



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**HEALTHY
LIVING
MEETS
GOOD
BUSINESS**



TOOLS FOR SUCCESS

- **Employees are a company's most valuable asset.**
- A growing body of evidence suggests that **investing in the well-being of your workforce will yield powerful results.**
- We give our team the opportunity to improve their overall well-being by providing a YMCA membership and our many wellness programs.

WELLNESS IN THE WORKPLACE





STEPS TO SUCCESSFUL WELL-BEING PROGRAM



GOALS AND OBJECTIVES



To provide expertise, guidance, and support for wellness champions in the promotion and delivery of unique health and wellness programs.



To initiate and sustain culture shifts toward well-being, appreciation and value.



To foster employee well-being, engagement, and camaraderie across the association.



To motivate employees to participate in wellness events through education, behavior change challenges, incentives, and insurance cost savings.



To measure engagement, health and performance outcomes.



ACHIEVING A BETTER YOU.

STAFF WELLNESS PROGRAM 2023

ACTIVE
FOR LIFE

We know wellness when we experience it. It's an overall feeling of health and wholeness. A sense of belonging. The energy to live our fullest life. The desire to continually learn new things and improve our skills. And the chance to contribute and help someone else.

**REWARDING
HEALTHY
BEHAVIOR**

WellnessWorks Program

MEMBER INCENTIVES

August 1, 2022 – July 31, 2023

Help your YMCA lower the cost of coverage
and earn up to \$300 in gift card rewards!

GET STARTED IN 4 STEPS:

- Register/Log in on myuhc.com
- Click the link to **Rally**
(registration required the first time)
- Take the **Survey** and get your Rally Health Score
- Choose from the **health activities & programs** listed on the back page to earn up to \$300



HEALTH SEEKER LEVEL 1

- PHYSICAL ACTIVITY
- VOLUNTEERISM
- PARTICIPATION
- HEALTH SCREENINGS/PREVENTIVE CARE



HEALTH ACHIEVER LEVEL 2

- PHYSICAL ACTIVITY
- VOLUNTEERISM
- PARTICIPATION
- PERSONAL/PROFESSIONAL DEVELOPMENT
- HEALTH SCREENINGS/PREVENTIVE CARE



HEALTH CHAMPION LEVEL 3

- PHYSICAL ACTIVITY
- VOLUNTEERISM
- PARTICIPATION
- PERSONAL/PROFESSIONAL DEVELOPMENT
- HEALTH SCREENINGS/PREVENTIVE CARE





HEALTH SEEKER LEVEL 1

Employees meeting the qualifications for **Health Seeker** will receive 4 hours of paid time off and \$50



HEALTH ACHIEVER LEVEL 2

Employees meeting the qualifications for **Health Achiever** will receive 8 hours of paid time off and \$100

A group of four diverse older adults are shown in a fitness setting. From left to right: a woman in a blue shirt and dark blue pants holding a yellow water bottle; a woman in a purple jacket over a pink top and blue shorts; a man in a green tank top and blue shorts holding a blue dumbbell; and a woman in a blue tank top and orange shorts holding a blue dumbbell. They are all smiling and appear to be in the middle of a workout. A large blue exercise ball is partially visible in the foreground.

HEALTH CHAMPION LEVEL 3

Employees meeting the qualifications for **Health Champion** will receive 16 hours of paid time off and \$200



**HEALTHY PEOPLE.
HEALTHY TEAMS.**

» WORKPLACE WELLNESS





HOW CAN I HELP?

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