



Wellness Council Webinar Notes

May 4, 2023

Welcome

- Hello everyone! Thank you for joining our May Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!

Today's webinar agenda includes:

- Team Building
- Quarterly Activity List
- What's New from WFHTN
- Wellness Council Spotlights
- Upcoming Schedule

Team Building Activity

- We recently updated the team building activities on our website. These are activities you can do with your colleagues. Your Wellness Coordinator can help with planning and/or facilitating.
- Today we will demo a live version of the [Getting to Know Your Team activity](#). We will be asking you questions about our team. Use the chat to guess. This activity is just for fun so we will not have a winner.
- When Kayla was young, she wanted to be a _____.
 - Fire fighter
 - Professional tennis player
 - Flight attendant
- Kristina's first job in Nashville was as a _____.
 - Truck driver (Over the road to be specific and the job lasted for four months.)
 - Golf caddy
 - Yoga instructor
- Lindsey's a ____ in the Chinese Zodiac!
 - Horse
 - Rabbit
 - Rat
 - This year, 2023, is year of the (water) Rabbit.
 - "The sign of Rabbit is a symbol of longevity, peace and prosperity in Chinese culture."
 - Source: <https://www.chinahighlights.com/travelguide/chinese-zodiac/rabbit.htm>
- Morgan's favorite cookie is _____.
 - Oatmeal chocolate chip
 - Oatmeal raisin



- Oatmeal nut
 - Morgan not only finds this cookie delicious but also has some sweet memories tied to it. Her grandfather used to bake her oatmeal chocolate chip cookies to take with her to college.
- True or False? Natalie dressed up as Snowbird for a prior job.
 - True!
 - Back in the day, Natalie used to work at the NBC affiliate in Chattanooga and in the winter, employees would have to dress up as Snowbird for holiday parades and other events across the area. If you said “hi” to Snowbird in the early 2000s in the Chattanooga area, it might’ve been Natalie!
- Thank you all for participating in this team building and getting to know us a bit better!

Quarterly Activity List

- We’re in the middle of **Quarter 4!**
- We have some suggestions to help you earn gold [Achievement Level](#) status this fiscal year.
- As a reminder, our team strives 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 are some suggestions for May:

- **Better Bites BINGO**
 - In one week, aim to complete a horizontal, vertical or diagonal row of healthy eating activities listed on the [BINGO card](#).
 - [Let us know you participated](#) by Wednesday, May 31
 - Five participants chosen at random will win a prize!

National Health Observances to promote:

- Did you know there are more than 20 national health observances in May?! Here are just a few that are featured on our Quarter 4 Activity List:
 - Promote [Blood Pressure Education Month](#) by having employees complete the [Blood Pressure Scavenger Hunt](#). Three participants chosen at random will win a prize!
 - In recognition of [National Osteoporosis Month](#) share this [Calcium and Vitamin D: Shopping List](#).
 - In honor of [World No Tobacco Day](#) (May 31), ask employees to complete a tobacco cessation sign and share a photo ([with permission](#)) to WFHT.TN@tn.gov.
 - [#MyWhy](#)
 - [#TheDayIQuit](#)
 - [#WhyIDon'tSmoke](#)



Activities, Workouts and Webinars:

- **Self-Care: Small Changes for Positive Results (Presented by Optum Health)**
 - Tuesday, May 2 from 10:30-11 a.m. CT
- **4Mind4Body webinar: Be Proactive and Age Healthfully**
 - Wednesday, May 10 from 11:30-12:30 p.m. CT
- **Build Stronger Bones**
 - Thursday, May 11, from 1-1:15 p.m. CT
- **Healthy Living Trivia**
 - Friday, May 19 from 10-10:30 a.m. CT
- **Get to Know the Hunger Scale**
 - Thursday, May 25 from 12-12:15 p.m. CT
- **Tobacco-Free Living (Presented by ActiveHealth)**
 - Wednesday, May 31 from 1-1:30 p.m. CT

