

Mid-Year Review/Preview

Looking back, looking forward

Agenda

- ▶ Welcome and Introductions
- ▶ Washington Wellness Refresher
- ▶ SmartHealth YTD
- ▶ Fall Preview
- ▶ Discussion

Housekeeping

- ▶ Make sure you are muted
- ▶ Use the chat function or raise hand for questions
- ▶ Slides will be available on Meetings & Materials by 8/13

Washington Wellness Team



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WA Wellness Refresher

- ▶ SmartHealth
- ▶ Diabetes Prevention & Management Programs
- ▶ Tobacco Cessation
- ▶ Other support from your Health Promotion Consultant

SmartHealth YTD

Data

- PEBB - 11% registration
- SEBB - 4% registration
- 2023 - 40% PEBB, 22% SEBB

Your Feedback!

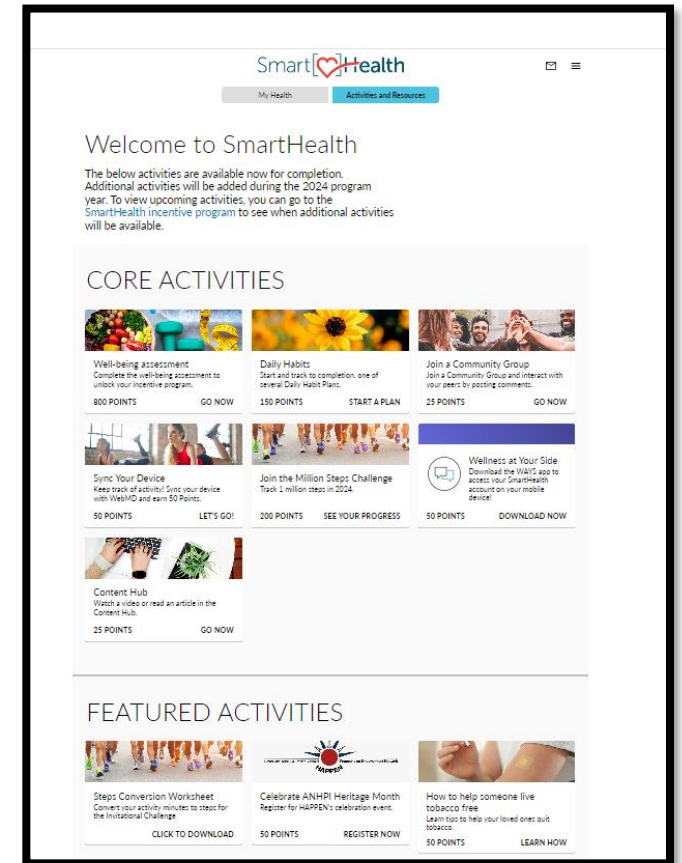
- Daily Habits – plan change
- Earn more points
 - Increased SmartHealth activities
 - Read articles or watch videos

Challenges

- The Invitational
- Five to Thrive
- Stress Less
- Custom

Wellness Coordinators

- Custom Content
- Culture of Health Assessment
- Well-being Assessment Reports
- Data delivered monthly



Diabetes Programs for PEBB and SEBB

- **Diabetes Prevention**

- PEBB & SEBB subscribers enrolled in Kaiser or UMP have access to Omada
- SEBB subscribers enrolled in Premera have access to Teladoc

- **Diabetes Management**

- PEBB subscribers enrolled in Kaiser or UMP have access to their plan's diabetes management resources
- SEBB subscribers enrolled in UMP have access to Omada
- SEBB subscribers enrolled in Premera have access to Teladoc

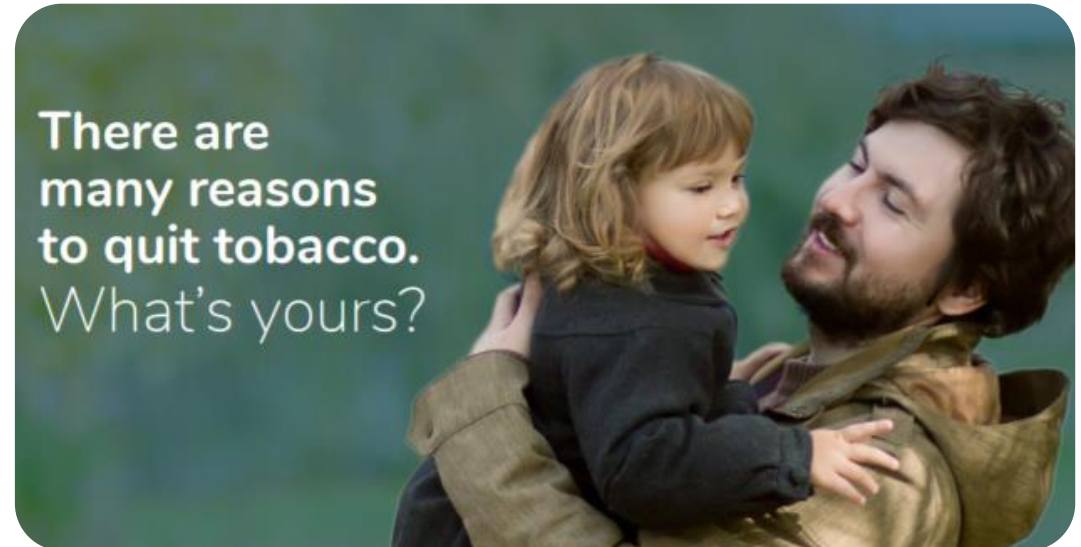
Search for "*DPP PEBB*" or "*Diabetes programs SEBB*"

Search for "Living Tobacco Free SEBB/PEBB"

Living Tobacco Free

Offerings depend on the employee's medical plan.

