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HealthQuest Wellness Champion Network Meeting

Thursday, January 10th at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 399 756 1793#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



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Agenda

- Maintain Don't Gain Final Stats
- New Year New You Promotional Materials
- Reminder for February: Go Red for Women
- Leadership Training

Maintain Don't Gain Final Stats

- **3,491** participants started the challenge
- **2,202** completed the challenge (**63%**)!



New Year New You

- **January 16 - February 13**
- Worth 5 credits for Rewards Program!
- Goal is to earn a total of **50 activity points** by February 13 (must record online by February 20)
- **Earn 1 point per activity per day** by completing the following activities:
 - Getting 7 hours of sleep
 - Eating a whole grain
 - Eating 3 or more servings of fruits and/or vegetables
 - Completing 30 minutes of physical activity

New Year New You Challenge

January 16 - February 13, 2013

Have you been waiting to make a big change and need a little motivation? Start 2013 fresh and feeling great by joining this fun challenge!

Earn 1 Point Per Activity Per Day By:

- Getting at least 7 hours of sleep
- Eating a whole grain food
- Eating 3 or more servings of fruits and/or vegetables
- Completing 30 minutes of physical activity

How the Challenge Works:

- Receive 1 point for each healthy activity that you practice each day. Earn up to 4 points daily.
- Your goal is to accumulate 50 points by February 13, 2013.
- By successfully completing the challenge, you will earn 5 credits for the HealthQuest Rewards Program!

How to Track Your Points:

- Track your activity on the wellness portal at www.KansasHealthQuest.com
- You may print and use the paper tracking form for convenience and enter your points online later.
- Record all of your points by February 20.

Enjoy the benefits of including physical activity into your daily life-style.

- Studies show that people who are physically active manage stress better, sleep and feel better.
- Even moderate physical activity may reduce risk of heart disease, diabetes and some cancers.
- Enjoy improved health, reduced tension, improved sleep, enhanced self-image, improved physical function, weight management and much more.

5 credits will be awarded to your HealthQuest account when you complete the challenge!

www.KansasHealthQuest.com

February Is National Heart Month

- **National Wear Red Day** is **Friday, February 1, 2013**
- Raise awareness about Heart Disease and inspire women (and men!) to take action to reduce their risk
- More information and (free!) resources to share with your co-workers at <http://www.goredforwomen.org/wearredday/resources/>



HealthQuest Wellness Champion Leadership Development

Session 1

How to Inspire Your Co-workers to Live a Healthier Life Using the Science of Habits

Wellness Champion Leadership Development

- Based on feedback from your Wellness Champion Career and Leadership Development Survey
- Wellness Champion training will consist of three 45-minute webinar modules: January, March, May
- If you are not able to attend a session, the Webinar will be available via recording and slides – Secret question
- Upon completion of all three sessions, Wellness Champions will receive a **Leadership Completion Certificate**
- Champions who attend all three sessions will earn 5 credits

Curriculum is Based On

The 21 Irrefutable Laws of Leadership

By John Maxwell

Influencers

By Kerry Patterson, Joseph Grenny, David Maxfeld, Ron McMillan, Al Switzler

The Power of Habit

By Charles Duhigg

Healthy Habits, Helpful Friends

by Judd Allen

Curriculum Objective 1

Provide you with resources to assist in developing your leadership skills so you have greater fulfillment in your work and in your personal life

Curriculum Objective 2

Show you how to apply leadership skills to become a greater influencer with your co-workers and to help them improve their health and wellbeing

Curriculum Objective 3

Provide you with a general understanding of the fundamentals of worksite health promotion so the you can be more effective in communicating, promoting and recruiting fellow employees to participate in HealthQuest sponsored wellness programs

What is Leadership?

Earning Influence
And
Keeping Momentum

How to Earn Influence?

- Showing genuine concern for others
- Show the value of personal growth for self and inspire others
- Communicate clearly and regularly
- Practice integrity
- Separate emotion from reason
- Model consistency
- Listen and practice passionate curiosity

Vital Behaviors

Those behaviors essential for
reinforcing a habit that becomes a
healthy and fulfilling lifestyle

What is a Habit?

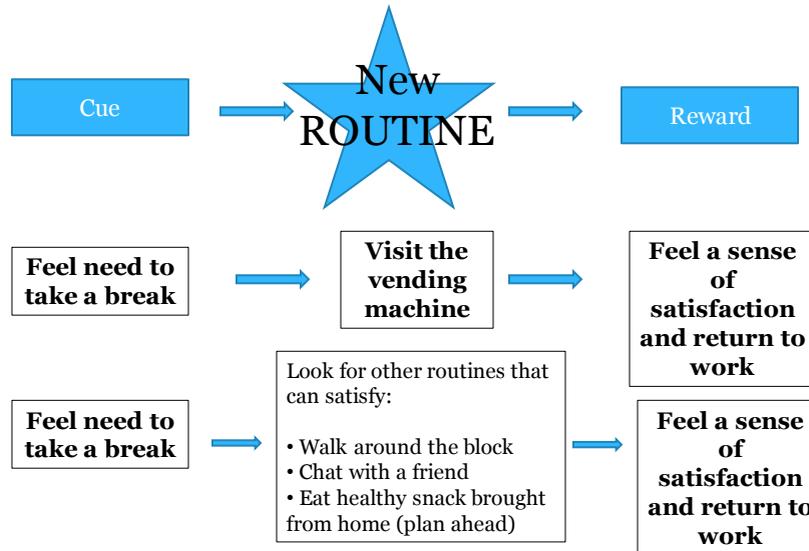


- Habits are encoded in our brains, always lurking, waiting for the right cues and rewards
- When a habit kicks in, the brain stops working and the habit takes over....so.....

CHANGE TAKES CONSCIOUS EFFORT
and DELIBERATE FIGHT

**How do I apply the science of
habits in encouraging my co-
workers to live healthier?**

To Change a Habit, Find a New Routine



Helping Co-workers Maintain *New Healthy Habits*

Why Peer Support is Essential

All behaviors...*good* and *bad*...
are reinforced by friends

Helping Co-workers Develop Healthy Habits

Setting Goals

98% of people do not have written goals

People who have written goals have a 50% greater chance of achieving their goals

Helping Co-workers Develop Healthy Habits

Identifying Role Models

Who is someone you would like to emulate?

Helping Co-workers Develop Healthy Habits

Eliminating Barriers to Change

Planning, Planning, Planning
Rehearse things that might come up

Example:

Keep an extra pair of athletic shoes at work, and in your car
ALWAYS have a high nutrition healthy snack accessible

Helping Co-workers Develop Healthy Habits

Building Supporting Environments

Make:

Getting regular activity the norm
Participating in community events the norm
Eating healthy the norm

Helping Co-workers Develop Healthy Habits

Working Through Relapse

Hope = Agency and Pathway

Helping Co-workers Develop Healthy Habits

Celebrating Success

Even the “little” things

Helping Co-workers Maintain *New Habits*

1. Why Peer Support is Essential
2. Setting Goals
3. Identifying Role Models
4. Eliminating Barriers to Change
5. Locating Supporting Environments
6. Working through Relapse
7. Celebrating Success

Future Leadership Development Topics

Effective Communication Approaches to Engage my Co-workers (March 14, 2013)

What does 98% of the World Population say makes up a Life Well Lived? (May 9, 2013)

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue