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WORKING FOR A HEALTHIER TN

WORKING FOR A HEALTHIER TENNESSEE

February Wellness Council Webinar

WORKING FOR A HEALTHIER TN

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Monthly Fun Fact Challenge
- ActiveHealth Management
- Upcoming Health Observances
- Upcoming Schedule
- Roll Call

Monthly Fun Fact Challenge

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Rules of the "Fun Fact Challenge"

- The first Wellness Council representative to get ***2 out of the 3*** answers correct using the **chat feature** will be crowned this month's **Fun Fact Champion!**
- In the event of a tie, a 4th question will be used as a tie breaker.
- The questions will be centered on our 3 focus areas, weekly handout information and/or information from the previous month's webinar.

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Fun Fact Question #1:

What month do we celebrate American Heart Month?

Fun Fact Question #2:

What is the new Working for a Healthier Tennessee email address?

Fun Fact Question #3:

True or False:

The hashtag for our January Monthly Handout was #CommitToYourWhy.

Fun Fact Tie Breaker:

What is the new Working for a Healthier Tennessee website address?

ActiveHealth Management

Nicole Rieman, MSNW, RN, BSN, MCHES

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ActiveHealth Management

- Population health management company whose mission is to empower you to make positive and impactful lifestyle changes to improve your health
- Partner with you to guide you on your own wellness journey
- Provide personalized education and advice based on current health trends through both lifestyle and disease management programs

Program Offerings

- Offer you the opportunity to participate in the program in a way that works best for you:
  - Health Assessment
  - Onsite Coaching
  - 1:1 telephonic support
  - Group Coaching
  - Digital Coaching

Specialties: Disease Management

- Diabetes
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma

Specialties: Lifestyle Coaching

- Physical Activity
- Nutrition
- Sleep
- Stress
- Tobacco Cessation
- Pre-Diabetes
- Pre-Hypertension
- Metabolic Syndrome

Specialties: Weight Management Program

- BMI is 30 or above
- 1 Year Program
- 16 Weekly Online Sessions and then 8 monthly Sessions
- Sessions last 45 minutes
- After attending the 2nd session you will obtain a Bluetooth Scale and Wearable Device

Onsite Coaching Program Details

- Open from 8 a.m. - 8 p.m. CST
- ParTNers Health and Wellness Center hours (TN Tower): 8 a.m. - 4:30 p.m. CST
- Contact numbers:
  - ActiveHealth Management: 888-741-3390
  - Onsite Coaching Team: 615-770-1729
- Spread the word! Informational Tables at select locations

We would love for you to call us or stop on by!

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Questions?

Upcoming Monthly Handout Topics

- Heart Health (February)
- Nutrition (March)

Health Observances

- American Heart Month (February)
- National Nutrition Month (March)
- National Sleep Awareness Week (March 10-16)

Upcoming Schedule

- March Wellness Council Webinar
  - Thursday, March 7 at 9 a.m. Central
- Q3 (Jan-March) Point Tracker
  - Due March 29th

Roll Call

Questions?

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