



BSD#7 LRSP Strategic Objective ACTION PLAN: 2010-11

4.05 Operations Wellness Plans

Action Plan Projected Completion Date: Ongoing – Updated Annually	Leader: Bruce Colton Team Members: Sally Sullivan, Kathy Mundy, Joy Strizich Chris Fisher, Marlene Montgomery, Kathy LaForge, Cynthia Luebbe, Jolene Baldwin, Lynda Stuber, Janice Hamley, Lori Ross, Clarissa Were, Chris Dover , Lori Watson, Trish Garnick, Tom Kostrba and Connie McCormick.
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Strategic Objective (SO): 4.05 Implement wellness action plans for students and staff by working to instill in each student and adult the desire to make responsible healthy choices.

Evaluation Plan: (Describe steps you’ll take to determine if you’ve reached your strategic objective.) Action steps will be based on the number of participants in each wellness activity. Determine the number of participants that take part in the new “Health Credits Model” for all employees. Spouses and retirees on the medical insurance plan are also eligible. Action steps will also target determined health risks as identified in the annual Mayo Clinic Health Appraisal. Annual report to Steve Johnson.

Best Practice Investigation: (What information is uncovered looking at best practice in relation to your strategic objective?) Wellness is a lifestyle– a conscious choice we all make in order to live life to its fullest. Wellness is never ending, ranging from a non disease state to various levels of well being. Wellness not only encompasses the physical well being of a person, but the emotional, social and spiritual as well. The primary focus is on prevention of disease and to help people become aware of their own health risks and work toward reducing or eliminating them. We consider wellness and disease prevention strategies to be a positive benefit of our insurance plan. Becoming aware of how our lifestyles affect our health and what we can do to change habits and behaviors will help us lead healthier, happier and longer lives. Information that demonstrates the practice helps create healthier school system settings and /or supports employees in enhancing not only their individual health, but the health of their entire family.

Action Steps What actions will be taken to achieve this SO? Include what staff may need to learn to accomplish this SO.	Who? Who will be responsible for what actions?	Timeframe What is a realistic timeframe for each action?
Preventive Health 1. Annual Wellness Education Sessions (17) to educate	1. Bruce Colton	1. Sept. – 2010

employees, spouses and retirees about the New Health Credits Model, Mayo Clinic Health Risk Appraisal, overview of the existing wellness program and distribution of the Mayo Clinic Self-Care Guides.		
2. On-site blood draw	2. Bruce Colton	2. Oct. 2010
3. Annual Flu shots	3. Bruce Colton	3. Nov. 2010
4. Blood pressure checks	4. Bruce Colton	4. Nov 2010–Mar 2011
5. Mammograms	5. Advanced Medical Img.	5. All year- 2010-2011
6. Osteoporosis Screening	6. Medical Lab Service	6. April 2011
7. Vascular Screening	7. Advanced Medical Img.	7. All year 2010-11
8. Lung Function screen	8. Bruce Colton	8. Dec. 2010
9. Body fat analysis	9. Bruce Colton	9. Jan. 2011
10. Wellness weekly update	10. Wellness committee	10. All year 2010-2011
11. Tuesday's 2 health hints	11. Bruce Colton	11. All year 2010-2011
12. Target Heart Rate	12. Bruce Colton	12. Feb. 2011
2010/2011 Activities / Classes		
1. Smoking Cessation	1. Bruce Colton	1. Entire 2010-11
2. Stress Management	2. Dr. Shapiro	2. Entire 2010-11
3. Pilates	3. Natalie Wysocki	3. Entire 2010-11
4. Yoga	4. Nancy Ruby	4. Entire 2010-11
5. Nutrition Class	5. TBD	5. Dec. 2010
6. Bridger Bowl ski	6. Bruce Colton- Doug Whales	6. Nov. 2010
7. Moonlight ski	7. Bruce Colton- Anne Rios	7. Nov. 2010
8. Big Sky ski	8. Bruce Colton- Katie Grice	8. Nov. 2010
9. Big sky frequent ski	9. Bruce Colton – Katie Grice	9. Oct. 2010
10. Lone Mountain Nordic ski	10. Bruce Colton	10. Oct. 2010
11. Bohart Nordic ski	11. Bruce Colton	11. Oct. 2010
12. Meet the Lab Tech	12. Mike Gard	12. Nov. 2010
13. Wellness Dance	13. Wellness committee	13. Feb. 2011
14. Corporate fitness	14. Fitness facilities	14. All Year 2010-11
15. Corporate Golf	15. Mark Holiday, Bob Quick	15. Feb. 2011
16. Fitness evaluations	16. Bruce Colton	16. All Year 2010-11
17. Wellness room open house	17. Bruce Colton	17. Oct. 2010
18. Rape Escape	18. Peter Icaavassi	18. Feb. 2011
19. Take a Hike	19. Bruce Colton	19. Fall 2010
20. Whitewater rafting	20. Bruce Colton	20. Spring 2011

21. Pedometer walking	21. Wellness committee	21. March 2011
22. Ballroom Dance	22. David Reynolds	22. April 2011
23. Bingo	23. Wellness committee	23. Jan. 2011
24. Bowling	24. Wellness committee	24. March 2011
25. Bike ride (Hiawatha trail)	25. Wellness committee	25. May 2011
26. Heroes	26. Peter Icavassi	26. May 2011
27. Financial fitness	27. Earl Hanson	27. TBD
28. Back care	28. Physical Therapist-TBD	28. TBD

In a year, we hope to see the following progress on this strategic objective: Educate the employees, spouses and retirees about the “New Health Credits Model” and the incentive program for participation. Continue to increase participation in the Mayo Clinic Health Assessment and other wellness activities. Work to educate employee base on the preventive benefits that are available. The wellness and insurance committees would like to monitor the progress of the Health Credits Model that is in it’s first year of implementation.