

HUTCHINSON SALT CO



HUTCHINSON SALT CO

History

The mine opened in 1923 as the Carey Salt Mine. In 1990, the Hutchinson Salt Company was formed and purchased the mine. The facility has constantly upgraded its facilities and improved its procedures to produce high-quality product at competitive prices, all while remaining one of the safest mines in the world.



Products

Kansas Fine & Medium Salt
Bulk RP-09 Evaporated Salt
ASTM Grade 1 Road Salt
Storage Space - Leased to US Gov. & Private Companies

HUTCHINSON SALT CO

Employees Total: 65



Miner

Approx. Salary: \$40k / Year



Security Guard

Approx. Salary: \$34k / Year



Supervisor

Approx. Salary: \$75k / Year



Quality Control

Approx. Salary: \$50k / Year



C-Suite

Approx. Salary: \$100k / Year



Uncovering Health

Rationale

We chose “Uncovering Health” because miners ‘uncover’ salt every day. It also can be viewed as bringing their health out from under all their bad habits. Lots of health is “under the surface” or things we can’t see, so we want to uncover them and bring them to our clients’ attention.

Mission Statement

To encourage employees' personal & professional productivity, and physical & mental well-being, the mission of Uncovering Health is to offer diverse programs that support employee desires to make healthy lifestyle choices.

COMPANY POLICY



Orientation

The Need

All new hires must go through an introduction period. This is necessary so all new employees are aware of other company policies, are familiar with the workplace environment, know how to safely operate machinery, and have an opportunity to ask questions.

The Policy

New employees will meet with HR on his or her first day to complete initial paperwork, benefits forms, and supply necessary equipment. The employee's supervisor will be responsible for introducing co-workers, touring facilities, lunch, and an overview of company values. An orientation meeting will be scheduled on the second day to go over the employee handbook, job description, safety procedures, company and administrative policies, and an overview each department and chain of command. All orientation hours are considered regular paid hours.



POLICIES

Safety & Ergonomics

The Need

Safety is the top priority for our company. The Mine Safety & Health Administration (MSHA) has several standards that mines must follow to remain in operation. Desk workers, while in a different environment, are also at risk of cumulative trauma disorders. Injury to employees can be costly and bad for morale and PR.

The Policy

While on company grounds, all employees are required to follow MSHA standards & regulations. The company safety officer will conduct monthly safety trainings, with a MSHA representative conducting an annual inspection. Safety violations will be reported to the company safety officer as soon as they are detected. The safety officer is also responsible for addressing ergonomical hazards, working with affected employees to implement solutions and, if needed, refer to professional care.



POLICIES

Tobacco Use

The Need

Tobacco use increases a number of health risks across multiple dimensions of health. As the leading cause of preventable death in the USA, it should be addressed.

Smoking in the mine also pollutes the already-low-quality air and poses secondhand smoke risks. Hutch Salt Co has an obligation to its employees and the public to take action known to protect employees' health.

The Policy

All above- and below-ground areas of the workplace, including parking lots and company vehicles, are now tobacco-free. Signs stating the policy will be placed at all entrances and other prominent areas. Enforcement is a collective responsibility of all company employees.

Visitors are expected to follow policy as well, and employees should respectfully communicate this policy in regards to visitors. If any difficulties with compliance arise, notify security. Uncovering Health also offers assistance to employees who want to quit tobacco. Information can be found under the "Tobacco Cessation" section.



POLICIES



Physical Activity

The Need

As a company we care about the health of our employees and support the transition to healthier lifestyle choices. Considering the positive link between physical activity and improved mental and physical health, giving employees the opportunity to exercise on company time benefits the company in multiple ways; healthier workforce, increased productivity, increased morale, better company reputation.

The Policy

Hutchison Salt Co. supports healthy lifestyles and encourages employees to exercise while at work for improved mental and physical health. The link between physical activity and mental and physical health will benefit the company in increased morale, increased productivity, and a healthier workforce. Employees are encouraged to engage in 30 minutes of exercise during the workday, as their duties allow and given that their physical activity time does not cause an employee to incur overtime.



POLICIES

Lactation / Breastfeeding

The Need

- **In recognition of documented health advantages of breastfeeding for infants and mothers, Hutch Salt Co provides an environment for mothers to express milk during the workday. The following policy shall be communicated at orientation to all employees.**

The Policy

- **The company shall provide a private room in the main building designated for lactation. One electric pump will be provided, along with a small refrigerator for milk storage, and a sink to wash hands. Should employees wish to purchase their own pump, a subsidy is offered in partnership with Hutchinson Regional Medical Center. The employee is expected to communicate with their supervisor should they choose to take lactation breaks. Time beyond regular breaks and meal breaks can be negotiated. Employees are also expected to sanitize the equipment and wash their hands before returning to work.**



Seatbelts

The Need

The safety of our employees is a priority. The use of seatbelts is the best protection in the event of an accident or crash. Thus, the implementation of a companywide seatbelt policy is important. This can protect the lives of employees and save money for the company.

The Policy

Hutchinson Salt Co. understands that seat belts are extremely effective in preventing injuries and loss of life. We want to make sure that no one is injured or killed in a tragedy that could have been prevented by the use of seat belts. Therefore, it will be company policy that seat belts shall always be used by both drivers and passengers while in company vehicles. Employees are strongly encouraged to use their seat belts off the job as well. The purpose of this policy is to establish mandatory belt use as an organizational priority and designate responsibility for implementation and enforcement.



Hydration

The Need

Hutch Salt Co recognizes that hydration is a critical issue when exposed to high volumes of salt. Safety and health issues can arise with both chronic and acute dehydration, and it must be addressed when several of our workers are at higher risk due to the working environment.

The Policy

All employees will have access to water during the workday. Office employees will be provided with water cooler dispensers on each floor. Employees working underground or outdoors will have mandatory water breaks lasting 3-5 minutes at the top of every hour. Underground/outdoor employees will also be provided with their choice of 12 to 40oz water bottles that can be carried with them during work hours.



POLICIES

Vending

The Need

To support and facilitate our employees transition to healthier lifestyle choices access to healthy snack alternatives is a must. A wide variety of snacks will be available, and employees will be able to provide feedback on what they want to have in the cold vending machines. The cost of the switch will be minimal as the higher price of nutritional options cover the higher cost of operation for the cold vending machines.

The Policy

To encourage employees to choose healthier snack options current vending options will be replaced with nutritional, low-calorie options. These options are subject to change depending on employee feedback. The current vending machines will also be replaced with cold vending machines, as this will allow food options to last longer.



POLICIES

Nutrition at Meetings

The Need

At Hutch Salt Co, we apply our nutrition recommendations to our own meetings. It would be counterproductive to provide nutrition advice to employees, only to offer foods at meetings that conflict with the advice.

The Policy

In order to create a meeting environment that helps encourage employee health, a small committee shall be formed to select healthy meeting snacks and to track financials. The committee is responsible for reaching at least the three-star level of the "Energize your Meetings" standards on the following page.



POLICIES

Energize your meetings: Food and Beverage Standards

Strive for a five star event. Check the boxes for all standards from one to five stars to offer the healthiest experience for event attendees.

Listed under each standard are suggestions of ways to meet it. For more ideas, see the menu suggestions and the recommended food choices list.

See attached menu suggestions and recommended food choices list for more ideas.

