



Spring HealthFlex Mini-Summit—March 2022



Wespath

BENEFITS | INVESTMENTS

Well-Being Update

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2021 Participant Well-Being Research

Goal: Understand the barriers to engagement to facilitate participant-centric programming

- Y-LAB feedback
- Health Check data
- Participant survey



How well do you know the well-being programs?

8%

**know all the
programs**

80%

know some details

12%

**don't know any of
the programs**

What is your level of confidence with the programs?

15%

**Feel very
confident**

59%

**Feel somewhat
confident**

26%

**Do not feel
confident at all**

Other Comments

Make it less complicated and cumbersome.

I have no idea why I should use these programs or how to use them.

Money is good, but my motivation is my health.

Well-Being Programs: What Comes to mind?



What is the Best Thing You Have Done for Your Well-being?



2022 Well-Being Focus

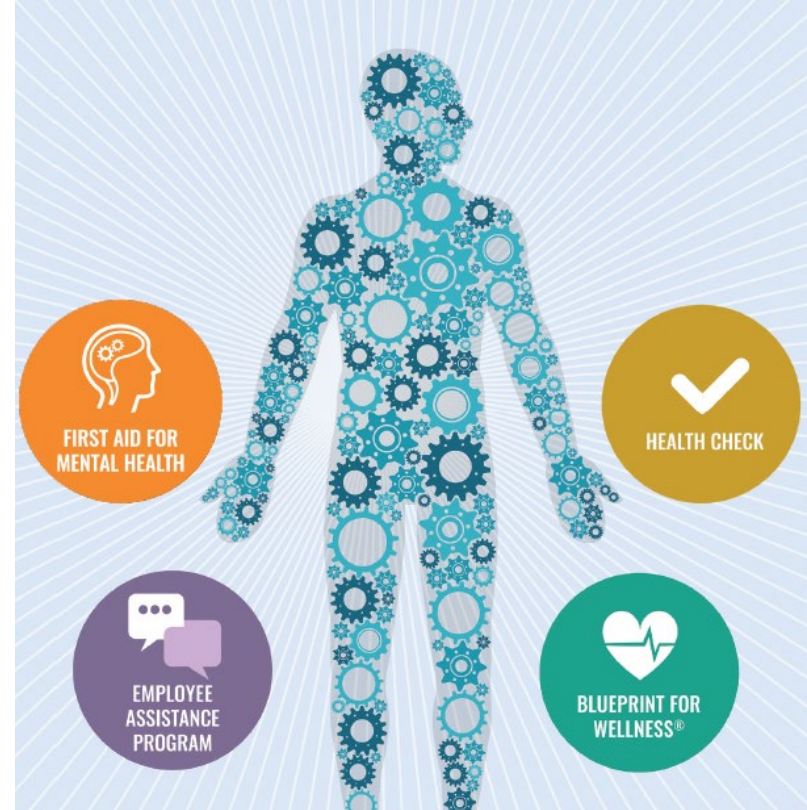
Theme: Find yourself in the well-being programs

- Guide participants to the program(s) that meets their needs
- Meet participants where they are in their wellness journey
- Highlight small, medium and big commitment programs and activities that can help them achieve their goals
- It's not just a step program! There's something for everyone!



Well-Being Programs for Everyone

- First Aid for Mental Health
- Employee Assistance Program
- Health Check
- Blueprint for Wellness



Five Areas of Focus

- Emotional Well-Being
- Living with Chronic Conditions
- Improved Diet
- Physical Activity
- Improved Sleep



Emotional
Well-Being



Physical
Activity



Improved
Diet



Improved
Sleep



Living with
Chronic Conditions

Small Commitment: Customize Your Interests

Topics of Interest

Choose which topics you're interested in. Your topics help personalize the content you see.

[Understand how your privacy is protected](#)

Suggested Topics

Suggested topics are based on your health assessment and health data.

- Reducing Stress
- Anxiety & Depression
- Blood Pressure
- Cholesterol
- Coronavirus (COVID-19)

Jump to: [Energy](#) | [Focus](#) | [Drive](#) | [Health Situations](#)

Energy

DONE

Topics of Interest

Jump to: [Energy](#) | [Focus](#) | [Drive](#) | [Health Situations](#)

Energy

- Getting Active
- Eating Healthy Changes saved
- Sleeping Well

Focus

- Reducing Stress
- Being Productive
- Learning New Things

DONE

Small Commitment: Healthy Habits

My Healthy Habits
Recommended For You
Browse All

FILTER BY TOPIC

ENERGY

Getting Active (21)

Eating Healthy (33)

Sleeping Well (18)

FOCUS

Reducing Stress (18)

Being Productive (28)

Learning New Things (14)

Staying Safe (30)

Being Effective (59)

DRIVE

Contributing to My Community (17)

Building Relationships (17)

Managing My Finances (17)

Acting Sustainably (30)

Diversity, Equity & Inclusion (46)

HEALTH SITUATIONS

Alcohol Use (3)

Anxiety & Depression (5)

Back, Muscle & Joint Health (15)

Being Tobacco-Free (11)

Blood Pressure (7)

Cholesterol (6)

