

Health and Wellness Events

raise awareness and educate



UPMC WorkPartners' Health and Wellness Events are designed to encourage your employees to improve their health and make informed health care decisions. Our Health Promotion Department can work with you to design and staff an event that captures your employees' imagination and interest, educates your employees on a variety of health-related topics, and motivates them to engage in healthy new behaviors.

UPMC
*My*Health



Health and Wellness Events



Research shows that a workplace wellness culture increases employee productivity, stimulates creativity, and improves employee retention. Further, healthier employees utilize fewer medical services. Unhealthy lifestyles are directly linked to the five leading causes of death in the United State – heart disease, cancer, stroke, chronic obstructive pulmonary disease, and diabetes.

WorkPartners' Health and Wellness Events offer engaging, interactive, educational experiences for your employees. A Health and Wellness Event is a comprehensive package that includes multiple “stations” with a variety of activities such as exercise and cooking demonstrations and blood pressure checks. Your employees will have the opportunity to meet health care professionals with a variety of backgrounds, such as exercise specialists, registered dietitians, and employee assistance program specialists. Each event is designed and promoted to engage and motivate a specific employee population.

At each event we provide educational materials and information on *MyHealth* lifestyle programs for tobacco cessation, stress management, weight management, nutrition, and physical activity. Materials are available on cardiovascular disease, diabetes, asthma, and other chronic health conditions. Employees can also practice accessing and using our online resources and tools such as the *MyActivity* Tracker. Combining a biometric screening or a health risk assessment with a Health and Wellness Event helps to highlight the value of wellness activities by showing individual employees what activities they'd benefit from most.

Event Planning and Management

Our experienced wellness event specialists, event manager, and dedicated wellness account manager will work directly with your company to plan, develop,



Outside Vendors

Vendors affiliated with the WorkPartners network support and actively participate in many events.

Communications

WorkPartners will provide communication materials, at no cost, to help promote your Health and Wellness Event. Customized themes may be integrated into the communication strategy, to match your employees' needs and interests.

Incentives


We recommend that incentives be provided to pique participant interest. You may choose to offer promotional items, discounts on goods or services, or other incentives. Our staff can make incentive recommendations that fit your budget.

Day of Event

A minimum of two staff members from WorkPartners will be on-site the day of your event to ensure the event flows well and to assist with employee participation. If your organization offers WorkPartners health coaching, a health coach will be on-site to share information on behavior change, goal setting, and our healthy lifestyle programs.

implement, and evaluate your Health and Wellness Event. Our event manager will work closely with your staff to establish the location, time, date, and all other pertinent details. It is up to your company to provide the tables, chairs, and required electrical outlets. The recommended timeframe for a Health and Wellness Event is four hours. The hours of 10 a.m. to 2 p.m. are popular in order to accommodate employees' lunchtimes.

Our experienced wellness specialists, event manager, and dedicated wellness account manager will work directly with your company to plan, develop, implement, and evaluate your Health and Wellness Event.



Service Offerings

Basic Health and Wellness Event

- ▶ Demonstration of online resources and tools, such as the *MyActivity Tracker*
- ▶ Body mass index check or carbon monoxide testing
- ▶ *MyHealth Questionnaire* health risk assessment –online only
- ▶ Choice of one interactive activity, such as:
 - Nutrition trivia wheel
 - Physical activity trivia wheel
 - Jeopardy
- ▶ Variety of standard educational materials related to *MyHealth* lifestyle programs (tobacco cessation, stress management, weight management, nutrition, physical activity) and health management programs (cardiovascular disease, diabetes, respiratory illnesses, depression)
- ▶ Participation by outside vendors, organizations, and affiliates of WorkPartners, as available, such as:
 - American Heart Association
 - YMCA
 - American Cancer Society
 - Good Apples
 - University of Pittsburgh Diabetes Institute

Enhanced Health and Wellness Event

Includes all of the Basic Health and Wellness Event offerings plus your choice of services shown below.

MyHealth Connections - One educational presentation by content experts (1 hour), such as:

- ▶ *MyHealth Eating Well*
- ▶ *MyHealth Step Up to Wellness*

(Continued on reverse)

(Continued from reverse)

- ▶ *MyHealth* Less Stress and More Resiliency
- ▶ *MyHealth* Weigh to Wellness
- ▶ *MyHealth* Ready to Quit
- ▶ Going “Green” – toxic household products and personal products; environmental health
- ▶ Making healthy lifestyle changes (*LifeSolutions*)
- ▶ Caregivers training – Caring for a loved one

Choice of one exhibitor from within the WorkPartners network to conduct specialty screenings and/or promote products and services, such as:

- ▶ Skin damage screening
- ▶ Bone density screening for osteoporosis
- ▶ Spinal screenings – spinal analysis and posture check
- ▶ Vision exams
- ▶ Hearing test
- ▶ Oral cancer screening

Additional Health and Wellness Event Services

Available at an additional fee per participant or per hour for each:

- ▶ One additional educational presentation
- ▶ One additional specialty screening exhibitor
- ▶ *MyHealth* Questionnaire (health risk assessment), paper version
- ▶ Biometric screening – Full lipid panel, glucose, and body mass index (BMI)
- ▶ Blood pressure screening
- ▶ Flu vaccinations (September - January)

Note: Please contact us regarding pricing and the minimum number of participants.

Outside vendors and organizations such as the American Heart Association, YMCA, American Cancer Society, and Good Apples may be available for your event.



Evaluation

A satisfaction survey will be distributed to employees who participate in the Health and Wellness Event. Survey results are compiled and used to evaluate outcomes. Surveys are also used to identify employees likely to be interested in participating in *MyHealth* lifestyle improvement programs and chronic condition health coaching programs.

Contact

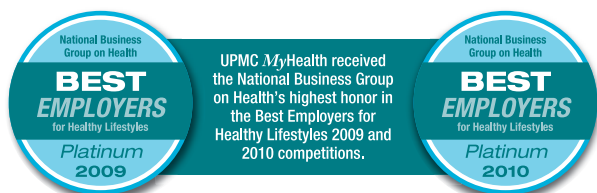
For more information about Health and Wellness Events or to learn more, contact UPMC WorkPartners:

UPMC WorkPartners
Two Chatham Center, 4th Floor
112 Washington Place
Pittsburgh, PA 15219

Exhibitor Policy

Affiliate exhibitors must adhere to the UPMC system policy, which requires no solicitation, sales, or billing.

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