

WFHTN Wellness Council Webinar Notes
April 2, 2020 @ 9:00 a.m. CST

Welcome

Good morning everyone! Thank you for joining the April Wellness Council webinar. We are all in new and uncharted territory. On behalf of the rest of the team, I want to say that we are here to support you and your employees in any way that we can.

- Today's agenda includes:
 - Fun Fact Challenge (Morgan)
 - Q4 (April-June) Point Tracker (Morgan)
 - Wellness Council Spotlight (Team)
 - Survey Poll Question Results/Action Items
 - Top 6 Tournament Announcement – Tutorial
 - Annual Awards Celebration Announcement
 - April Health Observances & Holidays (Morgan)
 - Upcoming Schedule (Morgan)
 - Roll Call & Sharing (Morgan)

Fun Fact Challenge

Congratulations to our April Fun Fact winner, Shannon Geames from the Department of Safety & Homeland Security!

Q4 (April-June) Point Tracker

April Point Tracker

- By now you have received the April Activity Planner. In response to everything going on right now, and with so much change, we decided to send Point Trackers on a monthly basis this quarter.
- We are hoping this makes it easier for you all during this time.
- We made sure that everything on the April Activity Planner is AWS-friendly.
- We also changed the language about participation and took out the 5% or 20 person minimum.
- Again, we hope to make the Point Tracker easier for you all to use right now and want to be a source of health and wellness motivation and encouragement.
- Please let us know if you have any questions!

Self-Care BINGO

- As already mentioned, April is Stress Awareness Month. I think many of us are feeling stress during this time.
- On the April Activity Planner there is a new challenge: Self-Care BINGO.
- This could be a challenge for all of April. It challenges participants to complete self-care activities, such as enjoying nature, playing a favorite game or taking the time to relax.
- Self-care has always been important, but now more than ever we need to make sure we take time to care for ourselves.
- We'd love to see how you take care of yourselves! Submit photos, ([with permission](#)), to us at WFHTN.TN@tn.gov

Wellness Council Spotlight

- **DGS: Nutrition Jeopardy**

- **Quote:** *“We had fun playing the game today with employees from three of the divisions of DGS mixed into three different teams. Plus, three employees facilitated the game’s video board and sound effects while monitoring the answers and score as another employee served as game show host. Commissioner Branscom even stopped by for part of the game. We laughed and learned together!”*
- **LWFD: Lunch and Learn/Smoothie Taste Test**
 - Labor and Workforce Development combined Point Tracker activities by holding a lunch and learn about “Avoiding Injuries During Exercise” and a smoothie taste test at the same time.

#4Mind4Body Lunch & Learns

- The third lunch and learn in the series is Wednesday, April 22nd, Virtual Resources, 11:30 a.m. to 12:30 p.m. CT and is presented by Optum.
- There are lots of barriers to accessing mental health care, especially right now. This training will cover all the virtual resources that are available to employees and plan members, including some new mobile apps like TalkSpace and Sanvello.
- This session will only be available via WebEx. You can join by going to JJ’s personal room in WebEx.
- We will email you another copy of the flier so you can send it to your co-workers and remind them how to participate. You can also direct them to the Employee Assistance Program page where they can find more information about how to log into the webinar.
- We will provide feedback on how many of your employees attended, so please be sure to remind them to sign-in or share their department when attending.

Polling Questions Results/Action Items

- **Monthly WFHTN Poll**
 - We need your valuable feedback! Complete this ANONYMOUS one-question poll to help us provide wellness information and programming that meets YOUR needs.
 - The link to complete the poll questions will be included in an email with each month’s WFHTN handout.
- **January’s poll question had 104 responses representing 24 departments.**
- **The top three responses were “Tools and Trackers” (46%), “Tutorials” (24%) and “Handouts” (13%).**
- **The team has planned to make separate specific polling questions around “Tools and Trackers” and “Tutorials” to take a deeper dive into how we can deliver appropriate actions for you.**
- **For the “Handouts” response:**
 - **Check with your WC Chair on how they communicate information.**
 - **Handouts are available on [WFHTN website](#). You can find them by clicking on Resources then Monthly Handout.**
- **February’s poll question had 124 responses representing 15 departments.**
- **The top three responses were “Prizes Related to Health and Fitness” (40%), Participation from Co-workers” (23%) and “Success Stories from Co-workers” (18%).**
- **For the “Prizes Related to Health and Fitness” response:**
 - **Consult with your Regional Wellness Coordinator about prize ideas and available budget.**
- **For the “Participation from Co-workers” response:**

- Promote the [Wellness Break Agreement from The Department of Human Resources](#).
- For the “Success Stories from Co-workers” response:
 - [Share the WFHTN Success Story link](#).
- As always, your feedback is VERY important to us!

2020 Top 6 Tournament – Tutorial

- The top two departments from each division will be placed in this year’s Top 6 Tournament for our Overall Wellness Award!
- Competing departments will be announced on Monday, April 6!
- Challenge dates: April 27-May 22
- Top 6 Tournament tutorials via WebEx will be held on Friday, April 17th (9 a.m. and 12 p.m. CT) for competing departments.
- The WebEx invite for the tutorials will be shared on Monday, April 6th in the announcement email. Wellness Council members from competing departments are asked to attend one of the tutorial webinars.

2020 Annual Awards Celebration Announcement

- **Wednesday, July 29th**
- **9 a.m.-10:30 a.m. CT**
- **3rd Floor of the TN Tower: TN Rooms 1 & 2**
- **More details to come!**

April Health Observances

- [National Minority Health Month](#)
- [National Garden Month](#)
- National Cancer Control Month
 - [How to Prevent Cancer or Find It Early](#) (CDC)
 - [Stay Healthy](#) (American Cancer Society)
- [Occupational Therapy Month](#)
- [Stress Awareness Month](#)
- [Sports Eye Safety Awareness Month](#)
- [Women’s Eye Health and Safety Month](#)
- [National Public Health Week](#) (April 6-12, 2020)
- [World Immunization Week](#) (April 24-30, 2020)
- [World Health Day](#) (April 7th)
- [Earth Day](#) (April 22, 2020)

Upcoming WFHTN Schedule

- May Wellness Council Webinar
 - Thursday, May 7th at 9 a.m. Central
- All-Department Physical Activity Challenge
 - March 23rd-April 19th
- Top 6 Tournament
 - April 27th-May 22nd

Roll Call & Sharing

- 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. TN Courts
 24. Tourist Development
 25. Transportation
 26. TRICOR
 27. TWRA
 28. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Please reach out to your WFHTN Regional Wellness Coordinator if you have any questions.