One Star | ★

- Follow your organization's existing policies and procedures
- Provide a tobacco free environment
- Remember food safety standards when serving food
 - Wash hands before serving foods—inadequate hand washing is a leading cause of foodborne disease
 - Keep hot foods hot and cold foods cold

Two Stars | ★ ★

- Meet the One Star Standard
- Ensure that having food at the event is necessary
- Give participants an opportunity to inform you of dietary needs or restrictions before the event (see sample registration question and food ideas on the Recommended Food Choices sheet)
- Take cultural food needs into account
 - Serve foods that are culturally appropriate for the event attendees
 - Serve pork products separately from other food products
 - Serve meat products on a separate dish from non meat products
 - Provide a vegetarian entrée option at meals

Three Stars | ★ ★ ★

- Meet the Two Star Standard
- Provide water in bottles or pitchers at breaks and meals
- Serve fruit or veggies at light refreshments and meals
 - Raw vegetables with hummus dip and low fat ranch dip
 - Green salad with low fat dressing on side
 - Individually packaged servings of baby carrots
 - Steamed or grilled vegetables with herbs or lemon
 - Fresh fruit tray with low fat yogurt dip
 - Fruit for the dessert
 - Whole fruit
- Provide choice of low calorie beverages when serving beverages other than water
 - Unsweetened iced tea with lemon
 - Diet soft drinks

Four Stars | ★ ★ ★ ★

- Meet the Three Star Standard
- Choose whole grains for snacks and meals
 - Whole grain pasta
 - Whole grain breads and rolls
 - Granola bars
- Provide low fat dairy at snacks and meals
 - Low or non fat yogurt
 - Low or reduced fat cheeses (See Recommended Food Choices for examples)
 - Low fat (1%) or non fat (skim milk)
- Serve lean meat and non meat protein options
 - Provide vegetarian choices (See Recommended Food Choices for examples)
 - Lean deli meats (8 grams fat per ounce)
 - Poultry with no skin

Five Stars | ★ ★ ★ ★ ★

- Meet the Four Star Standard
- Ensure healthy fats in foods
 - Pasta salad made with olive oil and vinegar
 - Trans fat free baked goods
 - Broth based soup rather than cream based soup
- Provide healthy portion sizes
 - Small or half bagels
 - 3-5 ounce servings of meat
 - Cakes and brownies in small serving sizes (2" square)
- Attempt to serve locally grown foods when possible
 - Ask your caterer about providing local foods
 - Purchase foods from local farmers market

energize
your meetings

Employee Assistance Program

The Need

Hutchinson Salt Co. encourages its employees to maintain a healthy work life balance. With the nature of our industry

the company recognizes that there are issues that may occur in an employee's work or personal life. These issues can negatively affect an employee and they may not have the resources to resolve the issue on their own. The aim of our Employee Assistance Program is to provide resources and advice to employees in a professional and confidential manner.

The Policy

The EAP shall be available for employees to assist and navigate through concerns that may affect an employee's mental and emotional health. Providers may be reached via email or hotline phone number. EAP providers are readily prepared to educate and provide confidential counseling for a variety of concerns:

- Financial stress**
- Emotional stress**
- Addiction**
- Grief**
- Domestic violence**



Facilities

Fitness

- Core Health & Fitness
- Planet Fitness
- Genesis Health Clubs



Healthy Restaurants

- The Travelling Bowl
- Subway
- QDOBA



Chiropractic care

- Chiropractic Health Clinic
- Salt City Chiropractic
- Bothwell Chiropractic & Acupuncture



Physical Therapy

- Advanced Physical Therapy
- Pinnacle Rehabilitation & Sports Performance
- Hutch Physical Therapy & Wellness



Spa

- A new you day spa
- Divinity Day Spa
- Massage by Genna



Uncovering Health

Facilities

Dental

- Hutchinson Main Street Dental
- Hutchinson Family Dental
- Cornerstone Family Dental



Grocery

- Dillons
- Smith's Market
- ALDI



Outdoor Recreation

- Dillon Nature Center
- Hutchinson Zoo, Carey Park, & Sunflower Recreation Trail
- Kansas State Fairgrounds



Counseling

- Complete Circle Counseling & Coaching
- Rose Counseling Services
- Judi Emerson Counseling Services



On-Site

- Lactation Room
- Refrigerated Storage
- Full-size Kitchen



Uncovering Health

MAJOR ISSUES



Salt Inhalation

- Leads to increased sodium & high blood pressure

Dehydration

- Caused by increased salt, also linked to electrolyte imbalance

Vitamin D Deficiency

- Due to lack of sunlight exposure while underground

Sleep Cycle

- Due to overnight shifts

Eye Health

- Lack of light exposure and damage from dust

Stress

- Long hours in a stressful & dangerous environment is taxing

Nutrition

- Nutrition habits are often poor among blue-collar workers

Low Back Pain

- Manual labor with poor posture can cause issues

STRONG POINTS



Safety

Hutch Salt Co is consistently recognized as one of the safest mines in the world.

Family Owned

The mine was purchased from the corporate Carey Salt Co. and now has local ownership.

Direct Line of Communication

As a small company, there is a short chain of command, leading to easier communication.

Crafting an Operating Plan

Hutch Salt Co has well-designed goals and clearly assigned tasks with effective results.

WEAK POINTS



Environment

The exposure to salt and being underground poses unique risks to workers.



Education

Most of our blue-collar employees do not have a college education and are not well educated on health habits.



Evaluation

Hutch Salt Co does not do much reflection and has very little data to look for areas of improvement

Program Outline



Tiered Points System

Uncovering Health has an incentive program with four levels. Each level unlocks a collection of rewards for the individual. To reach each level, employees must complete tasks, such as attending a lunch & learn, to earn points. Point values vary depending on the task. Once a point threshold is reached, the next level is unlocked.

Level 1 - Topsoil

Like when beginning a digging project, the first step when you break ground is topsoil. All employees who attend their first event will reach this level.

Level 2 - Horizon

Below the topsoil lies the horizon. Health goals that were once a distant thought are now right in front of you. Employees who reach 100 points have reached the horizon.

Level 3 - Bedrock

After digging deep and earning 200 points, employees will reach bedrock. Those who reach this level have really dedicated themselves to their health.

Level 4 - The Core

What lies below the bedrock? Only the most dedicated will find out. Employees who reach bedrock multiple years in a row can become members of the core.

Incentives



Topsoil

Points Required: 1

Unlocks:

Program Tee Shirt, Program Key Chain, 1-month Gym Membership, Added to Newsletter email list.



Horizon

Points Required: 100

Unlocks:

+ 1-month Gym Membership, \$50 gift card to Reno County Farmers Market, \$30 off medical insurance premium



Incentives



Bedrock

Points Required: 200

Unlocks:

Silver Shovel Trophy, \$75 cash bonus, +1 month gym membership, 1 "wellness day" off



The Core

Points Required: 250 + Bedrock Last Year

Unlocks:

Golden Shovel Trophy, \$100 cash bonus, +1 month gym membership, +1 "wellness day" off, entered in drawing for 1 of 3 Garmin smartwatches



Point Values

Lunch & Learn	10 points	12 Total
Bimonthly Challenge	10 points	6 Total
Biometric Screening	5 points	Repeatable
Health Fair	15 points	Only 1
Outside Event (Attend)	10 points	Repeat up to 3
Outside Event (Active)	15 points	Repeat up to 3
Maximum: 350		

Outside events can be attendance-based like a health-based speaker or other presentation or activity-based like a local 5K. Some of these opportunities may be noted in the monthly newsletter, while others may be submitted for review to the program coordinator.

Biometric Screening Options:

HRA Completion (+5 for a Dr Follow-Up)

Any Screenings Provided in this File

Dental Screening

Cancer Prevention Screening

Vaccinations (max of 2 per year)

Vision Exam

Annual Physical

Professional check on any of the following:

Hemoglobin A1c (+5 if <5.6%), Blood Pressure (+5 if =/ <80/120), Cholesterol (+5 if total <200), BMI (+5 if between 18.5 and 25)



Uncovering Health

NUTRITION

Bite-Sized changes



Bite-Sized Changes



Program Goals & Content

Understanding Food Labels

- Employees will learn how to use food labels to pick out key factors in determining the healthiness of a food and be able to select the better of two given choices.

Serving Sizes

- Employees will be able to provide an example of a serving several common foods, including fruits, vegetables, & meats.

Meal Prep

- Employees will understand how to shop with specific meal ingredients in mind, and to save time by planning ahead.

Nutritional Choices

- Employees will be able to choose healthy options when presented with choices at a restaurant.

Healthy Hydration

- All who participate will know how to properly hydrate, and how salt plays a key role in it.

Bite-Sized Changes



Communication & Awareness



Find out other **healthy swaps** that can help you cut calories & achieve your nutrition goals. Visit the interactive display in the break room **this Thursday** during the lunch hour...everyone who does will be entered to win a → **panini maker**. See you there!



Event Flyer

Hello, Uncovering Health participants

Did you know that on food labels, the "Calories" number is for 1 serving? The serving size is listed just above the calories, and there are often several servings in a container of food.

