



Wellness Council Webinar Notes

August 3, 2023

Welcome

- Hello everyone! Thank you for joining our August 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:

- Guest Speaker: ActiveHealth Management
- Quarterly Activity List
- What's New from Working for a Healthier Tennessee
- Wellness Council Spotlights
- Upcoming Schedule

Guest Speaker

- Today's guest speaker is Matt Berte from ActiveHealth Management. Matt is a Senior Account Manager at ActiveHealth, bringing more than 10 years of expertise in the health care industry. Over the past four and a half years, he has been a trusted partner of the State of Tennessee, collaborating closely to help develop and successfully execute the Partners for Health Wellness Program through ActiveHealth.
- Dr. Vivian Ogueli will be presenting with Matt. Dr. Ogueli is a board-certified pediatrician who is dedicated to improving the value and quality of healthcare. She obtained her MD and MBA degrees from the University of California, Irvine, and completed her residency at the UCI-CHOC pediatrics residency program in southern California. After residency, she practiced as a primary care pediatrician before transitioning to pediatric urgent care. She has held positions spanning various facets of the healthcare industry and was most recently the medical director for utilization management and quality improvement in a large physician-hospital consortium. She is excited to join CVS Health as a medical director in ActiveHealth Management.

Quarterly Activity List

- We are in the middle of **Quarter 1** of **fiscal year 2024!**
- We have some suggestions to help you solidify your desired [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 August:**



- **48 A Day:** Join our two-week 48 A Day Water Challenge from August 14-27 in honor of World Water Week. For good health, aim to drink at least 48 ounces of water each day. That's six cups. Sign up for the challenge by Friday, Aug. 11 at https://stateoftennessee.formstack.com/forms/wfhtn_48_a_day_challenge_sign_up. Five participants chosen at random will win a prize!
- **4Mind4Body webinar: State Retirement Plans & Resources presented by RetireReadyTN:** Wednesday, Aug. 9 from 11:30-12:30 p.m. CT
- **Barriers to Being Active:** Thursday, Aug. 10 from 1-1:30 p.m. CT
- **Relaxation Techniques:** Friday, Aug. 18 from 10-10:15 a.m. CT
- **Here4TN Financial Resources presented by Optum Health:** Thursday, Aug. 24 from 12-12:15 p.m. CT
- **Get the Facts on Food Labels:** Tuesday, Aug. 29 from 1-1:30 p.m. CT
- Go to <https://www.tn.gov/wfhtn/challenges/wellness-events.html> to grab the calendar invites for all these events plus the weekly movement and meditation breaks!

What's New from WFHTN

- Last month we mentioned our new Wellness Council activity submission form. Just as a reminder, we need your help to capture all the wellness programming happening across the state. If your department is hosting a wellness activity, challenge or event, please let us know by completing our new [Wellness Council activity submission form](#). Our team captures participation in Working for a Healthier Tennessee hosted activities and those where we assist your Wellness Council, but we struggle to capture metrics outside of our direct reach. If you know of a regional office, team or anyone making strides to improve well-being by using Working for a Healthier Tennessee tools and resources, please encourage them to submit their activity in Formstack. Examples include adding a stretch break to a meeting, hosting a challenge, scheduling a lunch 'n learn, team building, etc. We will reward two employees at random from the submissions each month. Thanks in advance for your assistance!
- **New Wellness Calendar & Events**
 - Grab our August daily wellness calendar and events flyer with details and links on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
- **2023 Annual Celebration**
 - On Thursday, July 20, more than 75 executive leadership and Wellness Council members from across the state gathered to celebrate their accomplishments over the last year at the Working for a Healthier Tennessee Annual Celebration. We also celebrated Working for a Healthier Tennessee's 10th anniversary. We had guest speakers and activities, gave out awards and enjoyed a catered lunch. Once again, congratulations to all who reached



platinum, gold and silver achievement levels, and to the 2023 special recognition award winners! Be sure to check out our Annual Celebration webpage for award winners, photos, including pics from the photo booth, “10” lists and more: <https://www.tn.gov/wfhtn/annual-celebration.html> Thank you all for making it such a special day. We look forward to seeing what's next!

Wellness Council Spotlights

- **Get Outdoors Challenge**

- We are wrapping up the Get Outdoors Challenge! We had 179 employees from 23 agencies sign up for the challenge.
- Throughout the challenge, participants have been encouraged to find ways to get outdoors, while also staying safe. There was an optional Microsoft Teams chat. Participants shared how they were getting outside, and many gave outdoor recommendations, such as kayaking on the Caney Fork River and hiking at the Walls of Jericho.
- Pictured on the left is Gary Brewer from the Department of Health catching some rays during a community “park party”. On the right is Sondra Park’s dog Shelby on a 1.5-mile run/walk.

- **Finance and Administration**

- In honor of National Park & Recreation Month, the F&A Wellness Council asked their employees, “What's your favorite Tennessee State Park?” A couple of the State Parks that employees shouted out included...
 - [LEFT] “**Radnor Lake** is probably our favorite State Park as it opens up early enough for sunrise hikes!”
 - [RIGHT] “My favorite Tennessee state park is **Pickett State Park** on the Northern Cumberland Plateau. Recently I visited with my first cousin Cynthia. We hiked the Island Trail. In this photo, we are above the swimming beach.”

- **Human Services**

- The DHS Wellness Council hosted an “Alternative Milk- Do You Cashew?” webinar/food demo on July 31, with 21 employees in attendance. Pictured are wellness council members LaTamera Woodley (left) and Denise Galben (right) sharing their favorite recipes.

- **Health**

- The TDH Wellness Council is back to meeting monthly and has added a new team building activity to the agenda. During each meeting, attendees share something about their recent wellness journey. This activity led the group into a discussion about supporting working parents. Wellness Council member Becky Meyer agreed to submit wellness tips for working parents for future TDH monthly wellness newsletters. Pictured here are (left to right): Becky’s spouse Clint, Becky, and their daughters Ruby and Rowan.



Upcoming Schedule

- **September Wellness Council Webinar**
 - Thursday, Sept. 7 from 9-9:45 a.m. CT
 - We'll have a guest speaker from the Department of Revenue to discuss the [Tennessee Works Tax Act](#), which includes a three-month grocery tax holiday and a paid family leave tax credit for companies to support Tennessee families!
- **Quarter 1 Activity List (July-September)**
 - We're here 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.

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're 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!