

Business to Business Zoom Conference Series

The value of wellness in the workplace

12.03.20



- Today's Topics:

1. Why worksite wellness?

2. Virtual wellness

3. Feeding the body and soul

4. Latest on COVID-19

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

Ask us questions – give us feedback – this hour is for you

- Please use the **chat** function to ask your questions at anytime.

Safe Return to Business Survey

Page 1 of 1

1. I am able to apply the tools and guidance provided today in supporting my safe reopening? *

☐ Strongly Agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly Disagree

2. My questions about opening safely were answered in a way that I understood? *

☐ Strongly Agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly Disagree

3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer? *

☐ Very Likely
☐ Likely
☐ Neutral
☐ Unlikely
☐ Very Unlikely

4. How likely are you to attend one of our Business to Business Zoom Conferences in the future? *

☐ Very Likely
☐ Likely
☐ Neutral
☐ Unlikely
☐ Very Unlikely

5. What topic(s) would you like us to focus on in the future?

Done



Karen Hawkes, MS
VP of Operations
Northern Light
Beacon Health



Laurie Alexander, Health
and Wellness Coordinator,
Northern Light
Seabrook Valley
Hospital



Cara Miller, CHWC,
CPT, Wellness
Coordinator and Yoga
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Kristine Taylor, MS, RDN
Wellness Coordinator
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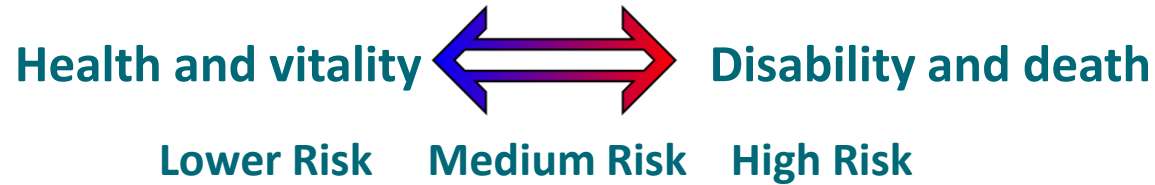
Jim Jarvis, MD, FAAFP
Medical Director, Clinical Education
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Clinical Lead for COVID-19 Incident
Command, Northern Light Health

Why worksite wellness?

Why Worksite Wellness? Understanding Health Risks & What Drives Cost

The wellness-illness continuum (I-W)



Risk factors contributing to a person's overall position on the wellness-illness continuum include:

- **Chronic disease:** cancer, diabetes, heart disease, emphysema/chronic bronchitis
- **Lifestyle choices:** high use of alcohol, tobacco, not wearing a seat belt, lack of physical activity, poor nutrition
- **Health conditions:** high BMI, stress, blood pressure, and cholesterol and low HDL

Improvement in overall health status and placement on the W-I continuum can be achieved by decreasing risk factors, improving lifestyle choices, and managing chronic disease which can reduce health care expenditures, health insurance premiums, and improve the quality of an employee's health and life.

A Roadmap to a Worksite Wellness Program



Review your company's mission and vision statements to see if it reflects employee health and wellness.

Adopt the health model of “don't get worse”¹

Identify existing company policies and employee benefit plans which address health and wellness, (health risk assessments offered through the health insurance carrier, seat belt policy, etc.

Utilize an evidence based model to develop your worksite wellness plan.

Understand an investment in worksite wellness takes time to see the return on investment.....but it will come!

¹ Edington, Dee W., Zero Trends Health as a Serious Economic Strategy *Health Management Resource Center, University of Michigan*, 1: 21. 2009

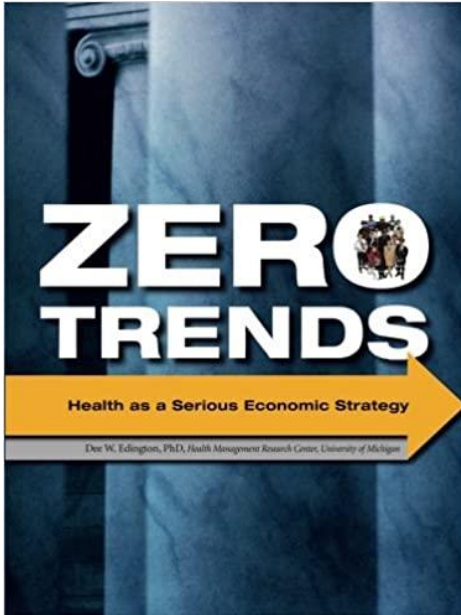
7 Benchmarks for building a results-oriented workplace wellness program