Sincerely,
The Uncovering Health Wellness Team

Email

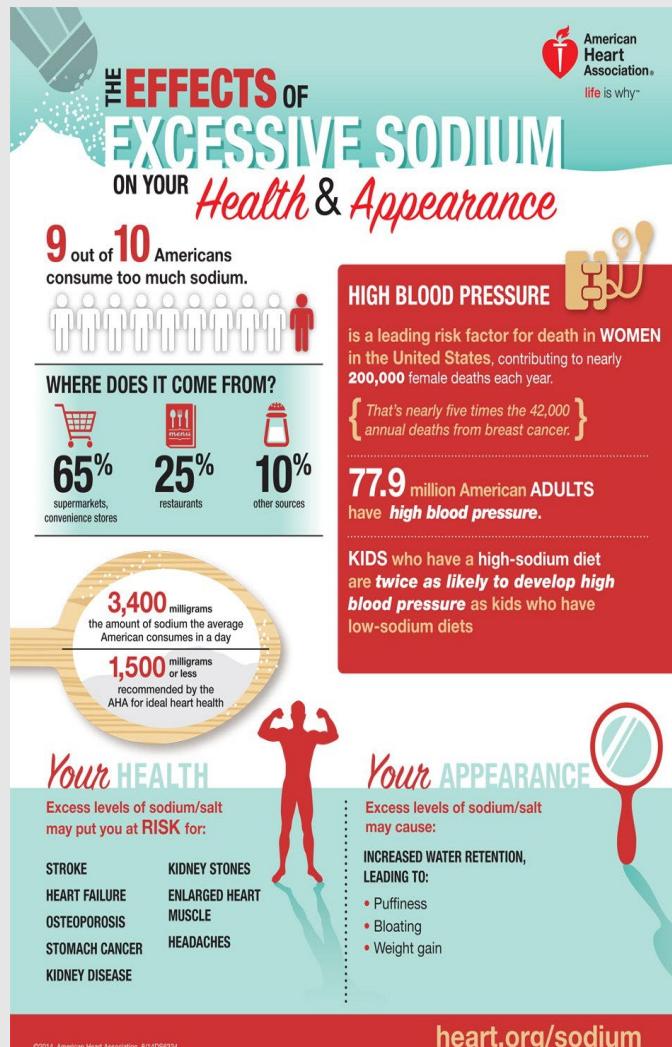


Bulletin Board

Bite-Sized Changes



Communication & Awareness



Did You Know?

Bite-Sized Changes



Screenings & Assessments

Nutrition Habit Questionnaire

This can be useful for both employees and program coordinators to see what the habit trends of the company are. This can narrow down the programming to be specific to the population.

Are you a healthy eater?



1. How often do you eat your largest meal in the evening?
a) Every day
b) 3-6 times a week
c) 1-3 times a week
d) Never

2. Do you take your time while eating?
a) Always
b) Sometimes
c) Rarely
d) Never

3. How many meals do you have a day?
a) 6
b) 4
c) 3
d) 2

4. How often do you eat breakfast?
a) Every day
b) 2-3 times a week
c) Once a week
d) What's breakfast?

5. How often do you eat wholegrain (brown rice, wheat bread) instead of processed grain (white bread, refined sugars)?
a) All the time
b) Usually
c) Sometimes
d) Never

6. How often do you eat snacks like sweets, biscuits, or ice cream?
a) Never
b) 1-2 times a week
c) Every day
d) More than once a day.

7. How often do you eat something at night, shortly before going to bed?
a) Every day
b) 3-6 times a week
c) Once in a while
d) Never

8. How often do you snack on fresh fruits and vegetables?
a) Never
b) Once in a while
c) 2-3 times a week
d) Every day

9. How many caffeinated drinks (coffee, tea) do you have every day?
a) None
b) One
c) Two
d) Three or more

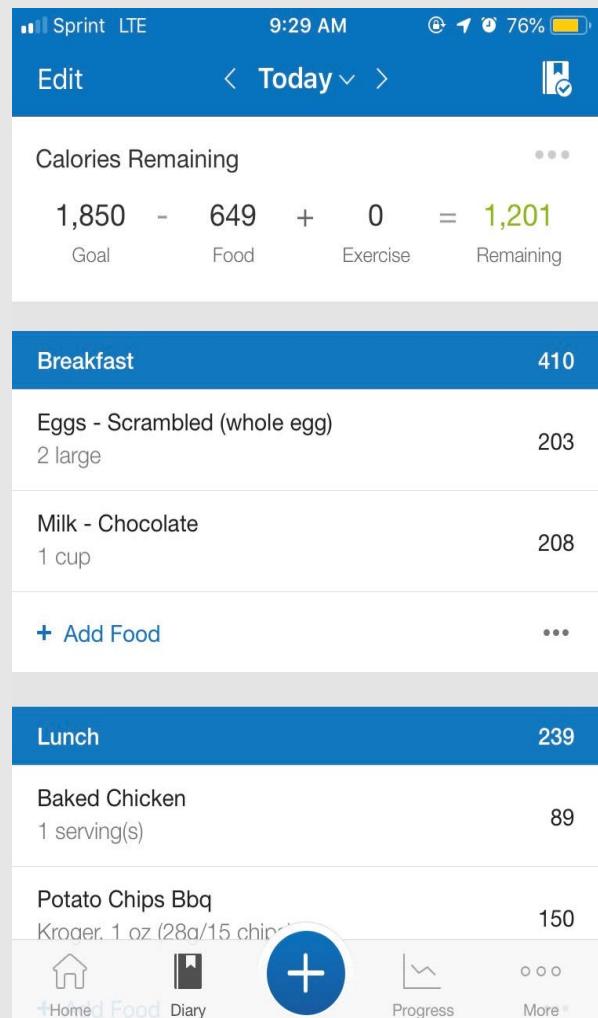
10. How many glasses of water do you drink every day?
a) None
b) 1
c) 2-3
d) 4-6

11. How often do you eat light foods?
a) Never
b) Once a week
c) Every day
d) More than once a day

12. How many times a week do you have beef, chicken, turkey, pork, lamb, or any other meat?
a) Never
b) Once a week
c) 2-3 times a week
d) Every day

MyFitnessPal Food Log

This can help employees learn what they're actually eating real-time, and see their progress after making adjustments from learning new information.



Bite-Sized Changes



Programs & Interventions



Choices are all around us, including choosing what we eat. This program is designed to teach people how to use nutrition facts like sugars, fats, and protein to pick the better foods both at the grocery store and in a restaurant.

Sign up

Eat This, Not That
program card

Participation

Enter drawing to win a
Panini Maker

Completion

10 points towards the next
incentive level



Bite-Sized Changes



Lunch & Learn Schedule

Healthy Hydration

As warmer weather approaches, hydration becomes even more important than it usually is. We will have all the latest info on water (yes, there are different kinds), how much we need, and what other liquids and foods can meet our hydration needs. Lots of samples & great prizes...don't miss out!



Fruits & Vegetables

Why you need them & how to eat more without being miserable! We are all supposed to get 5-9 servings every day... most of us get two. We will not only teach you the benefits of making f & v's the foundation of your nutrition plan, but also tasty and affordable ways to do it. Don't miss out on the samples at this one...and one really cool prize!



Bite-Sized Changes



Lunch & Learn Options

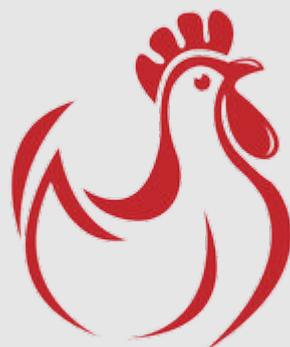
14 Reasons Why You're Always Hungry

Did you know that there is a difference between hunger & appetite? And that many of us have our wires crossed between the two? There are many variables that can affect these feelings, and there are many ways to help control them to better maintain overall health. We promise interesting & useful information at this session!



Consuming Creatures

Fish? Chicken? Beef? Turkey? Deer? Pig? Most meats are not your enemy as long as they haven't been "messed with" by a food company or restaurant. Maybe some appeal to you, while others you avoid. Find out which are best for your arteries, your waistline, and your overall health. Big hint: don't fry it no matter what!



Bite-Sized Changes



Behavior Change Support Services

Meal-Prep Services

When meal-prepping isn't an option, have a healthy meal prepped for delivery! Companies like Blue Apron will send all the ingredients to you with instructions on how to make the meal.



Grocery Store Notifications

Members can sign up to receive notifications when local grocery stores have sales for healthy items. They may even find new foods they haven't tried before!

MyFitnessPal Support Groups

Small groups that use MyFitnessPal can meet with an Uncovering Health team member to discuss their nutritional goals and possible ways to improve their diet. Meetings can be weekly or monthly.



PHYSICAL FITNESS

Actively Improving



Actively Improving

Program Goals & Content



Bodyweight Workouts

- Employees will know multiple workouts that can be done without equipment and that fit into everyone's busy schedule.

