

2017-2018 Wellness Program Overview

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July 2017



TELEDYNE
BROWN ENGINEERING
Everywhereyoulook™



Program Structure

Wellness Program



Events

Classes

Screenings

Programs

**Champs
and
Resources**



Events

- Flu Shots – *October 2017*
- National Healthy Eating Day – *November 1, 2017*
- *Heart and Sole Shoe Fitting – January 2018*
- *National Walking Day – April 4, 2018*
- *5K Race – TBD*





On-site and On-line Classes



Cigna®

www.cignabehavioral.com



Health Screenings

Annual Comprehensive Health Screening

- Lipid profile
- Fasting glucose
- Blood pressure and pulse
- Height, weight, body mass index and body composition analysis



know **YOUR**
numbers



Health Screenings

Quarterly Blood Pressure Screenings





Programs and Challenges

- Check. Change. Control.
- Fit and Fabulous You!
- 5K Training Program
- Chronic Condition Management Program
- Healthy Steps Incentive Program



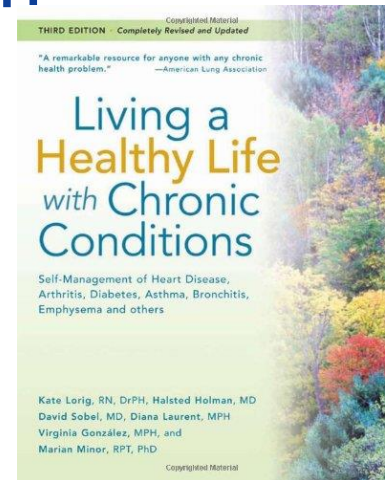
Check.



Change.



Control.





Healthy Steps



engaged
energized
empowered



Healthy Steps Incentive Program

- The Healthy Steps incentive program runs from July 1, 2017 through May 31, 2018.
- Participate in wellness activities, classes and screenings throughout the year to earn points.
- Incentives are based on how many points you earn by the end of the program year.
- In order to receive any of the incentives, you will need to complete the annual health screening in May 2018.



Activities for Earning Points

Activities	Points	Max Points	Details
Health Screening	0	0	Required to be eligible for any of the incentives.
Preventive Routine Physical Exam	100	100	Requires Reporting Form signed by physician.
Behavior Change Wellness Program	100	100	Participate in any of our fitness challenges, nutrition programs, etc.
Chronic Condition Management Program	100	100	For those individuals with uncontrolled blood pressure, cholesterol or diabetes.
Tobacco-free Status <u>OR</u> Completion of Tobacco Cessation Program	100	100	Tobacco-free status reported at screening. Tobacco Cessation Program requires Reporting Form signed by provider.
Wellness Classes	25	100	Sign-in sheet required for <u>on-site</u> classes. Evaluation form required for <u>on-line</u> classes. Only 2 on-line classes will count toward points total.



Biometrics for Earning Points

Biometrics	10 Points	50 Points	100 Points
Systolic Blood Pressure	140 or greater	130-139	Less than 130
Diastolic Blood Pressure	90 or greater	85-89	Less than 85
LDL Cholesterol	130 or greater	100-129	Less than 100
HDL Cholesterol	Less than 40	40-59	60 or greater
Triglycerides	200 or greater	150-199	Less than 150
Fasting Blood Glucose	126 or greater	100-125	Less than 100