The Benchmarks

1. Committed and Aligned Leadership
2. Collaboration in Support of Wellness
3. Collecting Meaningful Data to Evolve a Wellness Strategy
4. Crafting an Operating Plan
5. Choosing Initiatives that Support the Whole Employee
6. Cultivate Supportive Health Promoting Environments, Policies, and Practices
7. Conduct Evaluation, Communicate, Celebrate, and Iterate

<https://www.welcoa.org/resources/7-benchmarks/>

Steps to build worksite wellness



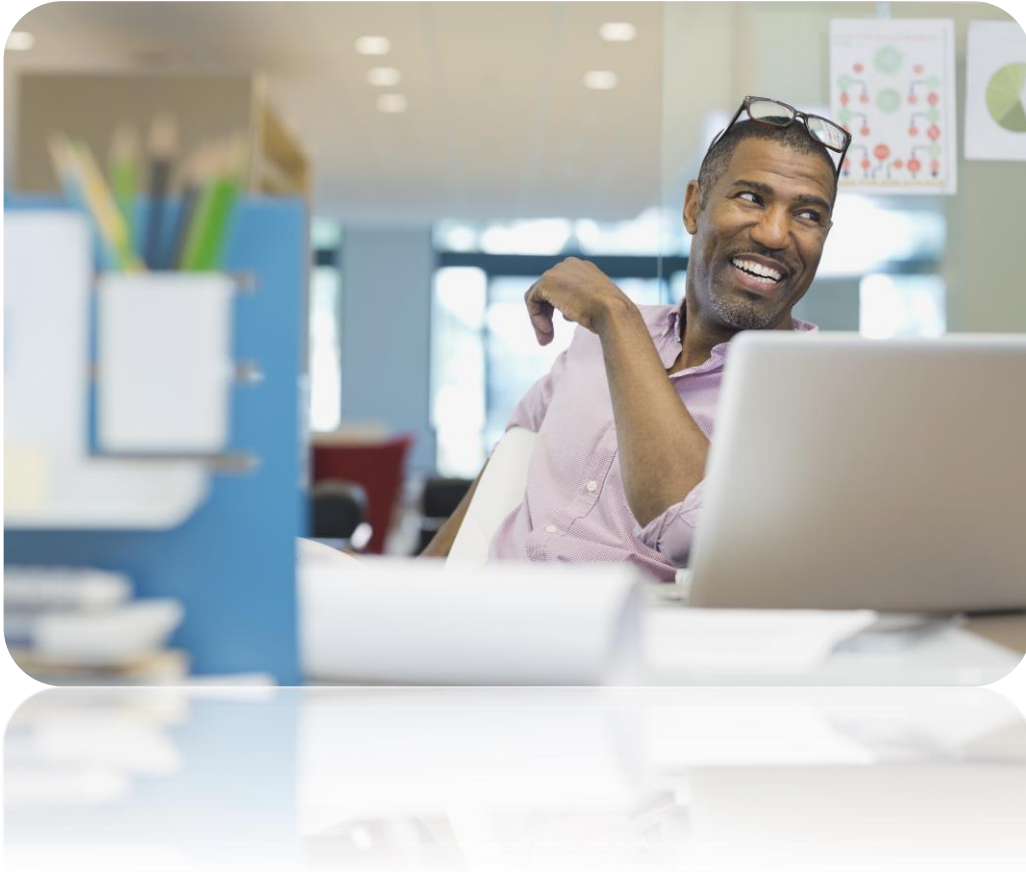
<https://www.welcoa.org/resources/7-benchmarks/>



<https://nationalwellness.org/resources/>

Virtual wellness

The value of health coaching



How it works:

- Partnership
- Supportive
- Encouragement
- Accountability
- Motivational
- Guiding employees to success!

Virtually expanding our reach



- 3,200 connections
- 4,800 pounds lost
- 3,700 inches lost
- 17 million calories burned!