Coronavirus (COVID-19) (26)

Diabetes (9)

Grief and Loss (3)

BALANCED MEALS Did you prepare balanced meals today?	(144) <input type="checkbox"/>
BIT OF EVERYTHING Did you eat a variety of different foods from different food groups today?	(50) <input type="checkbox"/>
CHOOSE VARIETY Did you choose a variety of nutritious foods today?	(133) <input type="checkbox"/>
EASY ESSENTIALS Have you added nutritious frozen or canned goods to your meals today?	(28) <input type="checkbox"/>
EATING MINDFULLY Did you eat when you were hungry and stop when you were full today?	(472) <input type="checkbox"/>
EATING SCHEDULE Did you schedule time to eat today?	(25) <input type="checkbox"/>
FATS FOR GOOD Did you include a good source of fat in your diet today?	(553) <input type="checkbox"/>
FIBER GOODNESS Did you eat a food with fiber today?	(1203) <input type="checkbox"/>
FRUIT IS NUTRITIOUS Did you include fruit in your snacks and meals today?	(1822) <input type="checkbox"/>

HEALTH SITUATIONS

Alcohol Use (3)

Anxiety & Depression (5)

Back, Muscle & Joint Health (15)

Being Tobacco-Free (11)

Blood Pressure (7)

Cholesterol (6)

Coronavirus (COVID-19) (26)

Diabetes (9)

Grief and Loss (3)

Heart Health (7)

Lung Health (10)

Medicine Support (3)

Menopause (6)

Obesity (9)

Pregnancy (4)

FUN FAMILY FITNESS Did you do 30 minutes of activity as a family today?	(159) <input type="checkbox"/>
GET A WORKOUT What activity did you do?	(20018) <input checked="" type="checkbox"/>
MINUTES OF STRETCHING How long did you stretch today?	(1273) <input type="checkbox"/>
MOVE ON THE HOUR Did you get up at least once an hour today?	(3399) <input type="checkbox"/>
PARK FAR AWAY Did you park at the far end of the parking lot today?	(2979) <input type="checkbox"/>
SNEAK IN EXERCISE Did you add up 30 extra minutes of movement today?	(447) <input type="checkbox"/>
STAIRS Did you take the stairs today?	(20076) <input type="checkbox"/>
STEALTH EXERCISES Did you do stealth exercises at your desk today, like glute clenches, ab clenches, etc.?	(468) <input type="checkbox"/>
STEPS Daily Energy Tracker	(9696) <input checked="" type="checkbox"/>

Small Commitment: Journeys

Getting Active

[View All \(5\)](#)



Fit as a Family
10 Days to Complete



Get Strong at Home
10 Days to Complete



Move to Improve
10 Days to Complete



Ramp Up Your Workout
10 Days to Complete

Eating Healthy

[View All \(5\)](#)



Eat for Energy
5 of 10 Days Complete



Eat For Health
2 of 11 Days Complete



Fit in More Fruit
10 Days to Complete



More Veggies in No Time
10 Days to Complete

Sleeping Well

[View All \(5\)](#)



Calm Your Mind for Sleep
10 Days to Complete



Get Back to Sleep
10 Days to Complete



Plan for Sleep
10 Days to Complete



Set Up Your Room For Sleep
10 Days to Complete

Reducing Stress

[View All \(5\)](#)



Choose a New Mindset
Last Completed: 04/13/21



Find Your Focus
10 Days to Complete



Make Time for Play
10 Days to Complete



Stress Less in No Time
Last Completed: 04/13/21

Managing My Finances

[View All \(5\)](#)



Financial Fitness: Plan for Emergencies
15 Days to Complete



Maintain Financial Fitness
15 Days to Complete



Organize for Financial Fitness
12 of 18 Days Complete



Shrink Your Debt
14 Days to Complete

Diversity, Equity & Inclusion



Explore Your Identities
13 Days to Complete



Learn About Allyship
18 Days to Complete



Talk About Race
16 Days to Complete



Emotional Well-Being— Small Commitment

Customize Your Interests	Journeys	Track Healthy Habits
Anxiety & Depression	Beat the Blues	Gratitude Journal
Reducing Stress	Stress Less in No Time	Make Time for Play
Sleeping Well	Calm Your Mind for Sleep	Relaxation Breathing
Alcohol Use	Dial Back the Drinking	Sweet Talk
Grief & Loss	Taking Care During Grief	Change Your Reaction
Eating Healthy	Eat for Health	Coping Reminder
Getting Active	Move to Improve	Fresh Air



Emotional Well-Being— Medium Commitment



- First Aid for Mental Health
- Whil





Emotional Well-Being— Big Commitment



- Employee Assistance Program
- Talkspace
- MDLIVE Behavioral Health
- Virgin Pulse Health Coaching



Living with Chronic Conditions — Small Commitment

Customize Your Interests	Journeys	Track Healthy Habits
Blood Pressure	Live Healthy: Blood Pressure, Diabetes or Cholesterol	Blood Pressure Check
Cholesterol	Eat Well: Blood pressure, Diabetes or Cholesterol	Limit Unhealthy Fats
Diabetes	Live Better with Coronary Artery Disease	Track Your Blood Glucose
Heart Health	Move to Improve Blood Pressure	Heart Health Plan
Lung Health	Prepare to be Smoke-Free	Take a Walk
Medicine Support	Love Better COPD	Medicine on Time
Obesity	Walk Your Way to Fitness	Pay Attention to Cravings



