WORKING FOR A HEALTHIER TN

Wellness Council Webinar

January 2024

/WFHTN

@WorkingForAHealthierTN

@wfhtn

Encouraging and enabling state employees to lead healthier lives

Today’s Agenda

- Guest Speaker: Sharecare
- Celebrations
- Quarterly Activity List
- What’s New
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates

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Ginger Maloy, Sharecare

Celebrations

Natalie Bannon - Jan. 5

(Working for a Healthier Tennessee)

Kayla Livesay - Jan. 9

(Working for a Healthier Tennessee)

LaTamera Woodley - Jan. 9

(Human Services)

Celebrations!

Education

Kennedy Hammonds, Talent Management Assistant Director

Health

Angel Kellman, Health Educator

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Quarterly Activity List

January Activities & Info

- Our Goal Getters group started Jan. 8!
  - Five participants chosen at random will win a prize.

- Weekly vlog series: Working for a Healthier Me
  - Watch 45-second to 1-minute videos from Communications Coordinator Natalie Bannon as she works on her health goals.
  - We'll provide exercise, nutrition and motivation tips that can help everyone.
  - Videos will be posted on our Instagram Reels and YouTube Shorts.

- Complete these Word Picture Puzzles by Jan. 31 for International Brain Teaser Month (January).
  - Submit your puzzle to wfht.tn@tn.gov. Five participants chosen at random will win a prize!

January Activities & Info

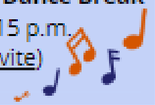
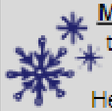
Virtual Events

- What Is a Healthy Weight on Tuesday, Jan. 23 from 12-12:30 p.m. CT
- Goal Getters Group Check-in on Tuesday, Jan. 30 from 12-12:30 p.m. CT

- Q3 Activity List: https://www.tn.gov/wfhtn/achievement-levels/activity-lists.html

January Wellness Calendar

Hello, January

Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
January 1-5	**State Holiday**	**Talkspace** is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.	Join the **Goal Getters Challenge** from Jan. 8-31 to start the New Year off strong. Sign up today!	Take a **Fitness Break** with DCS from 10-10:15 a.m. (Calendar invite)	Are you familiar with the **Partners for Health wellness program**? Learn if you're eligible to earn an incentive.
January 8-12	Check out some free on-demand workouts from our website!	Join us for a **Dance Break** from 12-12:15 p.m. (Calendar invite) 	Soup's on in thirty minutes with this **Instant Pot Vegetarian Lasagna Soup**.	Join a **Meditation Break** with TDH from 11:15-11:30 a.m. (Calendar invite)	"The best way to predict the future is to create it." ~Peter Drucker
January 15-19	**Dr. Martin Luther King, Jr. Day** **State Holiday**	"Forgiveness is not an occasional act. It is a permanent attitude." ~Dr. Martin Luther King, Jr.	Give your mind a break at **Meditation with Nat** from 11:30 a.m. – 12 p.m. (Calendar invite)	 **Move More** with these tips from the American Heart Association.	New to tofu? It's low in calories, but high in protein. Try this **Spicy Tofu Hotpot** at home!
January 22-26	Join **Yoga for All** from 12-12:15 p.m. (Calendar invite)	Learn **What is a Healthy Weight?** from 12-12:30 p.m. (Calendar invite).	Take a **10-Minute Fitness Break** with DHS from 11-11:10 a.m. (Calendar invite)	Roasting veggies is a great way to bring out their natural sweetness. Try **Roasted Parsnips and Carrots**.	Find support near you with the **Optum Health Community Connector**!
January 29-31	"If you don't like the road you're walking, start paving another one." ~Dolly Parton	How are those goals going? Let's chat at the **Goal Getters Check-in** from 12-12:30 p.m. (Calendar invite)	@WorkingForAHealthierTN FOLLOW US		

Please note:
All times listed are in the Central time zone.

https://www.tn.gov/wfhtn/challenges/wellness-events.html

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What's New?

Update from Optum Health

- As of January 1, 2024, Optum Health has changed the name of the Employee Assistance Program to **Emotional Wellbeing Solutions**.
- The benefits remain the same.
- To access services, head to here4tn.com or call 855-Here4TN (855-437-3486).