Virtual connections for lasting benefits



How it works

- Connect with almost anyone anywhere (remote employees or in the office)
- Reach more people when and where it works for them
- Tailor resources and action plan in order to transform their wellness!

Supporting population health and physical health

Biometric Screenings

- Height
- Weight
- BMI
- Glucose
- Blood Pressure
- Cholesterol

Zoom Fitness Classes

- Yoga
- HIIT
- Stretch Breaks



For more information: Population health expertise in the delivery of wellness



Wellness designed with you in mind...

The foundation of our Beacon Health wellness program is our ability to customize services to meet the unique needs of each population.

Personal health data, provided by the biometric screening and health risk assessment, allow our wellness team to meet your employees where they are, to more effectively engage them on healthier habits that encourage an improved quality of life. We believe wellness makes everyone better.

Health Coaching	Health Education	Virtual Classes	Biometric Screenings
<p>What to expect:</p> <ul style="list-style-type: none">• Certified health and wellness coaches• Individual health coaching sessions, up to 30 minutes or flexible scheduling• Face-to-face, screen-to-screen, or on the phone• Available where you work• Supportive, motivating, and always confidential• You decide how often you want us to reach out to people with high risk factors and chronic conditions• Our model is flexible so we can tailor it to meet your goals	<p>What to expect:</p> <ul style="list-style-type: none">• Flexible scheduling to ensure all employees have access to wellness services no matter the day and time• 10 weeks - Combination of individual and group sessions• 30 minute sessions• Comprehensive programs designed to support improving health and well-being• Decrease stress• Improve nutrition• Measure, track, and improve your body mass index (BMI)• Up to date, evidence-based program	<p>What we offer:</p> <ul style="list-style-type: none">• Yoga• High Intensity Interval Training (HIIT)• Meditation• Self-care• stress Management• Stretch breaks	<p>Offering recommended intervals for biometric screenings is something we have expertise in.</p> <p>Our provider led program is built on promoting evidence-based medicine.</p> <p>What to expect:</p> <ul style="list-style-type: none">• Blood pressure• Height• BMI• Glucose• Cholesterol

To learn more, please contact:

Andy VanEss

Wellness Manager

Beacon Health

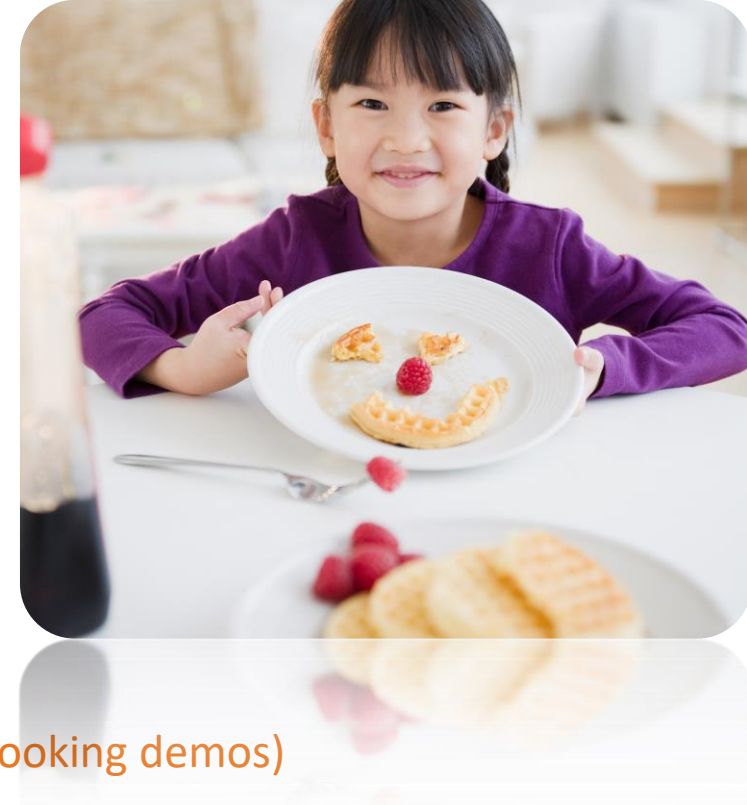
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Feeding the body and soul

