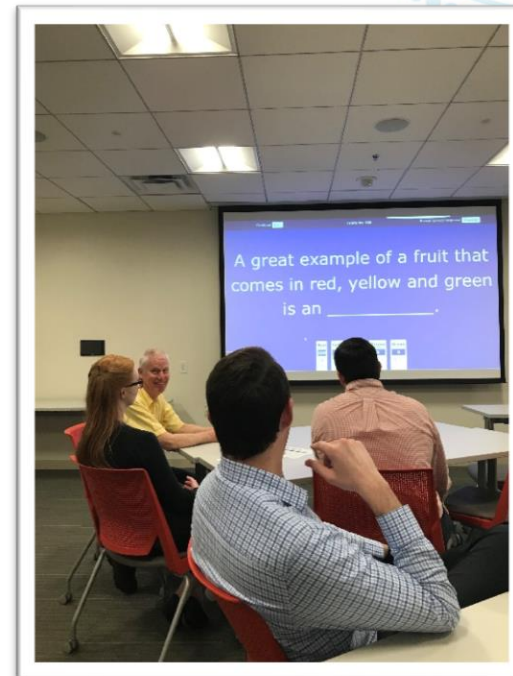
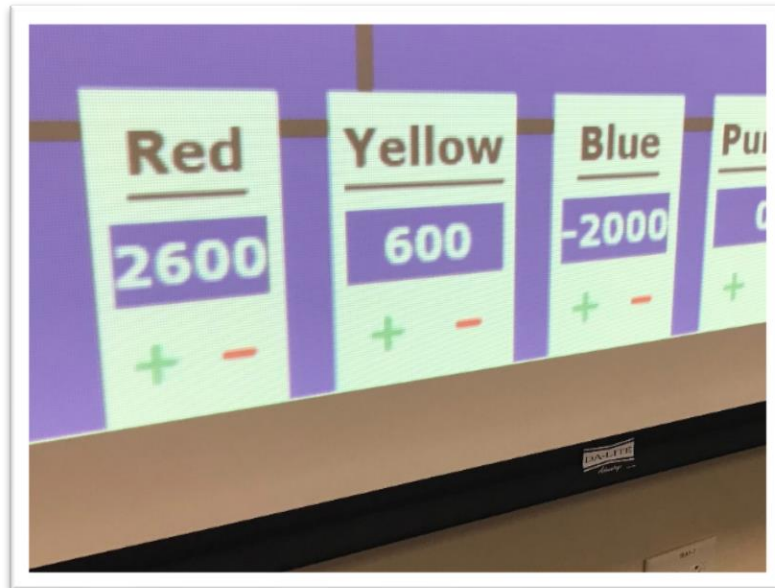
# Self-Care BINGO

- April is Stress Awareness Month
  - Self-Care BINGO (*30 points Well-being*)
  - Challenge could last all of April
  - We'd love to see how you take care of yourselves! Submit photos, (with permission), to us at [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



# WELLNESS COUNCIL SPOTLIGHT

# Department of General Services



# Labor & Workforce Development





# Wellness Council Spotlights

*Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!*



[facebook.com/WFHTN](https://facebook.com/WFHTN)

To tag, use @WFHTN



[twitter.com/WFHTN](https://twitter.com/WFHTN)

To tag, use @WFHTN



[instagram.com/workingforahealthiertn](https://instagram.com/workingforahealthiertn)