Here4TN Marketing Resources

- Are you wondering how you can help employees deal with stress?
- Print materials or download digital files anytime at Here4TN.com > Manager resources > Here4TN Marketing Resources.

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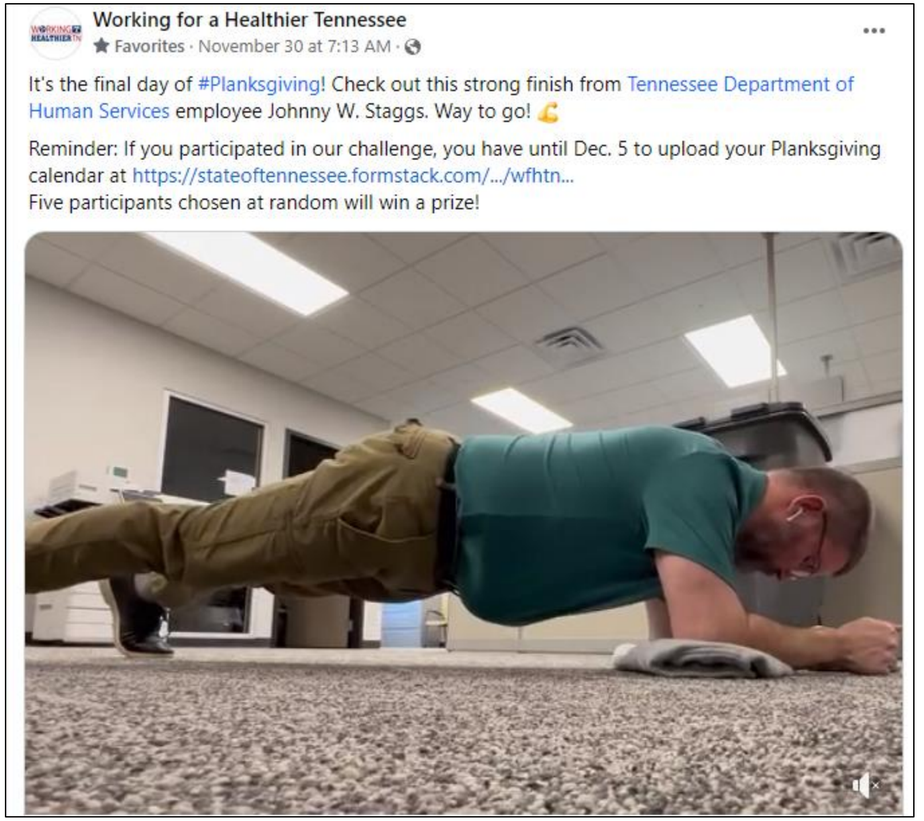
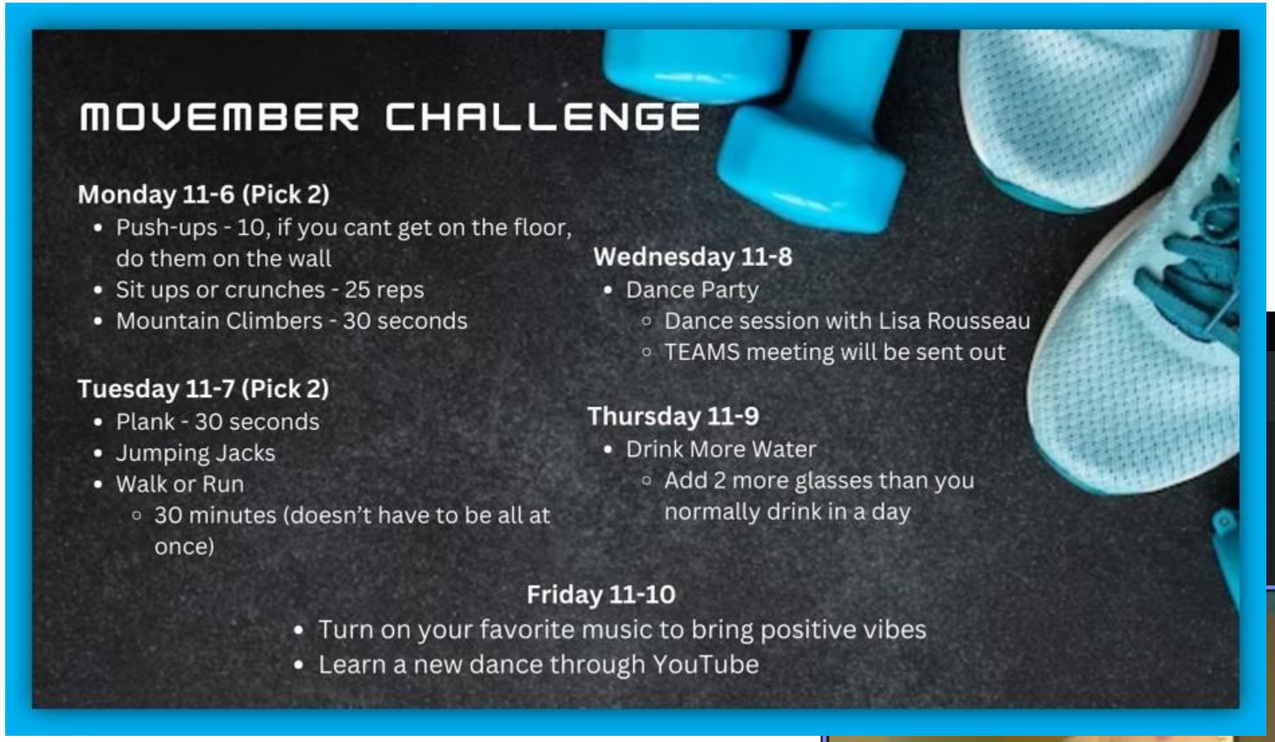
Wellness Council Spotlights

