

Wellness Council Webinar Notes February 7, 2019

Welcome

- Good morning to everyone! Thank you for joining the February Wellness Council webinar.
- Today's agenda includes:
 - Monthly Fun Fact Challenge
 - ActiveHealth Management (New ParTNers for Health Wellness Progrfam vendor)
 - Upcoming health observances
 - Upcoming schedule
 - Roll call

Monthly Fun Fact Challenge

- Congratulations to the most recent Wellness Council Webinar Fun Fact Champion: February — Shannon Klonowski, Agriculture

ActiveHealth Management

We would like to welcome Nicole Rieman to our call today. Nicole is a Registered Nurse and the Wellness Coordinator with Active Health Management as well as one of our two onsite coaches in the ParTNers Health and Wellness Center. She is going to go over the programs that ActiveHealth will be providing and provide some details about the team's availability in the Health Center.

Before I turn it over to Nicole, here is a little bit about her background: Nicole likes to partner with her clients to create integrative and inclusive wellness programs that inspire healthy lifestyles.

Nicole began her career with ActiveHealth in 2011 as a Health Coach. Since that time, she has supervised a team of health coaches, disease management nurses and onsite coaches for several large clients.

Nicole is a trained health and wellness coach, a Master Certified Health Education Specialist, and has 12 years of experience as a Registered Nurse. She has proficiency in weight loss support and nutrition as a means of disease prevention. Her past experience includes three years as a pediatric nurse assisting children with asthma, cystic fibrosis and other respiratory disorders, as well as two years caring for adults who suffered from a stroke, diabetes, heart failure, heart disease and kidney disease.

Nicole holds a Bachelor's of Science in Nursing from Villanova University and a Master's of Science in Nutrition and Wellness Program Design from Benedictine University. She maintains a Master Health Education certification, and is certified in Tobacco Cessation.

In her spare time, Nicole enjoys singing, reading and playing piano. Her greatest joy is spending time with her husband, Jake, and their new baby girl Charlotte.

Upcoming Monthly Handout Topics

- Heart Health (February)
- Nutrition (March)

Upcoming Health Observances

- [American Heart Month](#) (February)
- [National Nutrition Month](#) (March)

- [National Sleep Awareness Week](#) (March 10-16)

Upcoming Schedule

- March Wellness Council Webinar
 - Thursday, March 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.