

Meet Today's Webinar Team



Presenter: Ashley Mikytuck

Ashley is a technical writer for Texas Mutual's safety services department. She joined the safety services support center in early 2015 as a safety representative and is now assisting the department with written safety content. Ashley holds a bachelors degree in Urban Studies from the University of Texas.



Presenter: Laurelle Bednar

Laurelle is a training consultant for Texas Mutual's safety services department. She conducts webinars, presentations and creates e-Learning content for our policyholders and internal departments. Laurelle holds a bachelors and masters degree in Anthropology from California State University Fullerton.



Moderator: Hannah Bolton

Hannah is a safety services representative for Texas Mutual's safety services support center. She provides internal support for the safety services department, and provides policyholder support by answering questions through our worksafe number. Hannah has a degree in Communications from Texas A & M University, Corpus Christi.

Wellness at Work

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Agenda

1 Relationship Between Work, Life, & Health

2 H-E-B Case Study

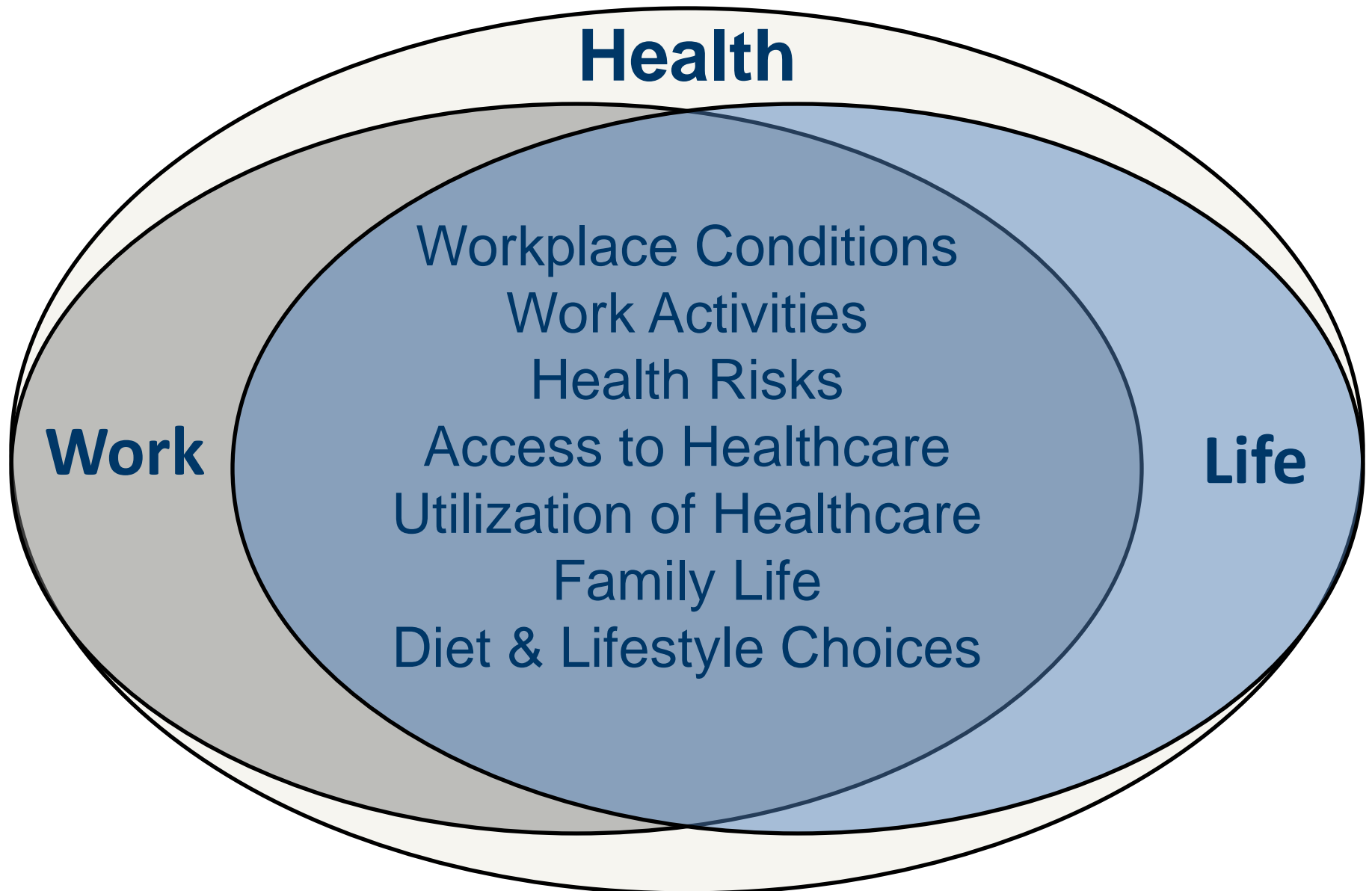


Relationship Between Work, Life & Health

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Work, Life, and Health



Wellness Programs

Health-Related
Policies

Health
Benefits

Environmental
Supports

Health-Related
Programs



Case Study

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Special guest Bobbi Frieda



Bobbi Frieda
HR Manager, H-E-B

Introduction to wellness

When did H-E-B implement a wellness program? Why?



Primary goals?

How did you roll out the program?

What were employees' initial reactions to the program?

Programs



Health screen

**Food, Body and Life
badge program**

Tobacco cessation

Slim down show down

Success of Programs



Outcomes

Biggest success

Partners' Reaction

Challenges



What challenges were there?

Any struggles?

Wellness resources

CDC resource center:

<https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html>

The Whole Worker

<http://lohp.org/wpcontent/uploads/2013/10/thewholeworker.pdf>

AHA workplace health resources

https://www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/Employer-Resources-for-Success_UCM_460461_SubHomePage.js

Coming soon...

2017 safety and wellness grant program

Safety grant – reimbursement for the purchase of safety equipment that will help prevent accidents

Wellness grant – assistance in setting up a wellness program at your company

Applications to open in late summer– look for more details in July!



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Thank you

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