

Wellness Council Webinar Notes August 1, 2019

Welcome

- Good morning everyone! Thank you for joining the August Wellness Council webinar.
- Today's agenda includes:
 - Monthly Fun Fact Challenge
 - Guest Speaker
 - WFHT Updates
 - Upcoming Dates
 - Roll Call & Sharing

Monthly Fun Fact Challenge

- Congratulations to the August Fun Fact Champion: Kirby Fye from the Department of Mental Health & Substance Abuse Services

Guest Speaker

- Young Professionals in Government – Adam Jarvis

WFHT Updates

- **Annual Awards Celebration Recap**
 - CONGRATS to all our Wellness Councils and members on their 2019 achievements!
 - First, kudos to Denise Galben from DHS who was recognized as our first three-time Fun Fact Champion! Great job to all the Division Winners...
 - Well-Being
 - Division A: Human Services
 - Division B: Agriculture
 - Division C: Financial Institutions
 - Physical Activity
 - Division A: Human Services
 - Division B: Agriculture
 - Division C: Military
 - Healthy Eating
 - Division A: Correction
 - Division B: F&A
 - Division C: Financial Institutions
 - Tobacco Cessation
 - Division A: Health
 - Division B: Revenue
 - Division C: Military
 - Way to go *Labor & Workforce Development* for winning the 2019 All-Department Physical Activity Challenge!
 - Special Recognition
 - Greatest Regional and AWS Employee Engagement
 - DIDD
 - F&A

- Financial Institutions
 - Most Improved Wellness Council
 - Children’s Services
 - Most Creative Wellness Council
 - Mental Health & Substance Abuse Services
- Last, but not least... a big round of (virtual) applause for the Department of Intellectual & Developmental Disabilities for being named the 2019 Overall Award Winner!
- Reminder, please don’t forget to let us know what you thought of this year’s Awards Celebration!
 - You should have received a survey link via email.
 - Please keep in mind that the survey closes Friday, August 9th.
- Lastly, please know that we have pulled the most up-to-date employee numbers for each department and there is a small change in Division standings.
 - Division A: Correction, Transportation, Children’s Services, Human Services, Health, Environment & Conservation, Mental Health & Substance Abuse Services, Safety, F&A
 - Division B: the Department of Intellectual & Developmental Disabilities, TennCare, Education, Labor and Workforce Development, Revenue, TWRA, Agriculture, Commerce & Insurance, TBI
 - Division C: General Services, Military, Tourism, Financial Institutions, Human Resources, Tricor, Economic & Community Development, Veterans Services, Commission on Aging & Disability
- **September Here4TN Scavenger Hunt**
 - The Here4TN Scavenger Hunt is back this September!
 - Important Dates:
 - Go Live: 9/1
 - Close: 9/10
 - Prizes will be announced at a later date, so stay tuned.
 - Psst... this activity is worth 30 points in Well-Being for Q1, in addition to the Mind-Body Challenge and Mindfulness RENEW Challenge also mentioned in that space.
- **Post Challenge Survey**
 - This fiscal year, we are encouraging Wellness Councils to regularly collect feedback from your employees so that we can create the best possible wellness programs and activities for YOU!
 - You can find our pre-made Post-Challenge Survey under the ‘Challenges’ section of our website.
 - The survey is a one-page, fillable PDF that asks about the employees’ experiences with the challenge.
 - Please don’t hesitate to reach out to your Regional Wellness Coordinator for assistance with an electronic version of this survey.
- **WFHT Healthier Recipes**
 - You may have noticed a few new activities on the Q1 Point Tracker, including one focused on submitting healthier recipes for 20 points.

- Challenge your culinary skills and submit your healthier recipe to us at WFHT.TN@tn.gov
- You can access a customizable Recipe Card Template at tn.gov/wfhtn (under Resources > Healthy Eating)

Upcoming Dates

- September Wellness Council Webinar
 - Thursday, September 5 at 9 a.m. Central
- September Here4TN Scavenger Hunt
 - September 1st – 10th
- Q1 (Aug-Sept) Point Tracker
 - Ends Monday, September 30th

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. Tourism
 24. Transportation
 25. Tricor
 26. TWRA
 27. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Remember that these webinar notes are accessible on our website shortly after. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.