What's New from WFHTN

- You all are a huge part of Working for a Healthier Tennessee's success. Therefore, we would love to share an overview of last quarter's metrics.
 - Our team hosted 12 activities with a total of 1,248 participants from 22 state agencies.
 - We partnered with state agencies and our wellness and EAP vendors to offer 60 activities for 1,583 participants from 19 agencies.
 - There was a 22.8% open rate for our monthly Be Well @Work newsletter that's sent directly to approximately 34,000 Tennessee State Government employees.
 - We had 30,618 page views on our Working for a Healthier Tennessee website, which is an 88% increase from last year.
 - We've received an average feedback rating of 4.8 out of 5 on post-activity and presentation surveys.
 - Finally, our engagement on social media is 10.79% on Facebook and 13.52% on Instagram, which is above average according to industry standards.
 - Thank you all for helping us reach our population and inspire change across the state.
- **Reminder: We want to celebrate you!** If you'd like to share your birthday with us, we want to celebrate you during that month's Wellness Council webinar. We've created a form to help us celebrate you:
https://stateoftennessee.formstack.com/forms/wellness_council_member_birthdays
- **Budget Reminder**
 - Just a reminder that each Wellness Council has a budget to use each fiscal year for prizes for specific wellness activities and events. The amount is based on division size.



- Division A: \$200
- Division B: \$150
- Division C: \$100
- If you have a request, please only submit one request since we're in the last quarter of this fiscal year. We ask that you use Amazon or 4imprint for items. All requests must be submitted to your Wellness Coordinator by May 15.
- Finally, a reminder that we cannot purchase gift cards, vouchers or memberships of any kind. You can review all the budget request guidelines on our website:
https://www.tn.gov/content/dam/tn/wfhtn/documents/wellness_council_budget_request_form.pdf
- **2023 Annual Celebration**
 - This year's Annual Celebration will be in-person on Thursday, July 20 from 10 a.m. – 12 p.m. CT at the [Tennessee State Library & Archives](#) located in downtown Nashville. Be on the lookout for a registration link in the next three to four weeks.
- **Wellness Events**
 - Grab our May daily wellness calendar and events flyer with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Wellness Council Spotlights

- **Labor and Workforce Development**
 - Labor and Workforce Development held their annual March Madness Steps Challenge. They had their highest participation ever with 203 participants. They took more than 30 million steps, which is an average of 132,000 steps per person over the course of the tournament. During the challenge, they held a Commissioner Walk. They had more than 32 people there with several being assistant commissioners, and the Commissioner herself. Several employees even joined virtually! After the challenge wrapped up, Commissioner Deniece Thomas emailed the entire department and said, "I am super proud of everyone...what an amazing effort!"
- **Finance and Administration**
 - Commissioner Bryson has been leading weekly walks for F&A employees during the Bloom into Spring steps challenge.
- **Human Resources**
 - The WFHTN team had such a great time joining the Department of Human Resources Learning & Development Conference with staff from across all executive agencies at the end of April. Wellness Coordinators Lindsey Joe and Kristina Giard-Bradford sampled some of our pre-made Team Building activities for attendees, including a Stretch Break and Speed Networking.
- **National Humor Month Jokes**



- 39 employees from 12 departments shared jokes with us in April in honor of National Humor Month. We picked some favorites and highlighted them on our social media. Be sure to check them out if you haven't already!
- Some favorites:
 - What did Sushi A say to Sushi B?
 - *Wasabi*
 - What kind of vehicle does Luke Skywalker drive?
 - *A Toy-Yoda.*
- **General Services**
 - We'd like to give a HUGE shoutout from Julie Hannah from the Department of General Services. She has been promoted to Assistant Commissioner. Julie has done incredible work promoting health and wellness within her department.
- **Labor and Workforce Development**
 - Morgan wanted to give a shoutout to Kyle Jones from the Department of Labor & Workforce Development for being willing to help TRICOR as they embark on their first-ever departmental challenge. Kyle attended their Wellness Council meeting and offered advice. What teamwork!

Upcoming Schedule

- **June Wellness Council Webinar**
 - Thursday, June 1 from 9-9:45 a.m. CT
- **Quarter 4 Activity List (April - June)**
 - We encourage you to use us to help you meet your desired [achievement level](#) this quarter. Your Wellness Coordinator can track your Wellness Council's efforts and provide suggested strategies through the end of this calendar year. Please don't hesitate to reach out any time.
- *For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>*

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.

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!