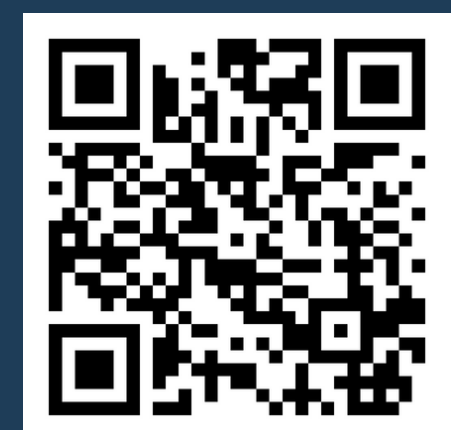


Wellness Council Webinar

January 2024



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



[@WorkingForAHealthierTN](https://www.instagram.com/WorkingForAHealthierTN)



[@wfhtn](https://www.youtube.com/@wfhtn)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Guest Speaker: Sharecare**
- **Celebrations**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**



Ginger Maloy, Sharecare

Celebrations

Natalie Bannon - Jan. 5

(Working for a Healthier Tennessee)

Kayla Livesay - Jan. 9

(Working for a Healthier Tennessee)

LaTamera Woodley - Jan. 9

(Human Services)



Celebrations!

Education

Kennedy Hammonds, Talent Management
Assistant Director

Health

Angel Kellman, Health Educator



Quarterly Activity List

January Activities & Info

- Our [Goal Getters group](#) started Jan. 8!
 - Five participants chosen at random will win a prize.
- Weekly vlog series: [Working for a Healthier Me](#)
 - Watch 45-second to 1-minute videos from Communications Coordinator Natalie Bannon as she works on her health goals.
 - We'll provide exercise, nutrition and motivation tips that can help everyone.
 - Videos will be posted on our [Instagram Reels](#) and [YouTube Shorts](#).
- Complete these [Word Picture Puzzles](#) by Jan. 31 for International Brain Teaser Month (January).
 - Submit your puzzle to wfht.tn@tn.gov. Five participants chosen at random will win a prize!

January Activities & Info










Virtual Events

- [What Is a Healthy Weight](#) on Tuesday, Jan. 23 from 12-12:30 p.m. CT
- [Goal Getters Group Check-in](#) on Tuesday, Jan. 30 from 12-12:30 p.m. CT
- Q3 Activity List: <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html>

January Wellness Calendar

Hello, January



Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
January 1-5	 State Holiday	Talkspace is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.	Join the Goal Getters Challenge from Jan. 8-31 to start the New Year off strong. Sign up today!	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Are you familiar with the Partners for Health wellness program ? Learn if you're eligible to earn an incentive.
January 8-12	Check out some free on-demand workouts from our website! 	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite) 	Soup's on in thirty minutes with this Instant Pot Vegetarian Lasagna Soup . 	Join a Meditation Break with TDH from 11:15-11:30 a.m. (Calendar invite)	"The best way to predict the future is to create it." ~Peter Drucker
January 15-19	Dr. Martin Luther King, Jr. Day  State Holiday	"Forgiveness is not an occasional act. It is a permanent attitude." ~Dr. Martin Luther King, Jr.	Give your mind a break at Meditation with Nat from 11:30 a.m. - 12 p.m. (Calendar invite)	 Move More with these tips from the American Heart Association.	New to tofu? It's low in calories, but high in protein. Try this Spicy Tofu Hotpot at home!
January 22-26	 Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Learn What is a Healthy Weight? from 12-12:30 p.m. (Calendar invite) .	Take a 10-Minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Roasting veggies is a great way to bring out their natural sweetness. Try Roasted Parsnips and Carrots .	Find support near you with the Optum Health Community Connector!
January 29-31	"If you don't like the road you're walking, start paving another one." ~Dolly Parton	How are those goals going? Let's chat at the Goal Getters Check-in from 12-12:30 p.m. (Calendar invite)	 @WorkingForAHealthierTN FOLLOW US 	<p>Please note: All times listed are in the Central time zone.</p>	

What's New?

Update from Optum Health

- As of January 1, 2024, Optum Health has changed the name of the Employee Assistance Program to **Emotional Wellbeing Solutions**.
- The benefits remain the same.
- To access services, head to [here4tn.com](https://www.here4tn.com) or call 855-Here4TN (855-437-3486).