Weight Management

- Employees will understand how physical activity relates to weight loss, and how to use it safely and effectively.

Improving Flexibility/Yoga

- Participants will learn the physical and mental benefits of yoga, and how flexibility relates to on-the-job injuries.

Choosing the right shoes

- Employees will understand the differences between shoes, the dangers of poor-fitting footwear, and how to select the best pair.

Where & How to Work Out

- Employees will know all the local places to exercise. They will also know where to find trainers or groups to help them in their exercise journey.

Actively Improving

Communication & Awareness



WARNING:
Exercising frequently can cause an increase in energy, good moods, fat loss, an improved immune system, and a dramatic reduction in stress.

Find these benefits and more in the Conference Room
Thursday @ Noon

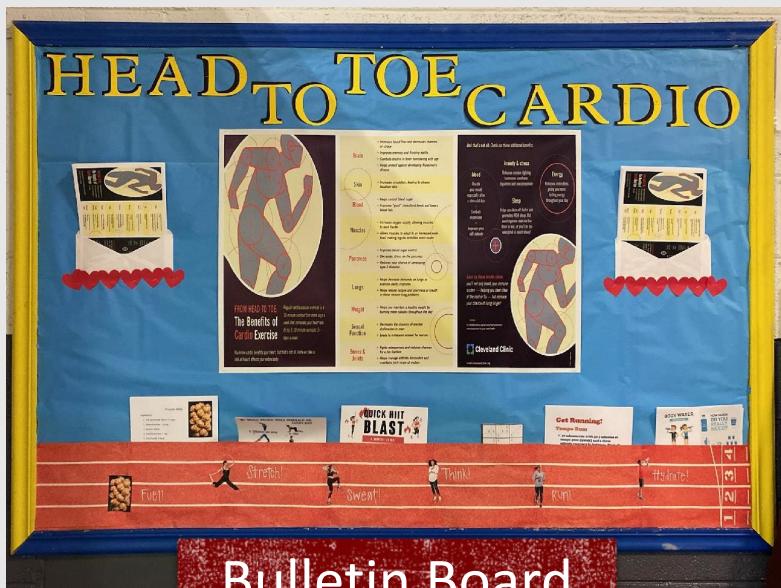
Event Flyer

Email

Hello, Uncovering Health participants

Walktober is approaching! It is a great time of year to be active. You can use this month's lunch & learn to find the right pair of shoes and get ready to raise your step count for the October challenge!

Sincerely,
The Uncovering Health Wellness Team



Bulletin Board



Did You Know?

Actively Improving



Screenings & Assessments

Wearable Technology

Wearable technology can be used to track employees' activity levels, track changes; while also sparking healthy competition. Some information can be gathered (with employee permission) to assess company trends & needs.



FITNESS ASSESSMENT FORM			
Client Name:			
Trainer Name:			
Pre-Test Date:	Post-Test Date:		
Pre-Participation Screening Notes:			
Comments:			
VITAL SIGNS			
Resting Blood Pressure	PRE-TEST SCORE	POST-TEST SCORE	DIFFERENCE
Resting Heart Rate			
BODY COMPOSITION MEASURES			
Height	PRE-TEST SCORE	POST-TEST SCORE	DIFFERENCE
Weight			
Waist-to-Hip Ratio			
% Body Fat			
Other:			
MUSCULAR STRENGTH			
Bench Press	PRE-TEST SCORE	POST-TEST SCORE	DIFFERENCE
Squat			
Leg Press			
Other:			
MUSCULAR ENDURANCE			
Push-Ups	PRE-TEST SCORE	POST-TEST SCORE	DIFFERENCE
Partial Curl-Up			
Prone Double Straight-Leg Raise			
Other:			
FLEXIBILITY			
Sit-and-Roll	PRE-TEST SCORE	POST-TEST SCORE	DIFFERENCE

Fitness Assessment Form

Utilizing a Fitness Assessment Form can gather baseline information on employees' fitness abilities. It can be used to highlight weaknesses and find ways to improve.

Actively Improving



Programs & Interventions

WALKTOBER™

Walktober is an annual health promotion event that aims to encourage participants to get out and walk more during the month of October.

Sign up

\$20 Gift Card to Brown's
Shoe Fit

Completion

10 points towards the next
incentive level

Participation

Enter to win a new pair of shoes of employee's choice. The top three participants get 5 extra raffle tickets for the pair of shoes.

Actively Improving



Wellness for a Cause



Girls on the Run

aims to inspire ALL girls to build confidence and make intentional decisions, while fostering care and compassion for self and others. Trained coaches use physical activity and dynamic discussions to build social, emotional and physical skills while encouraging healthy habits for life.

The Event - Fall 5K Fundraiser

This event, held every October, is open to all community members. All funds raised go to the Girls on the Run organization, specifically the Heart of Kansas chapter. It is also a great physical activity for employees and can be counted as an active external activity for 15 points towards the program.

Actively Improving



Lunch & Learn Options

Get Your Kicks!

Pronated, neutral, minimalist, maximalist... what does it all mean, and what actually matters? Picking proper athletic shoes can be overwhelming. And since they aren't exactly cheap, most of us want to get it right the first time. Join this month's lunch & learn to find out how to get the best fit for your feet!

Losing Weight as We Age

Learn the 5 (legitimate) reasons why losing weight really is more difficult as we get older. Leave with valuable tips on how to battle the midlife bulge & prepared to protect your metabolism with each passing year.

Incentives

Get Your Kicks: Enter a drawing for plantar fasciitis socks.

Losing Weight as we Age: Each participant will receive a certificate for a personal training session.

Actively Improving



Behavior Change Support Services

Discounted Gym Membership

Providing employees with a discount on gym memberships will encourage them to buy one. If they are in charge of purchasing the membership, they are more likely to use it. Additional free months are available in the program's main incentive levels.



Breakroom Recovery Tools

Both the office breakroom and mine locker room will have a foam roller and stretching bands to use for flexibility & recovery during their breaks or as they arrive to work.



Hutch Recreation Commission

Provides activities, leagues, classes and events for all ages and abilities. This is a program available for all employees and their family members to participate in.



HANDLING STRESS

Peace of Mind



Peace of Mind



Program Goals & Content

Healthy coping skills

- Employees will learn how to properly handle the stressors they encounter.

Types of Stress

- Employees will be able to distinguish between distress and eustress, and the fine line that separates them.

Reducing Stress in the workplace

- Employees will know how to diffuse their stressors in the workplace, and when to find help in doing so.

Improving sleep quality

- Employees will learn how sleep relates to stress, and how to create a healthy sleeping environment.

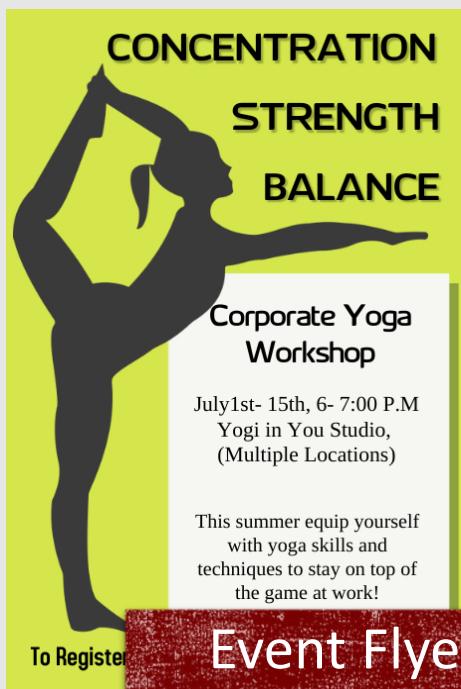
Increasing brain function

- Employees will know how to use eustress to stimulate brain function on a regular basis.

Peace of Mind



Communication & Awareness



Event Flyer

Hello, Uncovering Health participants

Stress can affect all areas of health. If you are struggling with managing your stress levels do not hesitate to utilize the company EAP. Employees have access to confidential counseling that can be helpful for any issues you may be dealing with.

Sincerely,
The Uncovering Health Wellness Team

Email



Bulletin Board



Did You Know?

Peace of Mind



Screenings & Assessments

Perceived Stress Assessment

This can be useful to employees to identify what may trigger a stress response and how well equipped they are to handle it

COHEN PERCEIVED STRESS

The following questions ask about your feelings and thoughts during THE PAST MONTH. In each question, you will be asked HOW OFTEN you felt or thought a certain way. Although some of the questions are similar, there are small differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the exact number of times you felt a particular way, but tell me the answer that in general seems the best.