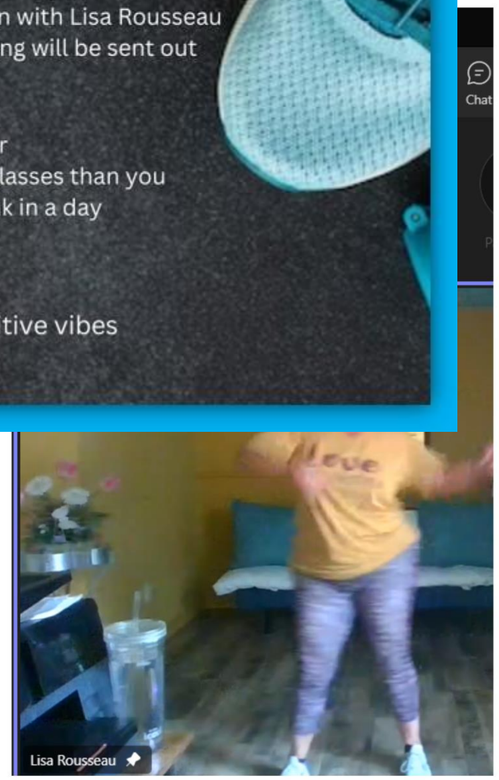
Planksgiving Challenge

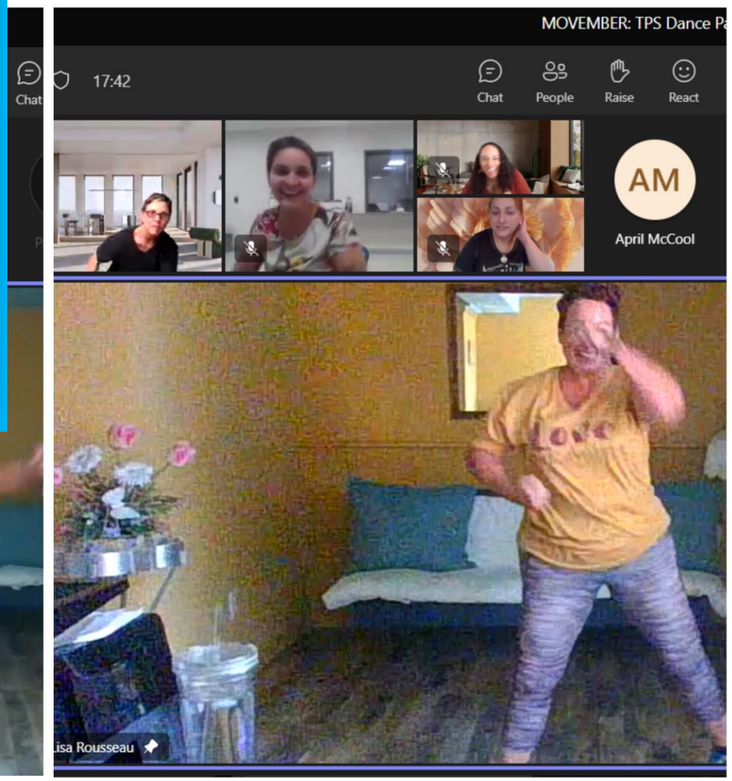


Movember

Revenue





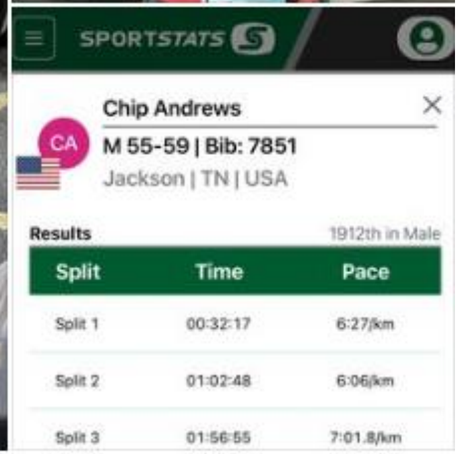


Social Media Spotlights

Working for a Healthier Tennessee
about 2 weeks ago

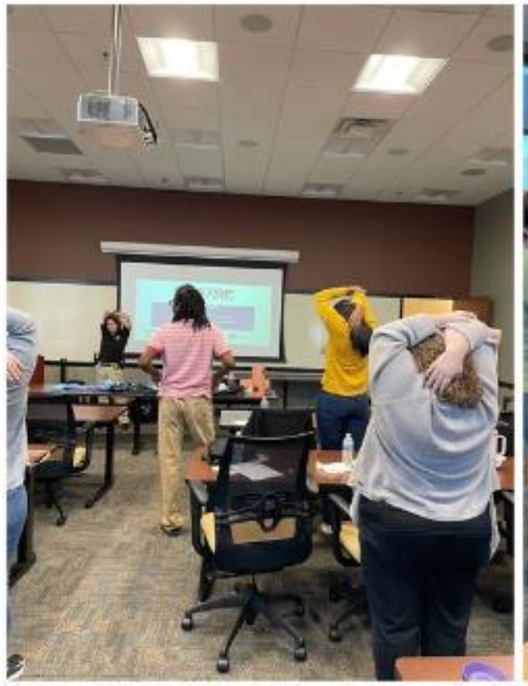
Everybody raise your hands in the air for Tennessee Department of Revenue Field Auditor Chip P. Andres.🙌 He completed the St. Jude Marathon in Memphis! 🎉

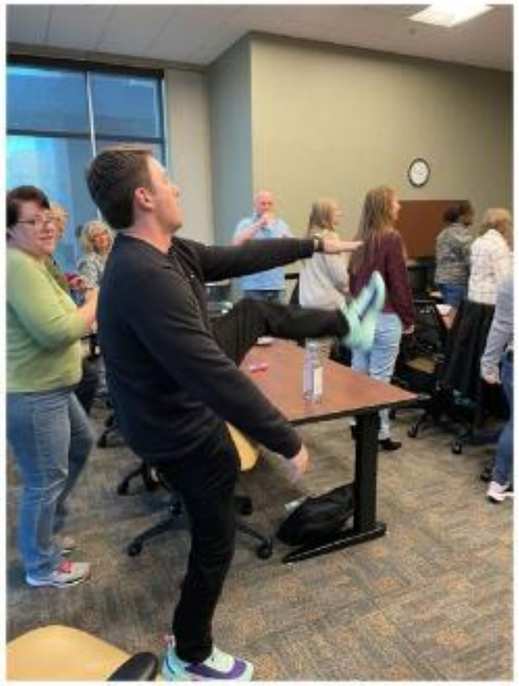
Are you interested in running or walking more in 2024? Check out our free resources at https://loom.ly/oriRCIc



Tennessee Department of Revenue
December 1, 2023 ·

FEEL GOOD FRIDAY: You know what makes almost everyone feel good? A nice stretch break! Our west TN team recently did a group stretch break and we love to see it!





Upcoming Schedule

February Wellness Council Webinar

Thursday, Feb. 1 from 9-9:45 a.m. CT

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Your Updates

Questions

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Don’t miss an update!

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