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# **WORKING FOR A** HEALTHIER TENNESSEE

**February Wellness Council Webinar** 











## Today's Agenda

- Monthly Fun Fact Challenge
- ActiveHealth Management
- Upcoming Health Observances
- Upcoming Schedule
- Roll Call



## **Monthly Fun Fact Challenge**





## Rules of the "Fun Fact Challenge"

- The first Wellness Council representative to get 2
  out of the 3 answers correct using the chat
  feature will be crowned this month's Fun Fact
  Champion!
- In the event of a tie, a 4th question will be used as a tie breaker.
- The questions will be centered on our 3 focus areas, weekly handout information and/or information from the previous month's webinar.

#### Fun Fact Question #1:

What month do we celebrate American Heart Month?



#### Fun Fact Question #2:

What is the new Working for a Healthier Tennessee email address?



#### Fun Fact Question #3:

#### **True or False:**

The hashtag for our January Monthly Handout was #CommitToYourWhy.



#### **Fun Fact Tie Breaker:**

What is the new Working for a Healthier Tennessee website address?

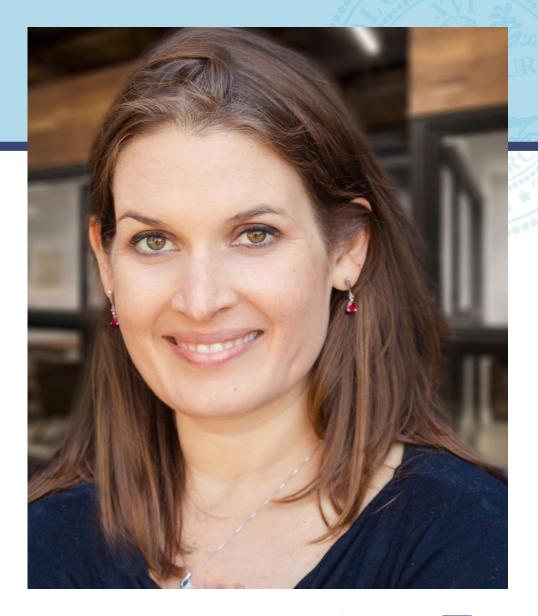


## **ActiveHealth Management**





Nicole Rieman, MSNW, RN, BSN, MCHES





#### **ActiveHealth Management**

- Population health management company whose mission is to empower you to make positive and impactful lifestyle changes to improve your health
- Partner with you to guide you on your own wellness journey
- Provide personalized education and advice based on current health trends through both lifestyle and disease management programs



#### **Program Offerings**

- Offer you the opportunity to participate in the program in a way that works best for you:
  - Health Assessment
  - Onsite Coaching
  - 1:1 telephonic support
  - Group Coaching
  - Digital Coaching



#### Specialties: Disease Management

- Diabetes
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma



#### **Specialties: Lifestyle Coaching**

- Physical Activity
- Nutrition
- Sleep
- Stress
- Tobacco Cessation
- Pre-Diabetes
- Pre-Hypertension
- Metabolic Syndrome



# Specialties: Weight Management Program

- BMI is 30 or above
- 1 Year Program
- 16 Weekly Online Sessions and then 8 monthly Sessions
- Sessions last 45 minutes
- After attending the 2<sup>nd</sup> session you will obtain a Bluetooth Scale and Wearable Device



#### **Onsite Coaching Program Details**

- Open from 8 a.m. 8 p.m. CST
- ParTNers Health and Wellness Center hours (TN Tower): 8 a.m. - 4:30 p.m. CST
- Contact numbers:
  - ActiveHealth Management: 888-741-3390
  - Onsite Coaching Team: 615-770-1729
- Spread the word! Informational Tables at select locations

We would love for you to call us or stop on by!

## **Questions?**





#### **Upcoming Monthly Handout Topics**

- Heart Health (February)
- Nutrition (March)



#### **Health Observances**

- American Heart Month (February)
- National Nutrition Month (March)
- National Sleep Awareness Week (March 10-16)



#### **Upcoming Schedule**

- March Wellness Council Webinar
  - Thursday, March 7 at 9 a.m. Central
- Q3 (Jan-March) Point Tracker
  - Due March 29<sup>th</sup>



#### **Roll Call**





## **Questions?**





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