For each statement, please tell me if you have had these thoughts or feelings: never, almost never, sometimes, fairly often, or very often. (Read all answer choices each time)

	Never	Almost Never	Sometimes	Fairly Often	Very Often
B.1. In the past month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
B.2. In the past month, how often have you felt unable to control the important things in your life?	0	1	2	3	4
B.3. In the past month, how often have you felt nervous or stressed?	0	1	2	3	4
B.4. In the past month, how often have you felt confident about your ability to handle personal problems?	0	1	2	3	4
B.5. In the past month, how often have you felt that things were going your way?	0	1	2	3	4
B.6. In the past month, how often have you found that you could not cope with all the things you had to do?	0	1	2	3	4
B.7. In the past month, how often have you been able to control irritations in your life?	0	1	2	3	4

Financial Stress Assessment

To be able to set financial goals and reduce stress from finances. Employees need to know and understand their assets and spending habits

FINANCIAL SELF ASSESSMENT

Your Net Worth is your financial mirror image, and is the difference between what you own and what you owe. You will not be able to intelligently establish financial goals until you know your current financial standing.

NAME : _____	DATE : _____	
ASSETS (what you own)		
CASH & CASH EQUIVALENTS		
Cash in current/saving accounts	=	_____
Fixed deposits	=	_____
Life insurance cash value	=	_____
Others-foreign currency account	=	_____
INVESTMENTS		
Market value of unit trusts/stocks	=	_____
Market value of land	=	_____
Market value of rental property	=	_____
Market value of personal residence	=	_____
RETIREMENT PLANS		
EPF retirement fund	=	_____
Others	=	_____
PERSONAL/BUSINESS ASSETS		
Current value of household furnishings	=	_____
Current value of jewelry/precious metals	=	_____
Current value of cars	=	_____
Others- business value	=	_____
TOTAL ASSETS(A)		
Total Liquid assets	=	_____
Total Illiquid assets	=	_____
LIABILITIES (what you owe)		
Current bills outstanding	=	_____
Balance due to car loan	=	_____
Balance due to property loans	=	_____
Balance due to housing mortgage	=	_____
Overdraft	=	_____
Balance due to credit cards	=	_____
Tax due	=	_____
Other contingency liabilities	=	_____
TOTAL LIABILITIES(B)		
LIVING NETWORTH VALUE(A - B)	=	_____

Peace of Mind



Programs & Interventions



From Health Enhancement System, this interactive financial learning game can help employees secure their financial foundation or fine-tune money decisions.

Sign up

- \$25
- Electronic Piggy Bank



Participation

- \$50
- Free Company T-shirt

Completion

- 10 points towards the next incentive level

Peace of Mind



Lunch & Learn Options

7 Ways to Beat Stress

For most of us, stress is a fact of life. Unfortunately, it is also what can keep us from achieving our weight related goals. We will teach you 7 not-so-secret ways to make beating stress AND fat less of a battle.

Preventing Meltdowns & Other wreckage

Don't underestimate the importance of your emotional health - especially with the holidays on the horizon. Come learn about quick and easy ways to comfort yourself, maintain your sanity, and keep your defenses strong.

Incentives

7 Ways to Beat Stress: Those who attend this L&L will receive 10 points and be placed in a drawing for a stress relief basket prize

Preventing Meltdowns & Other Wreckage: Those who attend this L&L will receive 10 points towards their program total

Peace of Mind



Behavior Change Support Services



Gym Memberships-

Providing access to workout equipment and group fitness classes is a great way to help employees manage their stress



Company Nutrition Policies-

Diet and Nutrition have a large role in managing stress. Implementing nutritional policies will give our employees the support they need in the workplace



Employee Assistance Program-

The EAP is always available for employees that are struggling with stress of any kind

SELF CARE

Make Time for Yourself



Make Time for Yourself



Program Goals & Content

Immunity

- Improve the practices of keeping away infectious disease

Pain Treatments

- Treat aches and pains as they happen to improve quality of life and productivity are work

Alzheimer's vs Dementia

- Understand the differences and preventative methods to improve brain function and health as we age

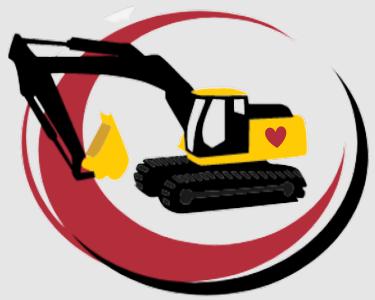
Keys to digestive health

- Understand how to change diet to reduce the chances of having digestive issues

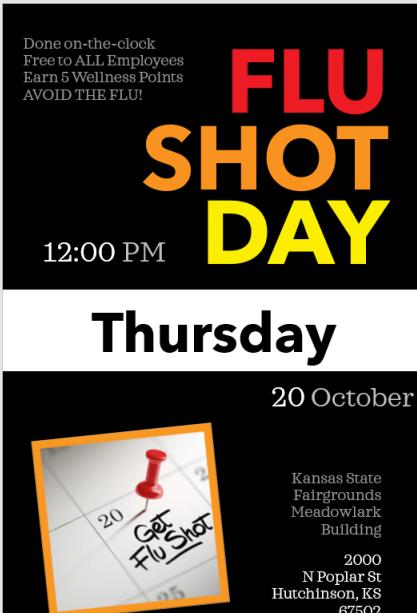
Making healthcare work for you

- Understand what benefits are available and how to use them effectively

Make Time for Yourself



Communication & Awareness



Event Flyer

Hello, Uncovering Health participants

When visiting the doctor, one important thing to remember is that you are a "consumer" of their healthcare. You have the choice to "shop around" for the best price. Many people aren't aware of this and are stuck with an overpriced medical procedure. Learn more at our upcoming lunch & learn this month!

Sincerely,
The Uncovering Health Wellness Team

Email

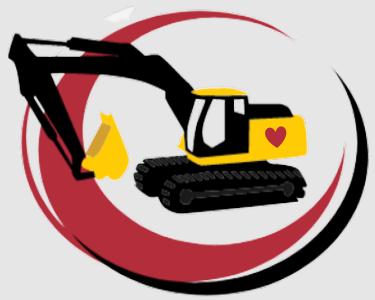


Bulletin Board



Did You Know?

Make Time for Yourself



Screenings & Assessments

Preventative Cancer Screenings

This can be done for many types of cancer to catch it in early stages. This helps reduce medical costs associated with the disease and improve survival rates. These can also count for 5 points towards the program incentives.

American Cancer Society Guidelines for the Early Detection of Cancer

Cancer	Guidelines
Cervical	Regular pap smear beginning vaginal intercourse
Prostate	PSA blood test and rectal exam yearly after age 50
Ovarian	No recommendation other than information about risks and symptoms
Lung	No recommendation other than information about risks and symptoms
Breast	Yearly mammogram after age 40
Colon	Examinations yearly after age 40 Breast self examinations monthly after age 20 Beginning at age 50, should have one of the following screening tests: <ul style="list-style-type: none">Flexible sigmoidoscopy or full colonoscopyDouble contrast barium enemaCT colonoscopyFecal occult blood test NOTE: talk to your doctor to determine which is best for you.

Self-Care Assessment

These are excellent for finding the weak points in your workforce. Use results of this when deciding which program goals to focus on. It also gives employees a chance to reflect on their current habits. (1st of 3 pages shown)

Self-Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

1 2 3 ★ Physical Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Eat healthy foods
<input type="checkbox"/>	<input type="checkbox"/>	Take care of personal hygiene
<input type="checkbox"/>	<input type="checkbox"/>	Exercise
<input type="checkbox"/>	<input type="checkbox"/>	Wear clothes that help me feel good about myself
<input type="checkbox"/>	<input type="checkbox"/>	Eat regularly
<input type="checkbox"/>	<input type="checkbox"/>	Participate in fun activities (e.g. walking, swimming, dancing, sports)
<input type="checkbox"/>	<input type="checkbox"/>	Get enough sleep
<input type="checkbox"/>	<input type="checkbox"/>	Go to preventative medical appointments (e.g. checkups, teeth cleanings)
<input type="checkbox"/>	<input type="checkbox"/>	Rest when sick
<input type="checkbox"/>	<input type="checkbox"/>	Overall physical self-care

Make Time for Yourself



Programs & Interventions



Sign up

"Walk with a Doc" talking points Card
Priority time slots for first sign-ups

Walk with a Doc Program

This is a free, physician-led program that runs all month long. Walks start with a current health topic and evolve into a relaxed conversation where you are free to ask health-related questions.