Nutrition, more important than ever

- Nutrition is one area of “control”
 - nourishment supports a healthy immune system
- Employee issues
 - routine disruption
 - mindless vs. mindful eating
 - meal planning vs. grazing
 - “COVID-19#
- Strategies to help
 - Awareness & Action:
 - **webinars/classes** (meal planning, nutrient timing, hydration, cooking demos)
 - **personal & group nutrition coaching** (goal setting, accountability, course correction)



Supporting Mental Health during COVID

Impact of loss of routine and social connectedness:

- Depression and anxiety
- Stress response

Strategies:

- ✓ Focus on control:

(news frequency, exercise, sleep, nutrition, ways to be social & enjoyment)

- ✓ Coping mechanisms; Deep Breathing Sessions
- ✓ Wellness Coaching; individualized
- ✓ Employee Assistance Programs
- ✓ Encourage mental health provider



Deep Breathing and Meditation demo

- Sit in a comfortable position
- Closed eyes or gentle gaze
- Deeply inhale and exhale
- Thoughts will wander...it's normal
- Relax for 2 minutes...



Wellness is personal to us:



Beacon Health

Wellness Team



Andy VanEss, MBA, Wellness Program Manager

Eleven years health and wellness experience:

Life is a rollercoaster ride, sometimes you can anticipate the twist and turns and sometimes they can take you completely off guard. That's why I see wellness as a nimble flexible goal that can meet us where we are and help us keep our eye on our prize. (Who doesn't want to live their best life?) For me, wellness is a never ending journey. It's finding a balance in life where I can still enjoy good food, awesome adventures, and creating memories with the ones I love.



Jennifer Fitzpatrick, BS, CHWC, Wellness Coordinator

Seven years health and wellness experience:

I spend my days working alongside some of the most amazing people, reminding them how they deserve to feel good and take time for themselves. When I have the privilege of working with someone I get a front row seat as they recognize their value and achieve their wellness goals! When I can reflect back to someone what they are saying in a way that helps them set achievable goals and then support each step of the way, that's a powerful way to live your life.



Lynn DeGrenier, BS, CWC, MCHES, Wellness Coordinator

Thirty-four years health and wellness experience:

I prioritize a work life balance and try to help others realize that goal. I know it's not always easy with the high demands on our time from work, children, school, friends, and countless other things but I think if we are flexible we can find creative ways to fit exercise, healthy eating, and time for people and giving back into our lives.



Kevin Dunton, BS, CHWC, CPT, Wellness Coordinator

Nineteen years health and wellness experience:

When the going gets tough I work out than hangout with my family! Wellness is a very dynamic beast you can't accomplish it by doing one thing. It requires a 360 view of yourself and your life. It starts be identifying what your values are, what's most important to you. For me that's easy, my wife, sons, friends, health and fitness, and career, once you figure that out its easy!



Danielle Reardon, BS, CHWC, CPT, Wellness Coordinator

Ten years health and wellness experience:

I believe the root of a happy and successful life begins and ends with health and wellness. I didn't truly appreciate what that meant until about eight years ago. I did a scan of my life and realized I had developed some pretty unhealthy habits and as a result I wasn't living my best life. By finding my wellness sweet spot I am actively enjoying my family more and I'm trying all types of new adventures like half marathons, trail races, and obstacle course races, life is good if you're willing to commit to yourself.



Kristine Welch Taylor, MS, RDN, Wellness Coordinator

Sixteen years health and wellness experience:

I strive to be better not perfect and that's what I want to help others do. As a registered dietitian and certified personal trainer I can appreciate the many challenges that prevent us from keeping the course of health and wellness. My style is focusing on achievable and sustainable goals so we can live long healthy lives doing what we love! I like to think of wellness holistically, so I can help people overcome some of the all too common pitfalls to weight loss, physical activity, sleep or stress management.



Cara Miller, CHWC, CPT and Yoga Instructor, Wellness Coordinator

Seventeen years health and wellness experience:

Wellness is foundational to a fulfilled life, yet, none of us ever arrive. It is a daily effort of progress, not perfection. My background is rooted in natural health and education, so I enjoy equipping & edifying others in the journey of caring for their holistic health. To be inspired and proactive in taking care of oneself is a gift that pays dividends... You are making valuable investments into your future! As a wellness coach, it is a privilege to walk through this adventure with others.