- Coaching
- Medications
- Nicotine replacement therapy



All subscribers and their dependents (ages 18 and older) enrolled in a PEBB/SEBB medical plan are eligible.

Some plans also offer tobacco cessation resources for teens.

Fall preview

- Culture of Health Assessment
- Seahawks Ticket Giveaway
- Stress Less Challenge
- Building Resilience to Manage Stress webinar
- SmartHealth Giving Campaign
- Start thinking about your Roadmap/Zo8 award application
- Benefit Fairs

Culture of Health Assessment

▶ August 1-August 10

- ▶ The Culture of Health (CoH) Assessment is a tool designed to measure, evaluate, and improve the Culture of Health of organizations.
- ▶ The results will help identify opportunities, measure improvements, prioritize resources, and build on strengths within the organization.
- ▶ The CoH Assessment Survey Monkey link emailed August 1.
- ▶ Only one person per organization should complete the assessment.
- ▶ Receive results in October.
- ▶ Recording of 7/17 webinar available at [Meetings and materials](#).

▶ Get support during Office Hours

- ▶ Wednesday, August 7; Noon to 1:00 p.m. - [Teams Meeting](#)
- ▶ Contact [Jamie](#) if you would like a calendar invitation.



Activities and Resources

Seahawks Ticket Giveaway

- ▶ **July 15 – September 20**
- ▶ All subscribers who have completed their SmartHealth well-being assessment and the Seahawks Tickets Giveaway activity by the deadline for each drawing will be entered to win. Six pairs of tickets available
- ▶ Deadlines to enter
 - ▶ Drawing 1: August 23, 2024
 - ▶ Drawing 2: September 6, 2024
 - ▶ Drawing 3: September 20, 2024
- ▶ Ready-to-use message at **SmartHealth for PEBB** and **SmartHealth for SEBB**

Upcoming

▶ Stress Less Challenge

- ▶ Register: 9/11 to 10/2
- ▶ Challenge: 9/25-10/22
- ▶ Track by 10/28



Use the challenge to focus on the goal of routinely relaxing for at least five minutes each day. Indicate whether you were able to meet the goal (yes or no) on at least 21 days of the 28-day challenge to earn 150 points. The challenge starts September 25 and ends October 22.

Toolkit to use 9/11 to 10/2 at [SmartHealth for PEBB](#) and [SmartHealth for SEBB](#)

Upcoming

- ▶ **Lunch and Learn: *Building Resilience to Manage Stress***
Wednesday, 9/18
Noon to 12:30 p.m.
[Register](#) to participate.



Everyone interested is invited to attend.

Ready-to-use message at [SmartHealth for PEBB](#) and [SmartHealth for SEBB](#)

- ▶ **SmartHealth Giving Campaign**
9/28 to 11/30
200 points for helping others. Flyer and ready-to-use message coming soon.

Upcoming

WA Wellness Fall and Winter trainings:

More information coming soon.

Friendly reminder:

Continue gathering information and supporting documentation to apply for a Zo8 award by submitting your Workplace Wellness roadmaps in January 2025.

Benefit Fairs Westside

| Date | Location | Time |
|-------------|-------------------|------|
| 10/21-10/24 | University of WA | 10-6 |
| 10/28 | Seattle (North) | 10-6 |
| 10/29 | Bellingham | 10-6 |
| 10/30 | Seattle (Central) | 10-6 |
| 10/31 | Tacoma | 10-6 |
| 11/1 | Seattle (South) | 10-6 |
| 11/4 | Vancouver | 10-6 |
| 11/5 | Olympia | 10-6 |
| 11/6 | Port Angeles | 10-6 |
| 11/7 | Bremerton | 10-6 |

Benefit Fairs Eastside

| Date | Location | Time |
|-------|-----------|------|
| 10/29 | Spokane | 10-6 |
| 10/30 | Cheney | 10-6 |
| 10/31 | Wenatchee | 10-6 |
| 11/5 | Pullman | 10-6 |
| 11/6 | Pasco | 10-6 |
| 11/7 | Yakima | 10-6 |

For additional benefit details please contact [Aaron Huff](#).

What can your consultant do for you?

- ▶ Consult on the state and direction of your wellbeing program
- ▶ Help you create custom SmartHealth activities and challenges for your organization
- ▶ Help you complete your Roadmap
- ▶ Be a sounding board for projects and ideas
- ▶ On-site or virtual presence for conferences, trainings, fairs, etc.
- ▶ Technical support for our programs and offerings

Look ahead

- What's happening at your organization?
 - Priorities
 - Events
 - Initiatives
 - Etc.

Questions, feedback, discussion?

Contact us:



hca.wa.gov/washington-wellness



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