Participation

Free fresh air on company time
Unlimited answers from a medical doctor

Completion

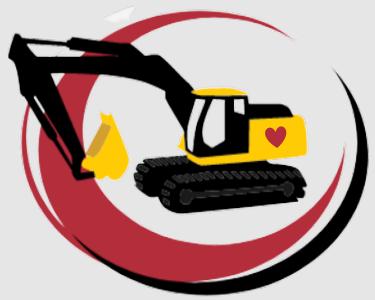
10 points towards the next incentive level

Intervention: Glo-Germ Kit

This is an exercise that shows participants the difference in germs on your hands before and after washing them. It is a good option to use during a disease-related lunch & learn.



Make Time for Yourself



Lunch & Learn Options

"Give Yourself a Boost: Power Foods to Fight the Flu"

Certain foods & drinks can bolster your immune system, while others weaken your defenses. Find out from our Registered Dietician speaker which ones are which & try some new ones you may find you enjoy...lots of samples & everyone who attends will be put in a drawing for one of three \$25 Dillons gift cards!

Are you Sure you Know your Insurance?

Premiums, deductibles, copays... what does it all mean? And how do we make the most of our policy? Our guest speaker is an insurance representative that will answer all these questions and more. All who attend will be entered to win a Ninja blender!



Incentives

In addition to the 10 points towards the program, these two each have prize drawings (underlined).



Make Time for Yourself



Behavior Change Support Services

Free Flu Shots

Offering vaccinations on-site and on company time encourages more participants and ensures that each employee wanting a vaccine has the opportunity to receive one.



Virtual Medicine Tools

Telemedicine and medical apps can both be beneficial to employees. Telemedicine gives the opportunity to speak with a professional anytime, and medical apps can provide easy access to medical information.

Infused Water Dispenser

Infused water is known to help immunity, among other benefits. These can be placed in office or lobby settings for employees to use as much as they like.



WORKSITE SAFETY

*Don't Learn Safety by
Accident*



Don't Learn Safety by Accident

Program Goals & Content

Common Hazards

- What the most common workplace hazards are, how to identify, report, and prevent them

Dangers of Fatigue at work

- When working in a mine being fatigued at work can be even more dangerous. Employees can learn how to deal with fatigue and improve sleep

Proper Machine Operation

- Knowing how to operate machines safely, maneuvering, entering and exiting to protect yourself, and ensuring proper maintenance done and recorded

Basic first aid/CPR

- While accidents and injuries can be prevented, they can still happen. Knowing how to assess and treat injuries is vital to employee safety and protection.

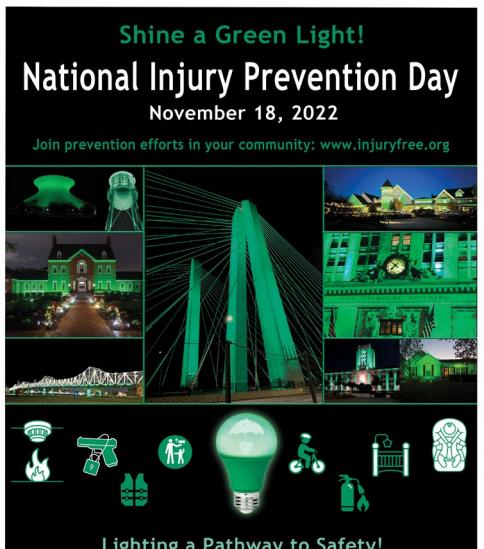
Safety notation/communication

- Often signs are used to identify hazardous materials or dangerous areas. It is important to be able to read and understand common safety communication



Don't Learn Safety by Accident

Communication & Awareness



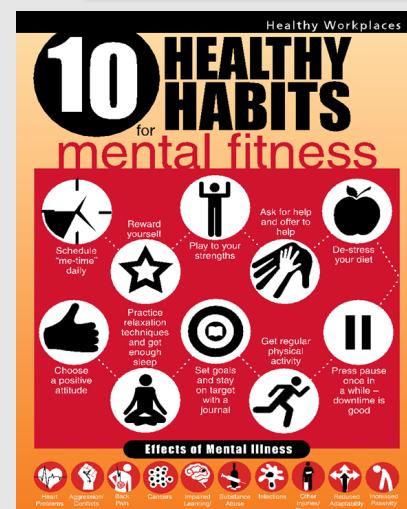
Event Flyer

Hello, Uncovering Health participants

Safety is not something to be taken lightly. Accidents and Injuries can affect us all and no one want to get hurt. It is important for all employee to carefully read the company safety policies, so that we all can be informed to protect ourselves and each other. **Also be sure to vote for your safety committee member by the end of the week!**

Sincerely,
The Uncovering Health Wellness Team

Email



Did You Know?



Bulletin Board

Don't Learn Safety by Accident



Screenings & Assessments

Personal Medical History

When assessing an employee's risk of Accident/Injury it is important to know what area of physical health they are struggling in. A PMH is a useful assessment for identifying physical health issues.

North Atlanta
NAED
Endocrinology
& Diabetes, P.C.

Date: _____

PERSONAL MEDICAL HISTORY

Note: This is a confidential report of your medical history. Information contained here will be released only if you have authorized us to do so.

Last Name: _____ First Name: _____ Middle Initial: _____

Date of Birth: _____ / _____ / _____ Sex: Female Male Marital Status: _____

Preferred Pharmacy: _____ Pharmacy Phone #: _____

Pharmacy Address: _____

PCP: _____ Referring Doctor: _____

Past Medical History:
Check any conditions you have had:

<input type="checkbox"/> Abnormal EKG	<input type="checkbox"/> Hypothyroidism
<input type="checkbox"/> Anemia	<input type="checkbox"/> (Overactive Thyroid)
<input type="checkbox"/> Angina Pectoris	<input type="checkbox"/> Hypothyroidism
<input type="checkbox"/> Asthma	<input type="checkbox"/> (Underactive Thyroid)
<input type="checkbox"/> Bone Disease	<input type="checkbox"/> Impotence/ED
<input type="checkbox"/> Breast Lump	<input type="checkbox"/> Infertility
<input type="checkbox"/> Cancer	<input type="checkbox"/> Kidney Disease
Type: _____	<input type="checkbox"/> Kidney Stones
<input type="checkbox"/> Coronary Artery Disease (Heart Disease)	<input type="checkbox"/> Meningitis
<input type="checkbox"/> Decreased Libido	<input type="checkbox"/> Mental Illness
<input type="checkbox"/> Depression	<input type="checkbox"/> Migraines
<input type="checkbox"/> Diabetes Type I	<input type="checkbox"/> Multiple-Discharge
<input type="checkbox"/> Diabetes Type II	<input type="checkbox"/> Osteoporosis
<input type="checkbox"/> Dyslipidemia	<input type="checkbox"/> Palpitations
<input type="checkbox"/> (High Cholesterol)	<input type="checkbox"/> Postmenopausal Bleeding
<input type="checkbox"/> Emphysema	<input type="checkbox"/> Seizures
<input type="checkbox"/> Endocrine Disorder	<input type="checkbox"/> Serious Injury
<input type="checkbox"/> Gallbladder Disease	<input type="checkbox"/> Stomach Ulcer
<input type="checkbox"/> Heart Attack	<input type="checkbox"/> Stroke
<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Thyroid Cancer
<input type="checkbox"/> Hypertension (High Blood Pressure)	<input type="checkbox"/> Thyroid Nodule
	<input type="checkbox"/> Tuberculosis

Have you ever had External Beam Neck Radiation? No Yes Date: _____

Other major diseases: _____

Health Maintenance: Fill in all that apply

Date of last eye exam: _____

Date of last prostate exam: _____

Date of last PAP test: _____

Previous mammogram: _____

Glasses or contacts? No Yes Both

Are you allergic to any medications? Yes No
Please list: _____

Are you allergic to latex? Yes No

Are you allergic to any foods? Yes No
Please list: _____

Sleep Disorder Assessment

Fatigue can be dangerous especially when working underground and with heavy machinery. This assessment can be used to identify whether an employee may be more prone to fatigue

Sleep Disorder Symptoms Assessment

FOR OFFICE USE:	
Height: _____	Weight: _____
BMI: _____	Neck Size: _____
Blood Pressure: _____	

Please check any of the following you may have:

