SCC THRIVE

Partnerships In Wellness with





PROGRAM GUIDE & POINTS INFORMATION

The SCC Thrive Wellness Program is a coordinated and comprehensive set of health promotion strategies and activities designed to encourage all components of staff wellness.

The program would be on-going with point accumulation totaled each semester for incentives.

(1/1/16-5/1/16 for this semester)

POINTS LEVELS:

INCENTIVES:

Motivated 100-499 points Pedometer (Harris Hospital donating these)

Enthusiastic 500-999 points \$25 gift card (20 awards drawn from those that qualify)

Champion 1000+ points \$100 gift card (10 awards drawn from those that qualify)

WAYS TO EARN POINTS:

CATEGORY 1-PROVIDED BY HARRIS HOSPITAL @ SOUTHWESTERN COMMUNITY COLLEGE (SEE ATTACHED SCHEDULE):

Wellness Screening- Wednesday, January 27 at SCC

(to include cholesterol, blood glucose, blood pressure & HRA) 200 points

http://www.signupgenius.com/go/805084DADA82CA20-southwestern

My Five Wishes Program (in conjunction with the wellness screening) 50 points

Wellness Education Sessions @ Southwestern Community College

(monthly during each semester – see attached schedule) 100 points

CATEGORY 2-PROVIDED BY HARRIS HOSPITAL @ HOSPITAL (CALL: 828-586-7734):

Harris Regional Hospital Tuesdays to Thrive 100 points

Jackson County Get Fit Challenge or State Employee Team Challenge 200 points

Tobacco Cessation Program (sponsored by Jackson County Dept. of Public Health) 100 points

Lifepath Grief Support (offered by Harris Regional Hospice and Palliative Care) 50 points

Nutrition Counseling (6 visits using BCBS State Health Plan at Harris Regional) 50 points

CATEGORY 3-PROVIDED BY SOUTHWESTERN COMMUNITY COLLEGE:

Participate in any SCC PED/Wellness/Personal Enrichment Class 200 points

Attend SCC Health Fair 50 points

Attend SCC student health clinic (Physical Therapy, Respiratory Therapy, Massage Therapy, Sonography, etc.)

50 points each visit

CATEGORY 4-PARTICIPANT INITIATED:

Annual Wellness Exam, with primary care provider 300 points

Participate in any athletic team (softball league, volleyball league, etc.) 50 points

Blood Donation 20 points each

Other Preventive Health (Immunizations, Flu Shot, mammogram, colonoscopy, etc.) 20 points each

Self-led fitness activities or participation

(gym visit or class, hiking, biking, yoga, etc.)

(minimum of 150 minutes/week for points) 50 points/week

Mental health activities

(for example meditation, counseling, attending support group, etc.) 50 points/week

(minimum of 150 minutes/week for points)

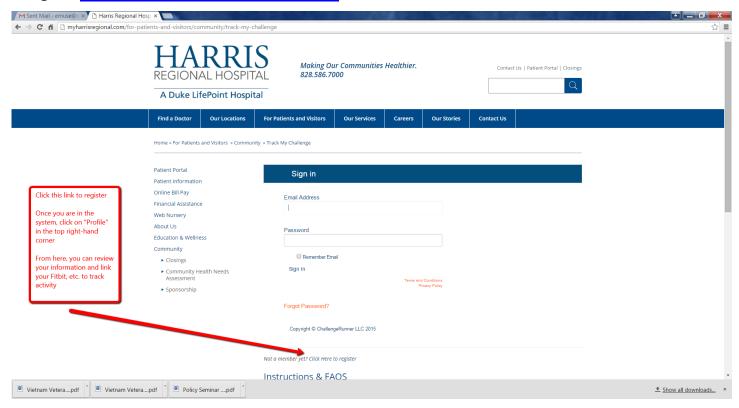
HOW TO VERIFY PARTICIPATION IN EVENTS AND EARN POINTS:

An online self-reporting system maintained by Melanie Batchelor (Harris Hospital) will be used to monitor point accumulation. A challenge area on the Harris Regional website as well as link on the SCC wellness webpage will be available to register.

How do I sign up for the Challenge?

With the help of **CHALLENGEFRUNNER** we have made accountability and tracking for the wellness

challenge easier than ever! Participants must go to the challenge page on the Harris Regional Hospital website to register www.myharrisregional.com/challenge



Once registered, a challenge participant is presented with one page that will allow enrolling in the challenge by clicking "Enroll" (to the right of the Challenge Name listed in "Available Challenges")

Challenge participants will then be able to enter and view their data through a standard browser, custom smartphone apps, fitness tracking devices including Fitbit, Jawbone, Misfit and the Moves App, or via texting data from any mobile phone. They will be able to view progress and current standings in the challenge.

Instruction and Support is available on the Harris website: www.myharrisregional.com/wellFAQ

IMPORTANT PROGRAM CONTACT INFORMATION:

For program questions: SCC Wellness Committee, Chair, Annette Kesgen, 339-4281, akesgen@southwesterncc.edu

For hospital sponsored events: Melanie Batchelor, 586-7734, melanie.batchelor@haymed.org