



## Wellness Council Webinar Notes

March 7, 2024

### Welcome

- Thank you for joining our March 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
  - 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 Laura Costin from the Department of Commerce and Insurance a very happy birthday!
  - We'd also like to warmly welcome Amanda Boulware, Lee Ann McKnight and Emily Lussier who have recently joined Commission on Aging & Disability's Wellness Council!
- 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](https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations)

### Quarterly Activity List

- We are close to closing out quarter three of fiscal year 2024.
- 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
    - our [Create a Healthier Plate](#) handout in honor of National Nutrition Month and to promote healthier eating
    - this [Prevent Colon Cancer Throughout Your Life](#) infographic for well-being.
  - **Engage:**



- Don't miss Healthy Eating Trivia happening today from 12-12:30 p.m. CT! Test your healthy eating with a trivia game led by Morgan.
  - A link to this trivia will be available on our [Wellness Events webpage](#) after today (March 7).
  - The top three winners will be awarded a prize. An additional prize will be awarded to a participant chosen at random!
- **Inspire change:** Help inspire healthier eating habits with our:
  - **Healthy Eating Virtual Scavenger Hunt**
    - The first 15 participants to submit their forms, plus 15 chosen at random will win a prize.
    - The scavenger hunt is now available at [https://stateoftennessee.formstack.com/forms/healthy\\_eating\\_scavenger\\_hunt\\_submission\\_form](https://stateoftennessee.formstack.com/forms/healthy_eating_scavenger_hunt_submission_form) and will close tomorrow!
  - **Employee Spirit Month**
    - Join our first social media campaign for Employee Spirit Month from March 4-31.
    - Participate by tagging us in your posts on [Facebook](#) or [Instagram](#) during March. We'll have a different theme each week: Healthy Eating Habits, Furry Friends, Sports Teams and Team Building.
    - Not on social media or prefer not to tag us? Employees can email photos to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) to be shared.
    - Pictures do not have to be new or even recent.
    - **If you need tips on how to post and tag on social media:**
      1. Find us and follow us on Facebook (@WFHTN) or Instagram (@workingforahealthiertn).
      2. Create a post in your social media profile of choice.
      3. Select the "public" setting to share it with us.
      4. Mention/tag WFHTN in your post by typing "@" then "WFHTN" for Facebook, or "workingforahealthiertn" on Instagram. (If you follow us, we should automatically pop-up.)
      5. Enjoy Employee Spirit Month and repeat for each weekly theme!
      6. Stay tuned for prize drawings announced April 1!
  - **We got spirit, how 'bout you?**
    - Here are some examples of photos that could be shared during Employee Spirit Week. We have the Department of Human Services photo from a "Simon Says" team building activity and DHS employee LaRosa Parks, pictured during a trip to London to see the Titans! We also have Tennessee Courts employees



enjoying a tailgating-themed team building as well as pictures of our team's healthy plates and furry friends.

- Head on over to our social media pages in March to inspire each other with employee spirit!
- Go to <https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html> to access the entire quarter three (January-March) Activity List.

### **What's New**

- **March Wellness Calendar**

- Grab our March daily wellness calendar on our Wellness Events webpage at [www.tn.gov/wfhtn/challenges/wellness-events.html](http://www.tn.gov/wfhtn/challenges/wellness-events.html).
- Shout out to our Team Building Sampler event happening on Tuesday, March 12 from 11-11:30 a.m. CT.
  - Social connection significantly improves the health and well-being of all people.
  - Join us for a taste of the [Team Building Activities](#) we've created to help support an inviting work environment.
  - You're welcome to actively participate or just listen in!

- **Prize Inventory**

- Have you checked out our [Prize Inventory](#) lately? You might have noticed the new items available to request for your workplace wellness activities and events, including Working for a Healthier Tennessee 24oz. water bottles, lunch boxes, fitness trackers, mesh-back baseball caps and sauté potholders!
- Please reach out to your Wellness Coordinator if interested in these items.

- **Partners for Health's Healthy Plate Challenge**

- Our Partners for Health wellness program in partnership with Sharecare is hosting a challenge this month to focus on eating well-balanced meals every day.
- To participate:
  - Log in to your Sharecare account or register at [stateoftn.sharecare.com](http://stateoftn.sharecare.com).
  - Find 'Challenges' under the 'Achieve' icon.
  - Look for the 'Healthy Plate Nutrition Challenge' and click 'Join'.
  - Track your diet at least 21 days from March 1 to March 31.
- Note: State employees enrolled in medical insurance through Partners for Health are eligible to earn an incentive by participating in [Sharecare's quarterly challenges](#). Learn more at <https://www.sharecare.com/tnwellness/earn-incentives>.

### **Wellness Council Spotlights**

- **Wear Red**



- Thank you to the following departments for helping us raise awareness about heart health during February!
  - Military
  - Human Services, Correction and Health
  - Human Resources
    - They invited employees to wear red at their all-employee town hall.
  - Children's Services
  - Finance & Administration and Intellectual & Developmental Disabilities with Commission on Aging & Disability
  - Revenue
    - Who wore red every Friday in February for REDvenue and awarded a prize!
- **21 Days to a Healthier Heart Challenge**
  - Thank you to our agencies who joined us for 21 days of heart-healthy habits!
  - We were thrilled to see more than 576 sign ups this year!
  - Pictured:
    - Finance & Administration's Commissioner Bryson sent out an email to encourage employee participation.
- **Intellectual and Developmental Disabilities**
  - The East Tennessee Regional Office of the Department of Intellectual and Developmental Disabilities asked their colleagues to submit heart-themed photos and haikus during the month of February.
- **Agriculture and Finance and Administration**
  - The Department of Agriculture's Wellness Council members led a Heart Month Trivia with their plant inspectors during their in-person McMinnville meeting.
  - And the F&A Wellness Council facilitated a Name That Tune trivia at their monthly townhall, Talking F&A, where attendees guessed 10 love songs with 'Heart' in the title!
- **Mental Health and Substance Abuse Services**
  - The Department of Mental Health and Substance Abuse Services held a "Let's Move" steps challenge. They challenged their five divisions to compete with one another for the highest percent participation.
  - The participants took a combined total of over 2 million steps!
- **Commission on Aging and Disability**
  - The Commission on Aging and Disability Wellness Council challenged their colleagues to walk between 7,500-10,000 steps a day for American Heart Month. First, second and third place winners won a prize!
  - They also hosted a "Share the Love" activity where staff were encouraged to make a Valentine's bag and give each other words of encouragement from Feb. 1-14. The Council had bags, stickers and paper hearts. These items were



used to decorate each bag and the hearts could be used to write the encouraging message. The bags were placed on their cubicles or office doors. Participants had fun and even included a few sweet treats!

- **Revenue**
  - Revenue's Tax Payer Services team coordinated a Mindfulness Break with the theme "Love and Gratitude". Attendees practiced a gratitude meditation from both WFHTN and [Self Care by Able To](#).

### **Upcoming Schedule**

- Our next monthly Wellness Council webinar takes place on Thursday, April 4 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.

Before we wrap up today's webinar, I want to remind you to check out our Be Well @Work newsletter sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.

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!