Living with Chronic Conditions — Medium Commitment



- Nutrition Guide
- Sleep Guide
- Whil





Living with Chronic Conditions — Big Commitment



- Diabetes Prevention Program
- Diabetes Management Program – Q2
- Virgin Pulse Health Coaching
- WW (Weight Watchers)

New: Diabetes Management Program

Program Features:

- Coaching from Certified Diabetes Care and Education Specialist (CDCES)
- Diabetes-focused curriculum with SMART goal setting around lifestyle and behavior change
- Cellular-connected blood glucose meter and scale to monitor progress
- Medication management
- Continued health maintenance support





Improved Diet— Small Commitment

Customize Your Interests	Journeys	Track Healthy Habits
Eating Healthy	Eat for Energy	Fiber Goodness
Alcohol Use	Eat for Health	Limit Your Sugar
Obesity	Fit in More Fruit	Fruit is Nutritious
Reducing Stress	More Veggies in No Time	More Veggies Today
Sleeping Well	Smart Eating	Balanced Meal
		Include Protein
		Glasses of Water



Improved Diet— Medium Commitment

Nutrition Guide

- **Step 1:** Select what type of eater you are
- **Step 2:** Explore the guide, customize your trackers and begin! If it's not what you expected, you can select another option at any time.



 BALANCED EATER <p>I honor my body's needs and feel confident in my food choices and the way I eat.</p>	 HAPPY HYDRATOR <p>I pay attention to thirst signals. I drink often throughout the day to keep my body happy and hydrated.</p>	 ENERGIZED EATER <p>I eat to nourish my body, so I feel energized and focused all day.</p>
 MINDFUL EATER <p>I listen to my body when I'm hungry and eat meals and snacks through the day to nourish my body.</p>	 MEAL PLANNER <p>I thrive off routine and plan and prep meals and snacks in advance to support my health goals.</p>	 WISE EATER <p>I'm in tune with my body and eat an amount of food that suits my needs each day.</p>



Improved Diet— Big Commitment



- Virgin Pulse Health Coaching
- WW (Weight Watchers)
- Diabetes Prevention Program





Physical Activity— Small Commitment

Customize Your Interests	Journeys	Track Healthy Habits
Getting Active	Get Strong at Home	Steps Tracking
Eating Healthy	Fit as a Family	Fit in Strength
Sleeping Well	Move to Improve	Get a Workout
Obesity	Ramp Up Your Workout	Move On the Hour
	Walk Your Way to Fitness	Stairs
	Eat for Energy	Workout Time
	Smart Eating	Minutes of Stretching



Physical Activity— Medium Commitment



- Nutrition Guide
- Sleep Guide
- Whil – Yoga Basics





Physical Activity— Big Commitment



- Virgin Pulse Health Coaching
- WW (Weight Watchers)
- Diabetes Prevention Program





Improved Sleep— Small Commitment


Customize Your Interests	Journeys	Track Healthy Habits
Sleeping Well	Calm Your Mind for Sleep	Device-Free Zone
Reducing Stress	Get Back to Sleep	Hours Slept
Alcohol Use	Plan for Sleep	In Bed by 10 PM
Getting Active	Set up your Room for Sleep	Loosen Up
Eating Healthy	Sleep For Parents	Be In Bed
Anxiety & Depression	Alcohol Use	Like Clockwork
Grief and Loss	Three Ways to Lower Stress	Journal It Out









Improved Sleep— Medium Commitment

Sleep Guide

- **Step 1:** Select how you want to improve your sleep
- **Step 2:** Select the sleep habits you want to work on
- **Step 3:** Set a sleep goal
- **Step 4:** Determine how you want to track your sleep



 SETTING THE MOOD <p>I want to create a peaceful atmosphere that helps me fall asleep and stay asleep.</p>	 KEEPING IT GOING <p>I'm a sleeping rock star! Mr. Sandman and I are best buds and I want to keep it that way.</p>	 GETTING TO BED <p>I want to make getting a good night's sleep a bigger priority in my life.</p>
 QUIETING MY MIND <p>I want to work on ways to settle my mind when thoughts and worries keep me from sleeping.</p>	 PREPARING TO SLEEP <p>I want to develop a regular routine before bed that helps me relax my body and quiet my mind.</p>	 SLEEPING & SHIFT WORK <p>I want to get better sleep, working around my unique sleep schedule as a shift worker.</p>



Improved Sleep— Big Commitment



- Virgin Pulse Health Coaching



Watch and Learn

- Scan the QR code to watch a series of short videos that demonstrates how to access each program through the Virgin Pulse app
- **Visit:**
<https://linktr.ee/Wespath4>



Spreading the Word

- Participant mailer and e-blast
- Follow-up campaigns for each focus area
- Additional Plan Sponsor resources
- There's something for everyone!





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BENEFITS | INVESTMENTS