October 24, 2018

Dear Colleague,

Calendar year 2019 will mark the third year of our “BHS+YOU Wellness” programming as part of our effort to lead a culture of health within our community. This program continues to be designed with all employees in mind, regardless of our individual starting points. The goal is to provide options and choices that allow individuals to focus on their own health in areas such as physical activity, healthy eating, and stress/resiliency. During the first two years of this program employees accomplished great things, including:

• Over 35% of employees participated in an on-site health screening to learn important values associated with their health status.
• Based on feedback from employees, new program offerings related to care management, physical activity, the fitness center, nutritional coaching, onsite fitness classes and stress management were added.
• Together we improved our overall Wellness Score by 2%. This means our employees are working hard to improve their lifestyle indicators around physical activity and nutrition.
• In 2018, employees saw their primary care physicians more often! 30% of our population saw a physician for a preventive visit.
• Three online challenges were offered and over 270 employees participated in Health for the Holidays™, Right This Weigh™, and HealthTrails™.

The 2019 Wellness incentive program has been re-designed and will offer employees new programs and greater flexibility of choice at the individual level. The program offerings have a focus of three main wellness categories—Health Awareness, Well Being and Wellness Champion. The attached brochure outlines the incentive program for year three and provides a general overview of the plan. Additional information will be available at our annual Benefits and Wellness Fair on Monday, November 5, 2018 from 7:00am–4:00pm. You'll also have an opportunity at the Benefits and Wellness Fair to complete your biometric screening—a great option to get you started and on your way!

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As a reminder, accessing our wellness program is made easier through our customized online health portal powered by HealthFitness. This easy to navigate platform will provide you with personalized resources including health assessment, biometric screening, several tracking tools, health challenges and a broad range of health information and guidance, 24/7, to keep your personal plan on track. While participation in the program is not mandatory, participation is necessary to be eligible for the $300 incentive for those who accomplish the goals.

You work hard to make sure we provide the best care to our community and our patients. Your own good health is key to your ability to make the most of your life, at work and at play, and I encourage your participation in the BHS+YOU Wellness Program in 2019!

Be well,

Thomas A. Genevro  
Vice President Facilities, Human Resources & Compliance Officer