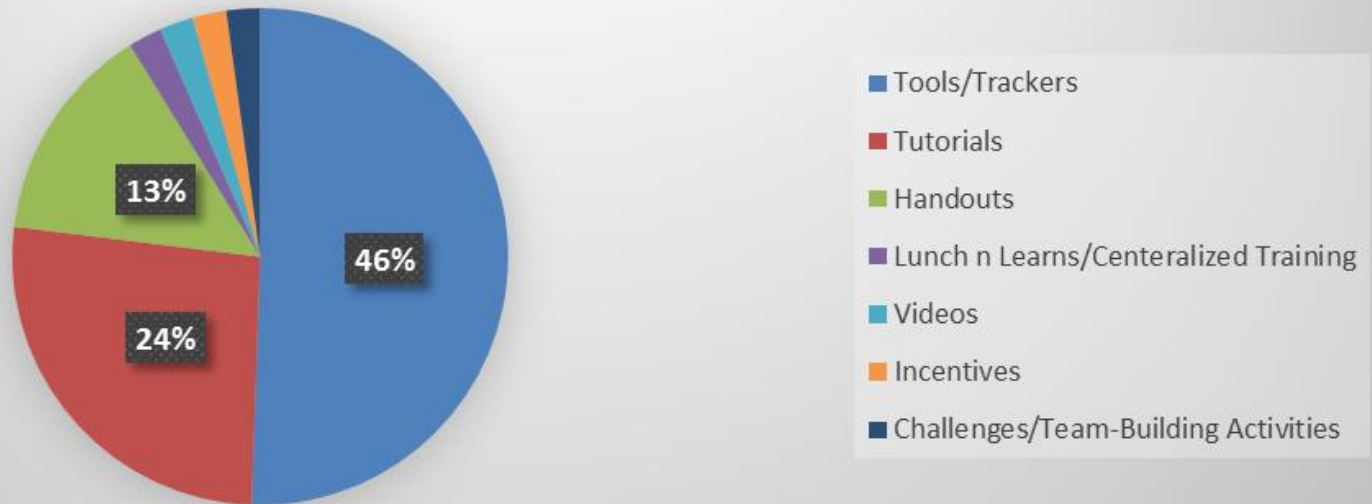
To tag, use @workingforahealthiertn

# #4Mind4Body Lunch & Learns

- Presented by Optum
- Wednesday, April 22<sup>nd</sup> 11:30 a.m. to 12:30 p.m. CT
- Learn about the virtual resources available to employees and plan members, including some new mobile apps like Sanvello and TalkSpace
- Join via WebEx – no pre-registration
  - WebEx: <https://tngov.webex.com/meet/JJoralemon>

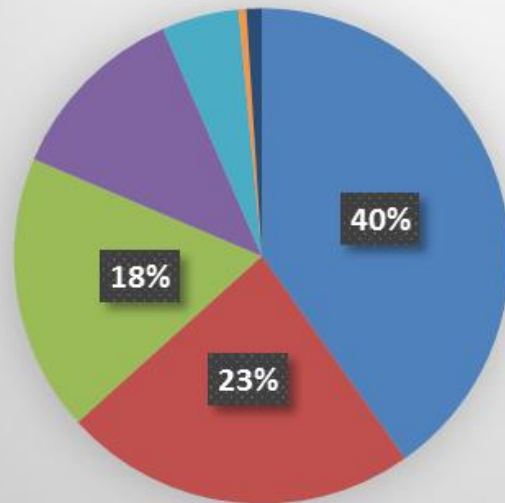
# Results of January Poll Question

January Poll Question  
What resources would like to see more of from  
WFHTN?  
104 Responses/24 Departments



# Results of the February Poll Question

**February Poll Question**  
**What motivates you to get involved in WFHTN**  
**Challenges the most?**  
**124 Responses/15 Departments**



- Prizes related to health & fitness
- Participation from co-workers
- Success stories from co-workers
- Personal challenges/interest
- Recognition from leadership

# 2020 Top 6 Tournament

- Competing departments announced on Monday, April 6!
- Challenge dates: April 27-May 22
- Top 6 Tournament tutorials via WebEx on Friday, April 17<sup>th</sup> (9a.m. or 12p.m. CT) for competing departments.



# Annual Awards Celebration

- Wednesday, July 29<sup>th</sup>
- 9 a.m.-10:30 a.m.
- 3<sup>rd</sup> floor of TN Tower:
- TN Rooms 1 & 2



**Intellectual & Developmental Disabilities  
2019 Overall Champions**



# April Holidays & Health Observances

- [National Minority Health Month](#)
- [National Garden Month](#)
- National Cancer Control Month
  - [How to Prevent Cancer or Find It Early](#) (CDC)
  - [Stay Healthy](#) (American Cancer Society)
- [Occupational Therapy Month](#)
- [Stress Awareness Month](#)
- [Sports Eye Safety Awareness Month](#)
- [Women's Eye Health and Safety Month](#)
- [National Public Health Week](#) (April 6-12, 2020)
- [World Immunization Week](#) (April 24-30, 2020)
- [World Health Day](#) (April 7th)
- [Earth Day](#) (April 22, 2020)

# Upcoming WFHTN Schedule

- **May Wellness Council Webinar**
  - Thursday, May 7<sup>th</sup> at 9 a.m. Central
- **All-Department Physical Activity Challenge**
  - March 23<sup>rd</sup> - April 19<sup>th</sup>
- **Top 6 Tournament**
  - April 27<sup>th</sup>- May 22<sup>nd</sup>





# Roll Call & Sharing



# Questions



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