Biometrics for Earning Points

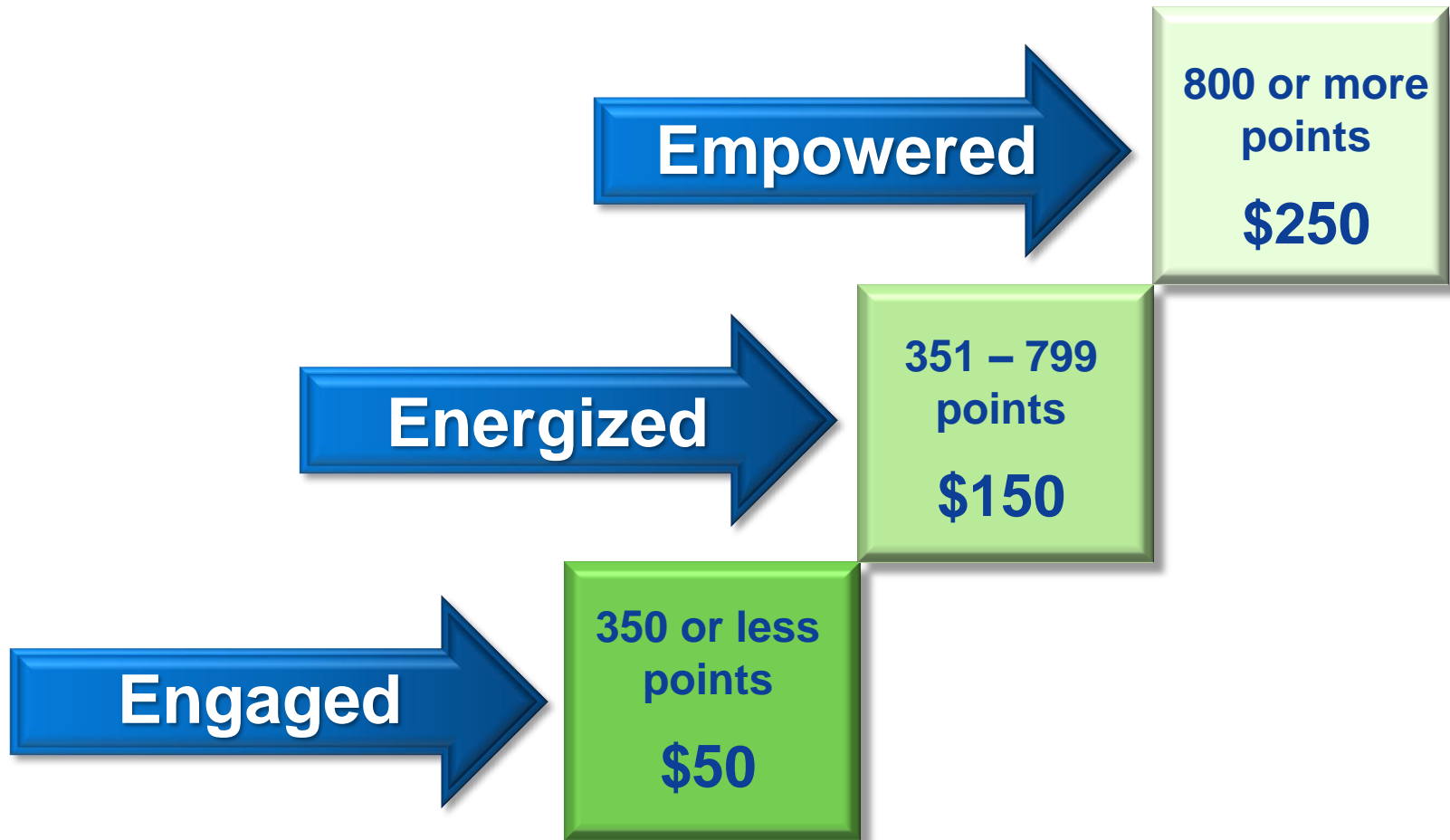
Body Mass Index (BMI) **OR** Body Fat Percentage

POINTS are given for whichever is **BETTER**

	10 Points	50 Points	100 Points
BMI	30 or greater	25 to 29.9	Less than 25
Body Fat % for Women under Age 50	Greater than 32%	26% - 32%	Less than 26%
Body Fat % for Women 50 and Older	Greater than 34%	28% - 34%	Less than 28%
Body Fat % for Men under Age 50	Greater than 26%	20% - 26%	Less than 20%
Body Fat % for Men 50 and Older	Greater than 28%	22% - 28%	Less than 22%



Healthy Steps Incentive Program





DETAILS

- Voluntary program
- Confidential
- Medical conditions
- Lab work from your doctor
- Forms
- Incentives





Wellness Champions



1. Paul Ambrester
2. Vint Atchley
3. Mary Boozer
4. Rita Collier
5. April Cook
6. Stacey DeFore
(Colorado Springs)
7. Renee Garifi
8. Mark Gradkowski
9. Marty Hall
10. Brett Hennessy
11. Austen Howell (ITSS)
12. Jeff King
13. Ola Myszka
14. Aaron Orr (Knoxville)
15. Michael Rice
16. Roy Rice
17. Ricky Richardson
18. Kristina Sanders
(Houston)
19. Leslie Shepard
20. Tori Taylor
21. Joshua Usher
22. Renee Varner
23. Leigh Weston
24. Cassidy Whisenant
25. Lindsey White
26. Richard Willey



Wellness Resources

- Wellness Website
- Diabetes and Heart Health On-line Tools
- Monthly Wellness Newsletters
- Employee Assistance Program
- 2 On-site Fitness Centers
- Group Exercise Classes
- MSFC, JSC and MWR Memberships
- Discounted Gym Memberships





Steps to Take for a Healthier You

- Step 1:** Start participating in wellness programs and challenges.
- Step 2:** Attend on-site classes and/or participate in on-line classes.
- Step 3:** Participate in our chronic condition management program if needed.
- Step 4:** In May 2018, participate in the on-site health screening.
- Step 5:** At the end of the program year, we will total up your points, and you will receive your incentive!

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