To learn more, please contact:

Andy VanEss

Wellness Manager

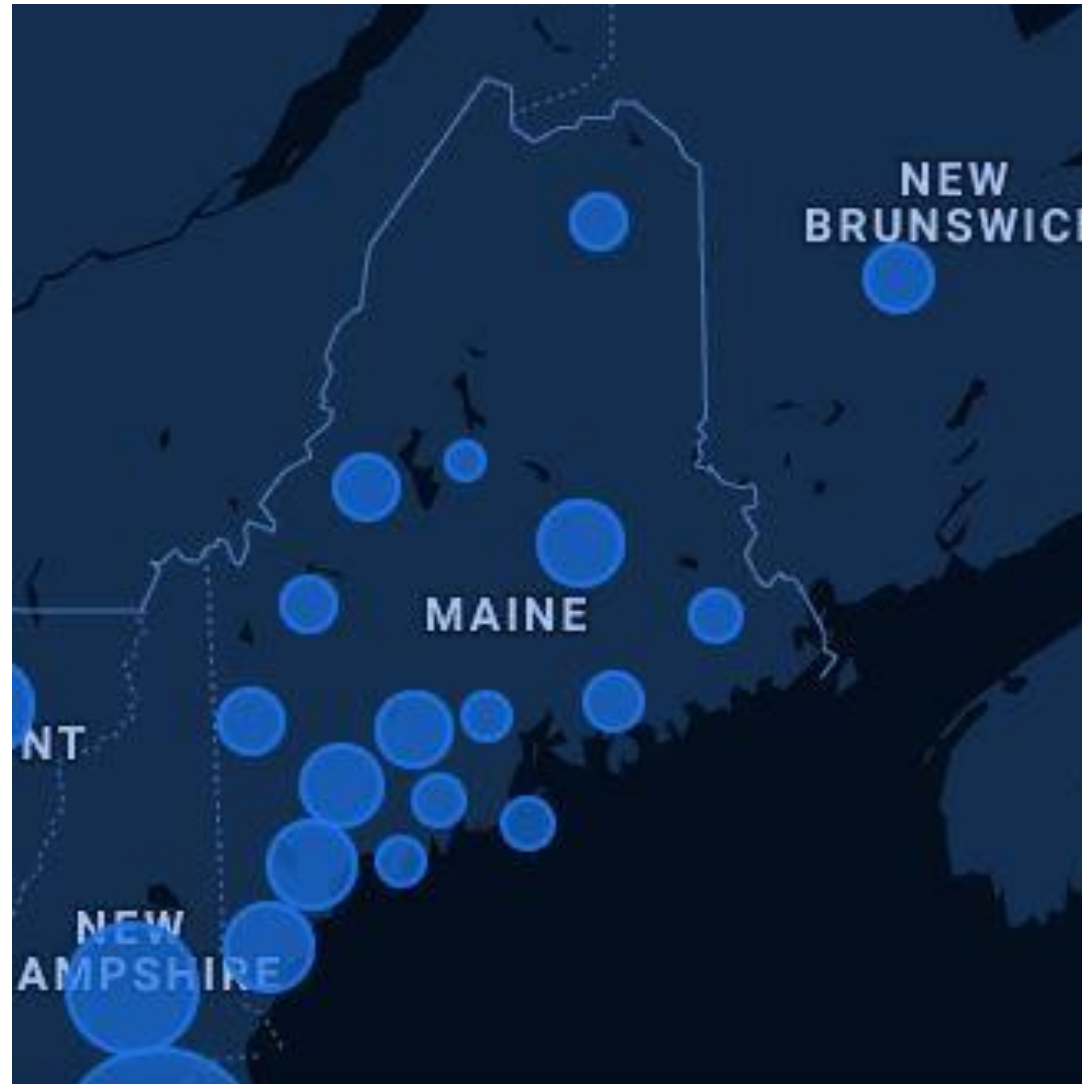
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Latest on COVID-19

Spreading across Maine



Testing



All Northern Light Health COVID-19 testing sites are open.

