

# HealthQuest Wellness Champion Network Leadership Training Session III Thursday, June 13 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

- Important HealthQuest Program Deadlines
- Leadership Training Session III
  - [Jack Bastable, presenter](#)

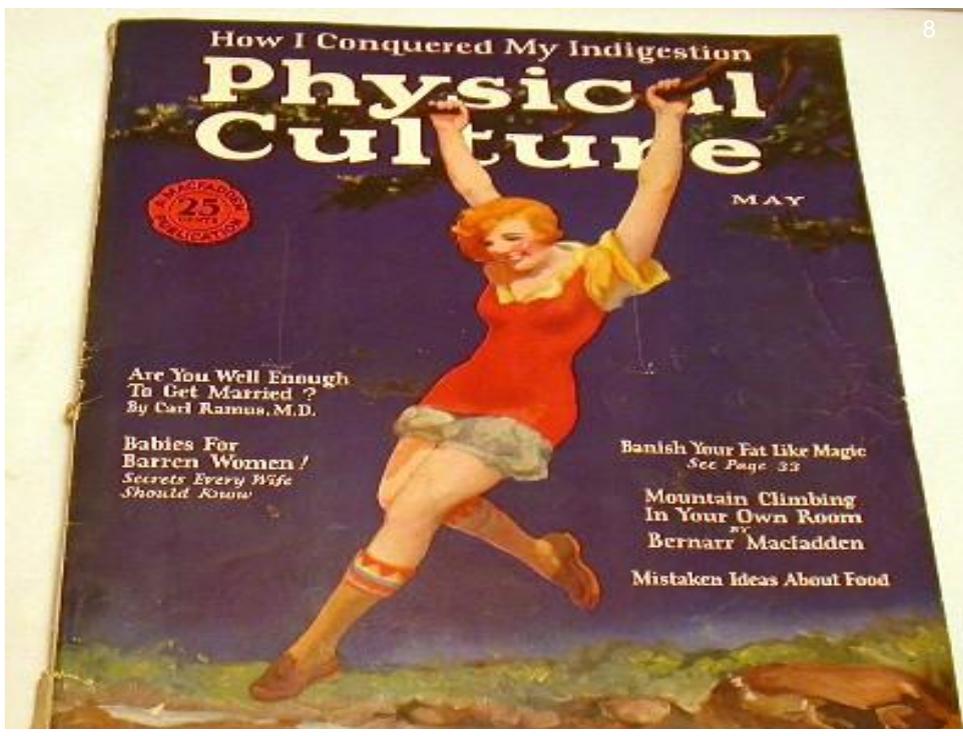
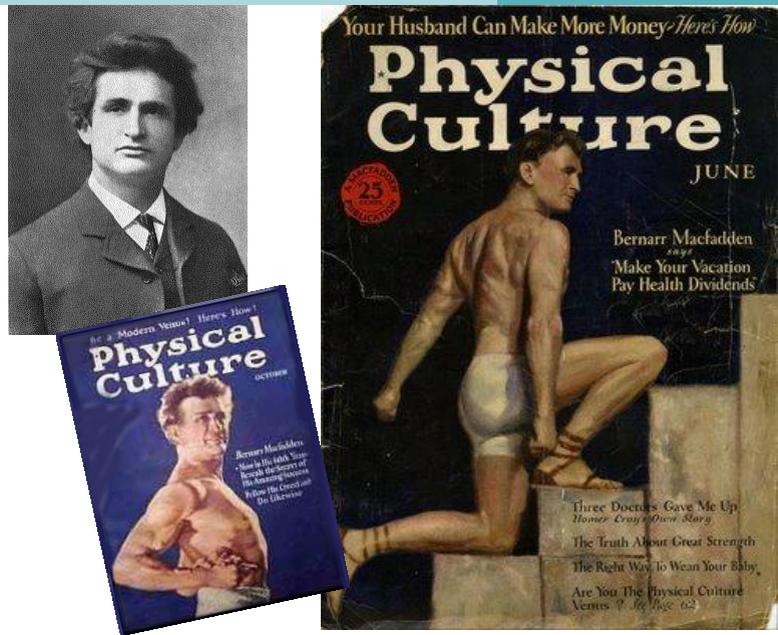
## HealthQuest Deadlines and Program Reminders!

