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Tips to use SmartHealth community

As a wellness coordinator, we count on you to be champions of the resources that drive our employees to be healthier and happier.

Please help us spread the word about SmartHealth Community, our new social feed added to SmartHealth that will help our employees connect, communicate, and collaborate with each other.

**Here are a few suggestions to get you started:**

1. Set your profile to public so that your teammates can see your posts and connect with you. To get started, log-in and click on the new "feed" link on the home page menu.
2. Send an email to your teammates and invite them to create their profile and follow you.
3. Post regularly to encourage general participation.
4. Interact with others’ posts to show support and encouragement.
5. Incorporate SmartHealth Community in program activities:
   1. Post your favorite healthy lunch recipe.
   2. Congratulate your team for completing a big milestone.
   3. Take a walk outside today and share a picture.
   4. Submit your ideas for the next worksite event.
   5. Cheer your team on in a team challenge.

**Thank you for committing to improving employees' well-being and engagement!**