<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Stroke	<input type="checkbox"/> Insomnia
<input type="checkbox"/> Frequent Urination at Night (Nocturia)	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Depression	<input type="checkbox"/> Overweight

Snoring:	Score
1. Do you snore often (3 or more nights a week)?	<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Don't Know
2. Is your snoring loud enough to be heard through a closed door or annoy other people?	<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Don't Know
3. Have you noticed or been told that during sleep, you frequently stop breathing or gasp for air?	<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Don't Know
(sum of all numbers checked above) Total Score	

Epworth Sleepiness Scale:	Never would doze off	Slight Chance of dozing	Moderate Chance of dozing	High Chance of dozing
1. Do you get sleepy, or doze off, while sitting and reading?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
2. Do you get sleepy, or doze off, while watching TV?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
3. While sitting or inactive in a public place (meeting, theater)?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
4. As a passenger in a car for an hour without a break?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
5. Lying down to rest in the afternoon?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
6. Sitting and talking to someone?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
7. Sitting quietly after lunch without alcohol?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
8. In a car, while stopped for a few minutes at a traffic light?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
(sum of all numbers checked above) Total Score				

CPAP:
Are you currently using CPAP? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> If yes, for how long? _____

Don't Learn Safety by Accident

Programs & Interventions

Accident Prevention Program

Related keywords: Safety Program/Plan/Manual, Risk Management Plan, Injury Prevention Plan

Overview	Rules & Requirements	Training & Videos	Publications & Tools
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All employers in Washington State are **required** to create a **written Accident Prevention Program (APP)**. Many businesses regard their APP as the cornerstone of their overall safety program.

To meet written program and other APP requirements, businesses need to do the following:

- Look around to identify workplace hazards that could hurt employees.
- Find and apply ways to reduce or eliminate hazards.
- Provide a detailed safety orientation to employees so they understand the possible hazards of their particular job and how to work safely.

In addition to APP requirements, **other health and safety program requirements** may apply to your business depending on the activities and hazards in your workplace.

To assist employers with creation of their APP, we have created an **APP Guide** and a number of **sample programs** that can be found under the **Publications & Tools** tab.



Hazard prevention makes good business sense. Direct and indirect costs pile up every time a workplace hazard causes an injury or illness.

OSHA Programs-

These can be valuable resources when addressing Accident and Injury prevention in the workplace. OSHA is the best source for worksite safety information and training.

Sign up

Worksite safety tips card

Participation

Free water bottle

Completion

10 points towards the next incentive level



Don't Learn Safety by Accident

Lunch & Learn Options

Fitness for Duty & Fatigue Management

Athletes are not the only ones that should want to perform at their best. Learn how fatigue management can be used in preventing injuries and the aspects of an effective fit for duty plan.

Common Workplace Hazards

With National Injury Prevention day coming up, this L&L will cover the most common workplace hazards that can lead to accidents. How to identify, report, and resolve/prevent these hazards.

Incentives

Fitness for Duty & Fatigue Management: Those who attend this L&L will receive 10 points

Common Workplace Hazards: Those who attend this L&L will receive 10 points towards their program total



Don't Learn Safety by Accident



Behavior Change Support Services



Safety Committee

A Company Safety Committee with respected employee can help with the compliance of safety practices/procedures



Company Safety Policies

The best support for employee to keep them safe is to have clear and easy to understand safety policies that are implemented and enforced



OSHA/NIOSH

These organizations offer many resources for management and employees to learn how to develop proper worksite safety protocols/practices

TOBACCO

Breathe Healthy, Live Happy



Breathe Healthy, Live Happy



Program Goals & Content

Anatomy of Cigarettes

- Employees will know what a cigarette is made of and how it affects the body.

Effects of Secondhand Smoke

- Employees are aware of how secondhand smoke can affect them or those around them.

Cessation Methods

- For those that are not sure how to quit or think that cold turkey is the only way, we will help find what works for them

Tobacco Alternatives

- Not everyone is ready to quit out right, but there are options that are better than cigarettes employees can learn about other options available to them

Cessation Tips

- Giving people the best chance to have a successful cessation journey involves informing them on ways to curb and deal with cravings and withdrawal

Breathe Healthy, Live Happy



Communication & Awareness



Event Flyer



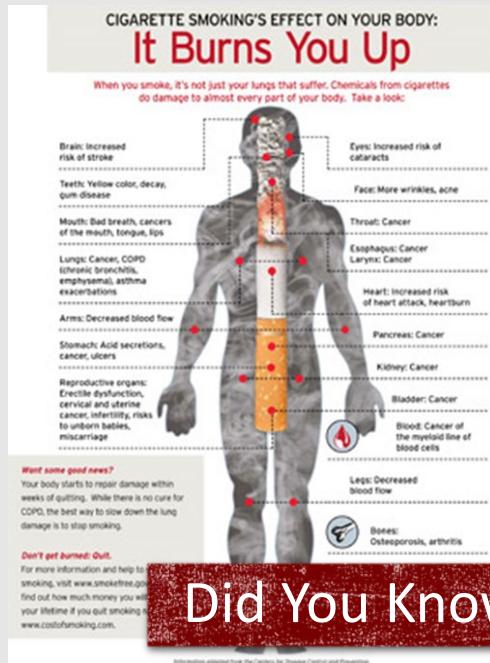
Bulletin Board

Hello, Uncovering Health participants

The CDC estimates that nearly 30 million US adults smoke. If you or someone you know wants to quit smoking, but are unsure where or how to begin. We welcome you to contact the wellness team for more information on cessation methods and available programs/resources

Sincerely,
The Uncovering Health Wellness Team

Email



Did You Know?

Breathe Healthy, Live Happy



Screenings & Assessments

Nicotine Dependency

Assessment: This assessment can be used for employee to identify how dependent upon nicotine they are which can be helpful information when quitting.

1. How soon after you wake up do you smoke your first cigarette?
Within 5 minutes (3 points)
5 to 30 minutes (2 points)
31 to 60 minutes (1 point)
After 60 minutes (0 points)
2. Do you find it difficult not to smoke in places where you shouldn't, such as in church or school, in a movie, at the library, on a bus, in court or in a hospital?
Yes (1 point)
No (0 points)
3. Which cigarette would you most hate to give up; which cigarette do you treasure the most?
The first one in the morning (1 point)
Any other one (0 points)
4. How many cigarettes do you smoke each day?
10 or fewer (0 points)
11 to 20 (1 point)
21 to 30 (2 points)
31 or more (3 points)
5. Do you smoke more during the first few hours after waking up than during the rest of the day?
Yes (1 point)
No (0 points)
6. Do you still smoke if you are so sick that you are in bed most of the day, or if you have a cold or the flu and have trouble breathing?
Yes (1 point)
No (0 points)

Scoring: 7 to 10 points = highly dependent; 4 to 6 points = moderately dependent; less than 4 points = minimally dependent.

Pulmonary Function

Test: This is a clinical test to determine how much are you are able to inhale and exhale. A lack of optimal oxygen intake can cause multiple health issue, especially in a mining population where air quality is low.



HOME ABOUT LUNG DISEASES LUNG TREATMENT TESTIMONIALS LOCATIONS BLOG RESOURCES CONTACT

Call Toll Free 888-745-6697

What does a Pulmonary Function Test Measure?



A pulmonary function test can measure lung size, air flow, lung volume, lung diffusion and more. Specifically, the pulmonary function test called spirometry measures how much air you inhale, how much air you exhale and how quickly you can exhale it.

The pulmonary function test called lung plethysmography measures the amount of air in your lungs after taking a deep breath and the amount of air that remains in your lungs after exhaling as much as you can.

Breathing Exercises
Bronchiectasis
Caregiver
Chronic Bronchitis
COPD
Diet and Nutrition
Disease Education
Emphysema

Breathe Healthy, Live Happy



Programs & Interventions

Quit For Life

A program from the American Cancer Society to help employers implement an effective smoking cessation program.

The screenshot shows the homepage of the American Cancer Society Workplace Solutions website. The top navigation bar includes the American Cancer Society logo, the text 'Workplace Solutions', and a 'Search' bar. The main content area features a large image of a lit cigarette with ash on a table, and the text 'Quit For Life® Program'. To the left is a sidebar with links to 'Home', 'Cancer Information', 'CEOs Against Cancer', 'Communications/Promotion Tools', 'Health and Wellness Programs' (which includes a link to the '80% Pledge for Colorectal Cancer'), 'Content Subscription Service', 'Freshstart', 'Quit For Life', 'Workplace Health Assessment', 'Support the American Cancer Society', 'Volunteer Opportunities', 'About Us', and 'Contact Us'. The main content area contains text about the program, a 'What is the Quit For Life Program?' section, a 'How does it work?' section, and a 'Features and Benefits' section.

