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wealth

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health

A W A R D S

Healthy Tips

Courtesy of our
2010 Wealth of Health Award Honorees

Co-sponsored by:





1. Walk/run/jog at least 10 minutes each work day. We have provided employees with a walking path around our building that is 1/2 mile long and takes about 10 minutes.
2. BlueTie provides monthly Lunch & Learns on a variety of wellness topics that the staff has requested through surveys, and we provide the healthy lunch.
3. Choose sensibly in our vending machines. BlueTie provides healthy choices in our vending machines, and we encourage employees to choose sensibly.



1. Get 15-minutes of fresh air & walking every day.
2. Know Your Numbers (biometrics).
3. A high-five and a smile keeps you happy all the while.



1. Keep your workspace clean. Clean frequently. Even if you are the only
2. Eat breakfast every day. Too many who eat breakfast eat healthier d
3. Use your vacation days. It may fee who do not take time for themsel which contributes to illness. Even your work with you.



1. We have a wellness coach who is on site once a week to provide support and education for all employees.
2. We have competitions to keep people motivated, such as a healthy recipe contest and a biggest loser contest. The winners receive gift cards.
3. We pay for employees to participate in the Corporate Challenge and our wellness coach helps people prepare.
4. We do Health Assessments each year to help people monitor their progress.
5. Employees are able to have their blood pressure and weight checked each week.
6. We have one area in the break room that has healthy tips and advice posted. We also post the discounts employees can get through the insurance company.
7. We have negotiated a reduced rate with the gym next door to us for our employees.



1. **Physical Activity.** The University of Rochester
 - We collaborated with the American Heart Association
 - We have numerous web resources to assist employees
 - We hold an annual event in recognition of physical activity
2. **Nutrition.** The University of Rochester provides
 - We offer a workplace community support program where employees can sign up for membership and receive weekly newsletters
 - Our worksite cafeterias made enhanced choices
3. **Stress/Anxiety.** The University of Rochester provides
 - Yoga is offered at multiple workplace sites
 - An intensive eight-week mindfulness program
 - An online stress management program
 - Employees are encouraged to utilize the resources

clean your phone, computer keyboard and anything else that you use only user, germs live on these objects and can get you sick.

Many people are tempted to skip breakfast. It has been proven that people on diets overall and are more likely to maintain a healthy weight.

Many people feel as if there is never a good time to be away from the office, but people on vacations are more likely to get sick. Vacations are a good way to relieve stress, even if it is just a few long weekends, use your vacation days and don't take



1. Make exercise a family activity or workout with a buddy; the exercise time goes faster and you can achieve mental health as well by having someone to talk with.
2. Choose different forms of exercise so you don't get bored.
3. Get 7-9 hours of sleep per night; lack of sleep can lead to health problems.
4. Drink plenty of water; a dehydrated body will hinder calorie burning and water will fill you up without adding calories.
5. Learn the proper way to use exercise equipment to maximize your performance and avoid injury.
6. Eat your fruits and veggies.

Rochester promotes physical activity-especially walking in and around the university: American Heart Association to develop indoor walking paths in the Medical Center.

to assist families in tracking their progress.

Observation of National Trails Day, promoting the walkability of the Rochester community.

promotes fruit and vegetable consumption.

supported agriculture (CSA) project. Employees and their families can receive weekly deliveries of vegetables and fruit from local, sustainable farmers.

improvements to the salad bars and offer a wider variety of fruits/vegetables every day.

Rochester understands the importance of addressing mental health in the workplace.

workplace sites at no cost.

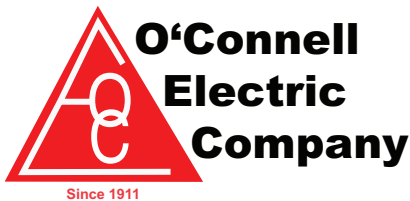
wellness program is offered to employees and providers.

program is offered to employees at no cost.

through the Employee Assistance Program.



1. Keep employees motivated in your corporate wellness program. Build a friendly inter-office competitive wellness component to your plan. Keeping employees motivated helps participants be more aware of their wellness goals and accomplishments. It is not only fun to compete against others, it is most important to challenge yourself to see what you can accomplish!
2. Gain senior management support. Employees need to see that employers are truly committed to the health and wellbeing of their employees. Management needs to be engaged, provide direction, funds and support a successful program.
3. Take a look at internal food options at the work place. Vending machines are a junk food culprit that holds a generous amount of processed and unhealthy offerings. Try mixing things up! Maplewood has taken away some of its unhealthy snack choices and replaced them with healthier options. Every step towards healthy choices counts!
4. Metrics, metrics, metrics! Provide your employees with the necessary tools to gauge their health goals such as scales, blood pressure monitors, and calorie and activity trackers. Doing this on a regular basis will help keep your employees on track and reaching their goals.
5. Good luck!



1. Lead By Example (Our board of directors is very focus to lead the way by attending all of the programs we offer, practicing what we are asking of our employees and setting a good example.)
2. Get yearly flu shots and health screenings.
3. Offer improved nutritional value foods at company meetings.
4. Lunch 'N Learn programs.
5. Challenging employees with competitions and incentives - Step-Up Health, Biggest Loser, Holiday Weigh Management and Smoking Cessation.



PAETEC

1. Wellness begins through knowledge of your overall health.
2. Ask for help. Group support increases individual successes.
3. Remember that wellness is holistic, including emotional, physical, social and intellectual well-being.



1. Adults need a minimum of 30 minutes of physical activity on most days of the week.
2. Drink water instead of sugared beverages.
3. Make exercise fun by working out with a friend or family member.
4. Monitor your blood pressure often!



1. Our overall brand is “Healthy Combination – unlock your reward.”
2. Our fitness center is named Fit ‘n’ Fun so our slogan in the center is “Find Your Fun and get Fit.”



1. Create innovative exercise & nutrition programs. For example, try an in-house stair climbing program that challenges employees to climb the equivalent of 30,000 feet in four weeks—the height of Mt. Everest!
2. Promote smoking cessation. St. Ann's obtained smoking cessation resources from the New York State Smokers' Quitline and passed them along to employees.
3. Encourage annual physicals and other medical appointments. Each St. Ann's employee meets with the employee health nurse once a year to review the employee's health history and any changes. St. Ann's also provides free flu shots.
4. Promote spiritual wellness. St. Ann's provides access to the on-site chapel, spiritual services and the pastoral care staff.