



Wellness Council Webinar Notes

September 7, 2023

Welcome

- Hello everyone! Thank you for joining our September 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: Department of Revenue
- Quarterly Activity List
- What's New from Working for a Healthier Tennessee
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates

Celebrations

- Before we get into today's agenda, we want to celebrate you!
 - Please join me in wishing a very happy birthday to:
 - Suzy Douglas – Sept. 3 (Department of Labor & Workforce Development)
 - Jaime Grammer – Sept. 8 (Department of Education)
 - Kirby Fye – Sept. 9 (Department of Mental Health & Substance Abuse Services)
- If you'd like to share your birthday with us, please let us know at:
https://stateoftennessee.formstack.com/forms/wellness_council_member_birthdays
 - We also want to extend a warm welcome to these new Wellness Council members!
 - Children's Services
 - Ashley Zarach
 - Jessica Bell
 - Revenue
 - Jennifer Nault (Audit)
 - Brittany Adams (Collection Services)
 - Stephanie Parks (Fiscal Services)
 - Michelle Rowland (Taxpayer Services)
 - Health
 - Amy Daughtry
 - Becky Meyer
 - Carly Crownover
 - Gabby Murphy



- Pete Phillips

Guest Speaker

Kelly Cortesi is the Director of Communications for the Department of Revenue.

Quarterly Activity List

- We are closing out **Quarter 1** of **fiscal year 2024!**
- We have some suggestions to help you solidify 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 September:**
 - Share:
 - [Preventing Suicide at Work](#) in honor of [National Suicide Prevention Month](#)
 - [Selecting and Serving Produce Safely](#) (PDF, video) in honor of Food Safety Education Month
 - Encourage employees to complete [Cholesterol: Fact or Fiction?](#) by Sept. 30 for [National Cholesterol Education Month](#). Three participants chosen at random will win a prize!
 - Encourage co-workers to [share how they enjoy whole grains at meals](#) in honor of [Whole Grains Month](#). Three participants chosen at random will win a prize!
 - **Find Your Flow Yoga Challenge:** Promote and join our next all-agency challenge from September 11-22 in honor of National Yoga Month. Follow the provided [calendar](#) to try a variety of yoga practices on your own, while boosting your physical and mental health. There will be seated, standing and floor positions. Join the optional Microsoft Teams chat to stay connected with others. At the end of the challenge, complete the submission form for a chance to win a prize! Sign up for this challenge by Thursday, Sept. 7 at: https://stateofennessee.formstack.com/forms/wfhtn_find_your_flow_sign_up
- Go to <https://www.tn.gov/wfhtn/challenges/wellness-events.html> to grab the calendar invites for all these events with details!

What's New from WFHTN

- **New Wellness Calendar & Events Flyer**
 - Grab our September daily wellness calendar and events flyer with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>



- **Quarter 4 Report**
- 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 10 activities with a total of 1,278 participants from 22 state agencies.
 - We partnered with state agencies and our wellness and EAP vendors to offer 22 activities for 1,341 participants from 12 agencies.
 - There was a 31.8% open rate for our monthly Be Well @Work newsletter that's sent directly to approximately 34,000 Tennessee State Government employees.
 - We had 23,458 page views on our Working for a Healthier Tennessee website, which is a 7% increase from last year.
 - We've received an average feedback rating of 4.9 out of 5 on post-activity and presentation surveys.
 - Finally, our engagement on social media is 8.75% on Facebook and 13% 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.
- **FY2024 Well Workplace Awards**
 - It may be early in our fiscal year, but we want to remind you that you can win a well workplace award for your agency! (Note: We previously referred to these awards as our Special Recognition Awards.)
 - Submit your nominations by Friday, June 7, 2024, to:
 - WFHTN Well Workplace Awards Submission:
https://stateofennessee.formstack.com/forms/wfhtn_well_workplace_awards_submission
 - Find a description of each award at:
https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_fy2024_awards_final.pdf
- **Wellness Council Activity Submission Form**
 - We need your help to capture all the workplace wellness programming happening across the state!
 - 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 workplace well-being by using Working for a Healthier Tennessee tools and resources, please encourage them to submit their activity in Formstack.
 - If your department hosts a wellness activity, challenge or event, please let us know by completing our new **Wellness Council Activity Submission Form**:



https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024

- 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!
 - Congrats to
 - (1) Ada Sloop with the Department of Health for submitting their "Wild and Well Challenge" which was focused on encouraging time exploring outside.
 - (2) Shannon Jones with the Commission on Aging and Disability for submitting their "60 Miles for 60 Years!" challenge that encourages staff to walk 60 miles this quarter in celebration of their 60th anniversary as a state agency.

Wellness Council Spotlights

- **48 A Day Water Challenge**
 - Thank you to all 30 agencies who participated in our 48-A-Day Water Challenge! We had 586 total employees sign up for this opportunity.
 - Pictured:
 - [LEFT] Sharon Way with TEMA in the Department of Military showing off her water bottle.
- **Department of Tourist Development**
 - Amanda Burton, Senior Manager of Digital Media, is part of a team of employees at Tourist Development that are keeping each other accountable with personal wellness goals. Amanda is making many lifestyle changes, including stretching, meditation, eating more veggies and reading one chapter before bed! She added this quote to her selfie, "Getting back to me, one walk at a time".
- **Department of Human Services**
 - The DHS Wellness Council is engaging employees with their August "Be a Kid Again" challenge to promote employees being active with their favorite games. On the left are employees from the Family Assistance Division covering Chester, Fayette, Hardeman and McNairy Counties, enjoying a game of Duck Duck Goose at a team meeting!
 - In addition, they had several employees participate in the East Nashville Tomato Festival 5K. LaTamera Woodley and Cheryl Cruse participated in the Potato to Tomato 5K training sponsored by the East Nasty Running Club this summer, and they finished the training by completing the Tomato Festival 5K on Aug. 12.
- **Department of Agriculture**



- The Ag Wellness Council hosted an August event that encouraged employees to learn more about Cul2vate's Farm Store on the Ellington Agricultural Center campus and to buy fresh fruit and veggies.
- Pictured LEFT: Wellness Co-chair Elaura Guttormson
- The Cul2vate Farm Store is open to the public, so stop by and shop local!
- **Department of Children's Services**
 - The DCS Wellness Council hosted a two-week Step Challenge to help their staff reduce stress levels, boost mood, improve cardiovascular health and even enhance cognitive function!
 - Pictured is the tracking sheet they used.
- **Department of Human Resources**
 - The DoHR Wellness Humans took advantage of an in-person meeting in August to go on a short wellness walk on the 28th floor of Tennessee Tower!
- **Department of Finance & Administration**
 - Members of the F&A Wellness Council took the opportunity at a recent Executive Leadership Team Retreat to capture a [motivational message from Commissioner Jim Bryson](#) to encourage employees to drink up during this hot weather.
- **Social Media Spotlights**
 - Shoutout to the following agencies for sharing and/or tagging us on social media:
 - [\[Pictured\]](#) The Department of Revenue celebrated National Farmers Market Week with a video about the benefits of shopping at your local farmers markets!
 - Please keep sharing with us and tagging us as we hope this will ultimately bring more awareness to your individual Wellness Councils and engagement to your workplace wellness activities!

Upcoming Schedule

- **October Wellness Council Webinar**
 - Thursday, Oct. 5 from 9-9:45 a.m. CT
- **Quarter 1 Activity List (July-September)**
 - We're here to help you work toward 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'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!