Here4TN Marketing Resources

- Are you wondering how you can help employees deal with stress?
- Print materials or download digital files anytime at Here4TN.com > Manager resources > Here4TN Marketing Resources.

Wellness Council Spotlights

Planksgiving Challenge



Working for a Healthier Tennessee
★ Favorites · November 30 at 7:13 AM · 🌐

It's the final day of #Planksgiving! Check out this strong finish from Tennessee Department of Human Services employee Johnny W. Staggs. Way to go! 🙌

Reminder: If you participated in our challenge, you have until Dec. 5 to upload your Planksgiving calendar at <https://stateofennessee.formstack.com/.../wfhtn...>
Five participants chosen at random will win a prize!

A man in a green t-shirt and khaki pants is performing a plank exercise on a carpeted floor in an office. He is lying on his stomach with his arms extended forward, supporting his weight on his forearms. The office environment includes a desk, a printer, and a window in the background.

Movember Revenue

MOVEMBER CHALLENGE

Monday 11-6 (Pick 2)

- Push-ups - 10, if you cant get on the floor, do them on the wall
- Sit ups or crunches - 25 reps
- Mountain Climbers - 30 seconds

Tuesday 11-7 (Pick 2)

- Plank - 30 seconds
- Jumping Jacks
- Walk or Run
 - 30 minutes (doesn't have to be all at once)

Wednesday 11-8

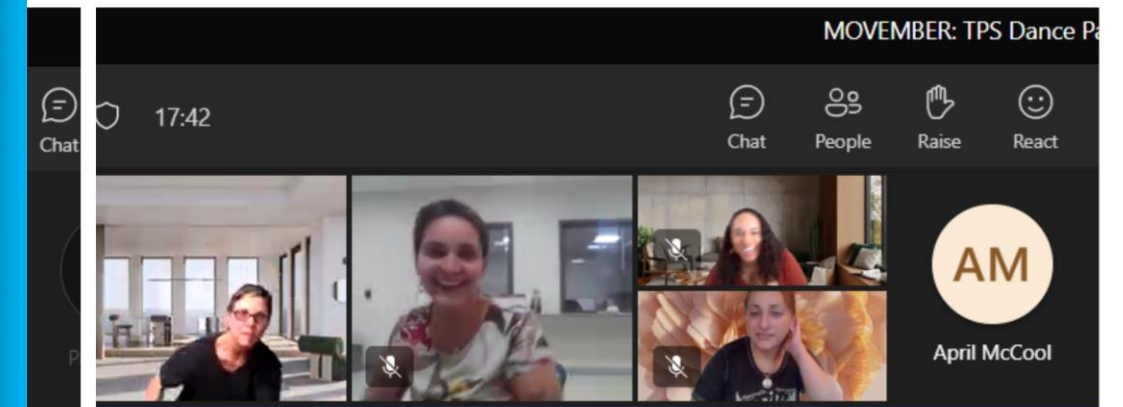
- Dance Party
 - Dance session with Lisa Rousseau
 - TEAMS meeting will be sent out

Thursday 11-9

- Drink More Water
 - Add 2 more glasses than you normally drink in a day

Friday 11-10

- Turn on your favorite music to bring positive vibes
- Learn a new dance through YouTube



Social Media Spotlights

Working for a Healthier Tennessee about 2 weeks ago

Everybody raise your hands in the air for Tennessee Department of Revenue Field Auditor Chip P. Andres. 🙌 He completed the St. Jude Marathon in Memphis! 🏃

Are you interested in running or walking more in 2024? Check out our free resources at <https://loom.ly/oriRC1c>



SPORTSTATS

Chip Andrews ✕

CA M 55-59 | Bib: 7851
Jackson | TN | USA

Results 1912th in Male

Split	Time	Pace
Split 1	00:32:17	6:27/km
Split 2	01:02:48	6:06/km
Split 3	01:56:55	7:01.8/km

Tennessee Department of Revenue December 1, 2023

FEEL GOOD FRIDAY: You know what makes almost everyone feel good? A nice stretch break! Our west TN team recently did a group stretch break and we love to see it!



Upcoming Schedule



February Wellness Council Webinar

Thursday, Feb. 1 from 9-9:45 a.m. CT

Your Updates

What's
New?

Questions





Don't miss an update!
Follow us on social media.



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