Sign up

ACS T-shirt

Completion

10 points towards next incentive level
Smoking Cessation Kit

Participation

Medication Reimbursement



Breathe Healthy, Live Happy



Programs & Interventions

Anatomy of Cigarettes: Come join and learn about what goes into a traditional cigarette, a modern e-cigarette, and the components of what is going into your lungs and those around you as second hand smoke.

Effective Cessation Methods: If you're looking to quit or not sure yet join us for information on how to make cessation goals, and give yourself the best chance to quit and improve your health. All those that attend in-person will also be able to create their own "Quit Kit"
*premade kits can be obtain from the wellness team for those that attend virtually and submit the session questionnaire

Incentives

Anatomy of Cigarettes: Those who attend this L&L will receive 10 points

Effective Cessation Methods: Those who attend this L&L will receive 10 points towards their program total and be able to make a "Quit Kit"

Breathe Healthy, Live Happy



Behavior Change Support Services



Cessation

Reimbursement Program-

A program that would assist employees with the expenses for cessation medications for those that choose to go through the Quit For Life program

Smoke Free Company Policies-

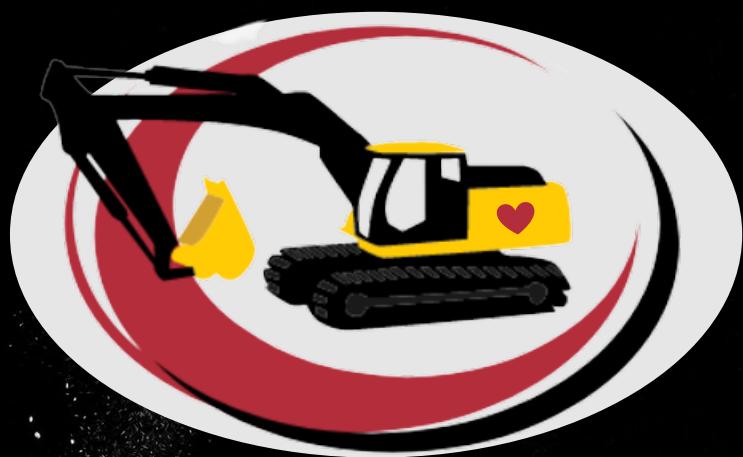
These policies would prohibit the use of smoking/vaping devices on all company properties and in company vehicles for the health & safety of all employees



Cessation Tracking Apps-

These apps can be useful to the motivation of employees that are trying to quit and can provide feedback and information throughout their journey

HEALTH FAIR



Flyer

FREE Family HEALTH FAIR

HEALTH SCREENINGS

Saturday

MARCH 26

Kansas State Fairgrounds - Hutchinson
SUNFLOWER SOUTH BLDG.

8:00 am to NOON
FREE ADMISSION

FREE SCREENINGS

(subject to change)



Carotid Doppler (HRHS)
Heart Risk Assessment (HRHS)
Breast Cancer (PrairieStar Health Center)
Dental Cancer (PrairieStar Health Center)
Blood Pressure and BMI's (HRHS)
Biometric Screening (Hutch Clinic)
Diabetic Foot (PrairieStar Health Center)
Stroke Education (HRHS)
Ask a Pharmacist (HRHS)
Depression and Anxiety (HRHS)
Eyeglasses Cleaning & Adjustment (PrairieStar)

FOCUS JOINT HEALTH BALANCE & MOBILITY



HUTCHINSON
REGIONAL HEALTHCARE SYSTEM

Soroptimist International
of Hutchinson, KS



SOROPTIMIST
Best for Women
www.shutch.org

FAMILY HEALTH FAIR • Nancy Fure • 620.474.1335

Details



Date

The date for the health fair is planned for the final weekend in March. Spring is a great time to get employees to get excited about their health because the weather is nicer, and it is beneficial to get outside with family.



Location

The health fair is being held at the fairgrounds in Hutchinson inside the cafeteria building. There are many vendors that can fit in the building and have adequate space for screenings and activities.



Organizers

Hutch Salt Co is fortunate to be in a community with a city-wide health fair. Sponsored by the Soroptimist Women's Club, this takes a number of tasks away from the Uncovering Health Team and allows us to focus on other ways to help our members.

Bingo

To receive points from the fair for our program, members must complete a bingo card with each station. Vendors will sign off on each section to show that employees visited with them.

Marketing



Flyers and Handouts

Handouts about the health fair will be posted in the breakroom and on bulletin boards in the weeks leading up to the event date. There will also be information sent to employees via the wellness team emails.



Guest Speaker

A guest speaker could be invited to come and speak to employees about the vendors and screenings that will be available as well as the prizes they will have. This talk would be offered on company time during a time slot that would be available for as many people as possible.

Local News

The event will also be marketed by local news agencies to ensure that a wide range of people will hear about it. This can be done with online article as well as radio ads.



Vendors & Stations



Co-Sponsoring Organization



Stations Sponsored:

- Blood Pressure & BMI
- Health E-Quip
- Horizons Mental Health Center
- Chalmers Cancer Center
- Stroke Awareness
- Rehab Services
- Ask a Pharmacist
- Marketplace Insurance Navigator
- In- and outpatient Rehab Services
- Heart & Vascular Health
- Dietician with Nutrition Information & Counseling
- Wound Clinic Education (ER vs Urgent Care)

Vendors & Stations



Major Contributors

Reno County Health Department

- Health Dept. Event Calendar
- Breastfeeding
- Maintaining Health with Age
- EMS Services (Partnered with HRMC)

PrairieStar Health Center

- Breast Cancer Screenings
- Oral Cancer Screenings
- Diabetic Info & Foot Screenings
- Eyeglass Cleaning/Adjustments
- Vision Screenings



Vendors & Stations

Other Contributors



Advanced Mobile Healthcare
AND
Community Clinic

Information on
Local Care Providers



SCHROEDER
FAMILY WELLNESS
CLINIC

Local Chiropractic
Clinic



KanCare

State-Sponsored Medicaid



UnitedHealthcare®
Community Plan

Alternative Medicaid Options



Sustainable Self-Care
& Cleaning Products



Retirement Care & Options



Kansas Respiratory
Care Society



**Imperial
Nutrition**
Supplement
Samples

Survey

Health Fair Evaluation

Your name _____ Date _____

Your organization or affiliation _____

Thank you for participating in the Health Fair. In order to plan for future events, we would appreciate answers to the following questions:

1. How would you rate the Health Fair in general? Excellent Fair Poor
Comments _____

2. Do you plan any changes in the things you normally do as a result of anything you learned or participated in at the Health Fair, such as taking a class or stopping smoking?

Yes No
Comments _____

3. How do you plan on using any of the Health Fair information received today? Please check all the ways you plan to use the information you received today.

- I do not plan to use the information.
- I plan to read pamphlets for my own benefit.
- I plan to share information with friends, relatives, or neighbors.
If so, how many? _____
- I plan to see a doctor.
- I found that I had a health problem I did not know about before.
- I found that someone in my family had a health problem we did not know about before.
- I learned about one or more health agencies and their services that I did not know about before.

4. List your favorite exhibitors/booths/activities and speakers.

My favorite exhibitors/booths/speakers	My favorite speakers

5. Why did you come to the Health Fair? Check all that apply.

- Free Convenient Curious about health Felt badly recently
- My school came My family came I was at the fair
- Other _____

6. How did you hear about the Health Fair?

- TV (specify station) _____
- Radio (specify station) _____
- Newspaper (which one?) _____
- Poster (specify where) _____
- Word of mouth _____
- Do not remember

Other _____

7. Screenings, etc., I had today:

- Blood Pressure
- Blood Sugar
- Cholesterol
- Diabetes Education
- Healthy Heart Evaluation

8. If you had an abnormality detected through screening, do you plan on getting a follow-up examination? Yes _____ No _____

9. I would attend a Health Fair next year. Yes _____ No _____

10. Topics I would like to see at the next Health Fair:

11. General comments and suggestions (bad and good equally welcome):

12. Optional (so we can get further information from you about the above, if needed):

Name: _____

Home Phone #: _____

Office Phone #: _____

Thank you for your help!





UNCOVERING HEALTH