- We anticipate that there will be an increase of post-Thanksgiving testing
- there are limited spots available for those looking to get tested
- The turnaround time for results, especially for those without symptoms, may take several days.
- If you or someone you know wants to schedule a test, please visit our website for a list of available locations and times.

<https://northernlighthealth.org/Resources/COVID-19/Testing>

Symptoms and what you need to know

Symptoms may appear 2-14 days after exposure to the virus

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Emergency warning signs for COVID-19 seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Please use the chat function to ask questions:



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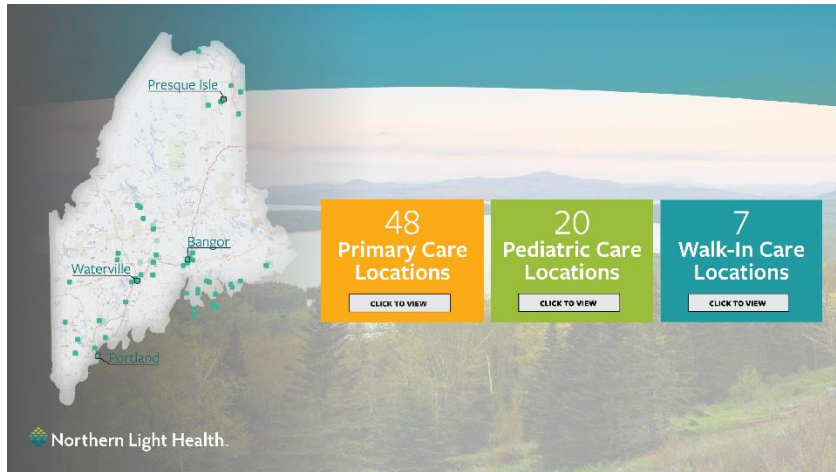


Jim Jarvis, MD, FAAFP
Medical Director, Clinical
Education
Northern Light EMMC
Clinical Lead for COVID-19

Incident Command,
Northern Light Health

Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>



STOP the spread of coronavirus

- 1. HANDS** Wash them often
- 2. ELBOW** Cough into it
- 3. FACE** Don't touch it
- 4. FEET** Stay more than **6ft** apart
- 5. FEEL** sick? Stay home



Population health expertise
in the delivery of wellness



For more information:
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For more information or to submit a topic for a future Zoom Conference:

Contact:

Lanie Abbott

Director of Communications


lwabbott@northernlight.org



Join us Thursday, December 17: The latest information from the Maine CDC and Northern Light Health


Topics:


- Treatment protocols
- Vaccines
- Why we should have confidence in the system

**Northern Light Health.**

One-hour Zoom conferences
Twice a month on Thursdays at 11 am
Moderated forums with Q&A
presented by Northern Light Health

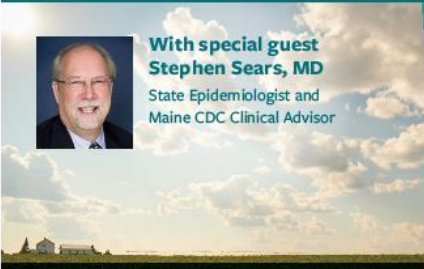
zoom MEETING SERIES

SAFE RETURN TO BUSINESS
 **The latest information from the Maine CDC
and Northern Light Health**

**With special guest
Stephen Sears, MD**
State Epidemiologist and
Maine CDC Clinical Advisor

Topics will include:

- Treatment protocols
- Vaccines
- Why we should have confidence in the system



Learn how to support your employees and your customers to make a successful return to business.

WEEK 20 - Thursday, December 17 at 11 AM
The Zoom meeting ID will be sent to you upon registering

Our Panelists:

Stephen Sears, MD
Epidemiologist and Maine CDC Clinical Advisor, COVID-19 Response Team

Jim Jarvis, MD, FAAFP
Medical Director, Clinical Education, Northern Light Eastern Maine Medical Center, Clinical Lead for COVID-19 Incident Command

Rebekah Gass, MD
Infectious Disease Professional Services, Northern Light Eastern Maine Medical Center

Moderated by
Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive
Northern Light Beacon Health

**PLEASE REGISTER
BY CLICKING HERE
BEFORE JOINING THE MEETING**

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**
Please contact Lanie Abbott for more information labbott@northernlight.org

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