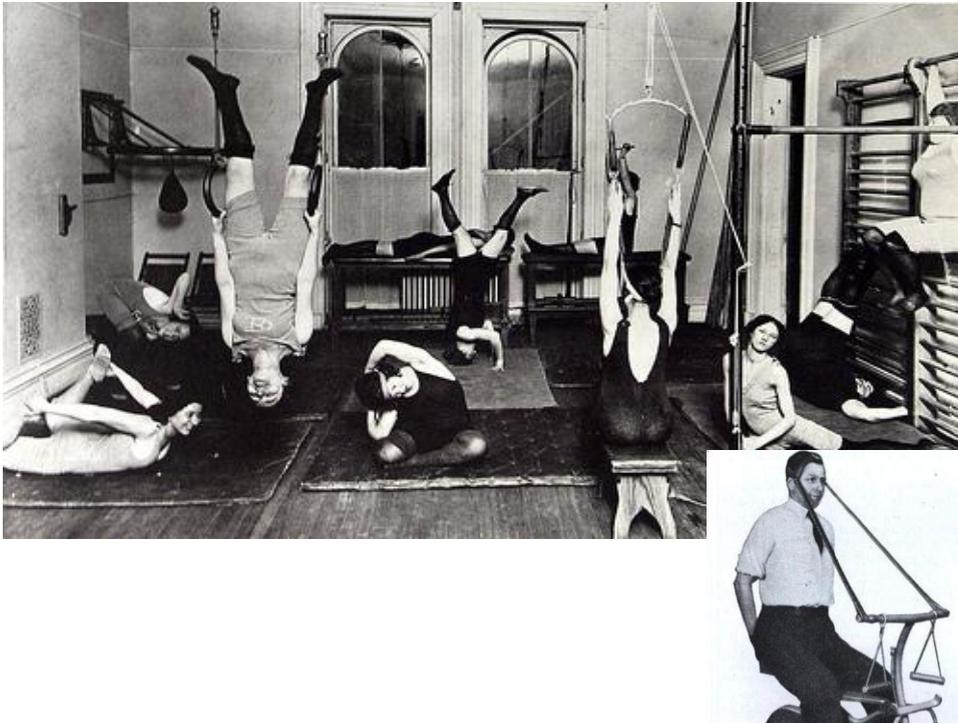
Program Reminder	Deadline	
Last day to begin an online Healthy Living Program	June 18	Programs take 6 six weeks to complete
Complete Health Assessment Questionnaire (worth 10 credits) and Earn 20 Additional Credits	July 31	<ul style="list-style-type: none"> <li>Total Active Employees Earned 2014 Discount <b>16,098 (38%)</b></li> <li>Total Active Employees Completed the HAQ <b>21,675 (52%)</b></li> </ul>
Paper Health Assessment Questionnaires Must be Postmarked for Return	July 1	Request the paper HAQ no later than June 24 (phone)
At-home Test Kit Must be Returned	July 1	Order at-home test kit no later than June 24 (online)

**What 98% of the World Population Say Makes Up a Life “Well Lived”**

**June 13, 2012**  
**Jack Bastable**







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*“The future is literally in our hands to mold as we like. But we cannot wait until tomorrow. Tomorrow is now.”*

Eleanor Roosevelt



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## George Gallup

1901-1984

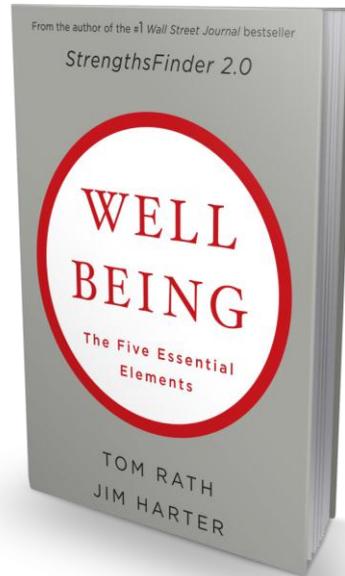
*“If we live in a democracy , let’s start by asking people what they think”.*



1935 - American Institute of Public Opinion (Gallup Poll)

1958 – The Gallup Organization

- Public Option Poll ( 140 countries)
- Employee engagement
- Customer engagement
- Talent management
- Well-being



## Gallup's Research on Wellbeing

Gallup's Wellbeing research on 98% of the world population defines a life well-lived in 3 categories:

**Thriving**  
**Struggling**  
**Suffering**

Source: Gallup Research

## Why Wellbeing?

**According to Gallup's 50+ years of research, people who are Thriving, or have the highest wellbeing:**

- Are happier
- Perform better
- Stay with their employer longer
- Have lower health costs

Source: Gallup Research

## Gallup Domains of Wellbeing



## Thriving Career Wellbeing

- Waking up each morning with something to look forward to
- Having the opportunity to use our strengths each day
- Making progress toward personal goals
- Having leaders/managers who make us enthusiastic about our future

### Career Wellbeing

Source: Gallup Research

## Thriving Social Wellbeing

- Having close personal relationships that help us enjoy life
- Having people who champion our growth and development
- Significant investment in our closest relationships
- Planning and making time for activities that strengthen our closest relationships

### Social Wellbeing

Source: Gallup Research

## Thriving Financial Wellbeing:

- Having enough money to pay for basic needs such as food and healthcare
- Feeling satisfied with our current standard of living and that it is getting better
- Low stress resulting from wise short term money management
- Confidence in our plans for achieving long term financial needs

### Financial Wellbeing

Source: Gallup Research

## Thriving Physical Wellbeing

- The physical freedom required to accomplish what we want and need each day
- Managing our life so we feel good throughout the day with energy and little stress or sadness
- Making good dietary, exercise and health management choices throughout the day
- Feeling good about how we look

### Physical Wellbeing

Source: Gallup Research

## Thriving Community Wellbeing

- Feeling safe and secure where we live
- Caring deeply about our community with the sense it is headed in the right direction
- Living in an area that “feels like home”
- Giving back to the community and contributing to its progress

**Community  
Wellbeing**

Source: Gallup Research

## Wellness Champions Sharing

1. What Insights did I gain from taking the Gallup Wellbeing Finder?
2. Did taking the Gallup Wellbeing Finder cause me to take any action toward intentionally impacting any area of my wellbeing?

## Well (Chief) & Being (Wrigley)



## Thank You for Attending Today!

- Next Meeting is Thursday, July 11
- Secret Question
- Open Questions / Comments