



LRSP Status Report – June 2011

4.05 Oper Wellness Plans SR 2011

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.

Department/School: Operations

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.

In a year, we hope to see the following progress on this strategic objective:

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 committee will continue to monitor the progress of the Health Credits Model in it's second year of implementation.

PROGRESS SUMMARY

A financial incentive program (Health Credits Model) was started in 2010-11. Employees and spouses and retirees on the district health plan had the opportunity to earn up to \$100 for participating in the program. In addition, employees, spouses and retirees on the district health plan had the opportunity to earn an additional \$100 in phase two of the program. Annual Wellness Education Sessions were conducted to educate 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.

The following Preventive Health activities occurred in 2010-11:

1. On-site blood draws
2. Annual Flu shots
3. Blood pressure checks
4. Mammograms
5. Osteoporosis Screening
6. Vascular Screening
7. Lung Function screen
8. Body fat analysis
9. Wellness weekly update
10. Tuesday's 2 health hints
11. Target Heart Rate

2010/2011 Activities / Classes

1. Smoking Cessation
2. Stress Management
3. Pilates
4. Yoga
5. Nutrition Class
6. Bridger Bowl, Moonlight and Big Sky ski
7. Big sky frequent ski
8. Lone Mountain Nordic ski
9. Bohart Nordic ski
10. Meet the Lab Tech
11. Wellness Dance
12. Corporate fitness
13. Corporate Golf
14. Fitness evaluations
15. Wellness room open house
16. Rape Escape
17. Take a Hike
18. Whitewater rafting
19. Pedometer walking
20. Ballroom Dance
21. Bingo
22. Bowling