

## **Wellness Council Webinar Notes January 3, 2019**

### **Welcome**

- Good morning and happy New Year everyone! Thank you for joining the January Wellness Council webinar.
- Today's agenda includes:
  - Monthly Fun Fact Challenge
  - Website update
  - New email address
  - Moving to a monthly handout
  - Upcoming health observances
  - Upcoming schedule
  - Roll call

### **Monthly Fun Fact Challenge**

- Congratulations to the January Wellness Council Webinar Fun Fact Champion: Denise Galben from Human Services

### **Website and email address update**

- Our digital media coordinator, Natalie Bannon, is here to show us the new WFHT website. Natalie...
- We are so excited to unveil your new website at [www.tn.gov/wfhtn](http://www.tn.gov/wfhtn).
- This website has a better look and feel, and easier navigation, so you can find all of the tools and resources you'll need to be successful!
- Here on the homepage, you will get a short intro to the initiative.
- A video message from Gov. Haslam. This is the message he sent over for us to play at last year's annual celebration. This section of the homepage will be updated periodically.
- We worked closely with the State's web team in planning our new site. One thing they mentioned to us is that people navigate sites differently. Many stay at the top of the page and only use the top navigation, while some look at the middle of the page and some head straight to the footer. So, you will find many of the same links, just organized a bit differently, in the top navigation, in the middle and at the bottom.
- Right above our footer, our Facebook and Twitter feeds update in real time. So, anytime something is posted on either of those accounts, it will automatically update here on our homepage.
- You'll also note that we will keep you updated about initiative-wide dates and announcements here in the center of the page. So if you have any events that you'd like to open up to other Wellness Councils, you can send that info to your Regional Wellness Coordinator and I can update this section.
- About Us has more overview information, our mission statement, info about each focus area, a page dedicated to the structure of wellness councils for someone who might be new to the program, team bios, and how to contact us.
- WGOAT is an acronym for What's Going On Across Tennessee, and that's where you'll find photos from your Wellness Council's events. This new platform allowed us to organize all of the Wellness Councils so they could have their own photo gallery. So if you click on Finance & Administration, for example, you will see thumbnails of submitted photos. When you click these

thumbnails, the photos enlarge. Then you can advance the photos manually or set it up to run as a slideshow. The captions are at the bottom.

- We have a Success Stories page where there are not only video success stories, but written ones as well.
  - The Challenges page is a lot like the old Challenges page we had, however, it's easier to navigate as well. You no longer have to scroll through all of the focus areas to find a particular challenge. For example, let's say you need a tobacco cessation challenge. Click on tobacco cessation and you'll find your options for that focus area.
  - I just want to point out a two more features. We think you'll really enjoy the Wellness Council Dashboard. When you click on this page, focus on the left side. You'll see a page for each Wellness Council. These pages have information that's specific to your department's wellness council.
  - The final feature I'd like to point out is the Forms tab. For your convenience, we've added a drop-down menu for each of these forms: the budget request form, participation tracking sheet, photo release, sample liability waiver and service delivery liability waiver.
  - We really encourage each of you to explore the website and familiarize yourself with it.
  - Please remove all of the bookmarks you have to the old website. Tnsitechampions.com will no longer be updated and will be going away.
  - Do you have any questions?
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- The team is moving to a new email address at the end of the month.
  - The specific date will be announced soon. Be on the lookout!
  - For your records, the new email address is [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)
  - Until then, please continue to use [healthier.tennessee@tn.gov](mailto:healthier.tennessee@tn.gov)

#### **Team is moving to a Monthly Handout**

- The team is moving from a weekly handout to a monthly one beginning this month.
- The monthly handout has a new look.
- It includes an inspirational quote and a topic from one of our three focus areas, a monthly health observance, etc.
- Another exciting feature is that the monthly handout will include an action item. Your wellness council can earn points by completing that call to action.
- The monthly handouts are set to be emailed after each of the monthly webinars. It will also be on the new website. Be on the lookout!

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

- New Year, New You (January)
- Heart Health (February)
- Nutrition (March)

#### **Upcoming Health Observances**

- [Glaucoma Awareness Month](#) (January)
- [American Heart Month](#) (February)
- [Go Red for Women](#) (February 1)
- [National Nutrition Month](#) (March)
- [National Sleep Awareness Week](#) (March 4-11)

### **Upcoming Schedule**

- February Wellness Council Webinar
  - Thursday, February 7 at 9 a.m. Central
- Q3 (Jan- March) Point Tracker
  - Due March 29

### **Roll Call**

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
  1. Agriculture
  2. Children's Services
  3. Commerce and Insurance
  4. Commission on Aging and Disability
  5. Correction
  6. Economic and Community Development
  7. Education
  8. Environment and Conservation
  9. Finance and Administration
  10. Financial Institutions
  11. General Services
  12. Health
  13. Human Resources
  14. Human Services
  15. Intellectual and Developmental Disabilities
  16. Labor and Workforce
  17. Mental Health and Substance Abuse Services
  18. Military
  19. Revenue
  20. Safety and Homeland Security
  21. TBI
  22. TennCare
  23. Tourist Development
  24. Transportation
  25. Tricor
  26. TWRA
  27. Veterans Services

Thank you all for attending today's webinar. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.