

SCC THRIVE

Partnerships In Wellness with

HARRIS
REGIONAL HOSPITAL

SWAIN
COMMUNITY HOSPITAL

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:

Motivated 100-499 points

Enthusiastic 500-999 points

Champion 1000+ points

INCENTIVES:

Pedometer (Harris Hospital donating these)

\$25 gift card (20 awards drawn from those that qualify)

\$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) http://www.signupgenius.com/go/805084DADA82CA20-southwestern	200 points
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.) (minimum of 150 minutes/week for points)	50 points/week

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 **CHALLENGE=RUNNER** 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

The screenshot shows the Harris Regional Hospital website. The header includes the hospital logo, tagline "Making Our Communities Healthier. 828.586.7000", and navigation links for "Contact Us", "Patient Portal", and "Closings". A search bar is also present. The main navigation menu includes "Find a Doctor", "Our Locations", "For Patients and Visitors", "Our Services", "Careers", "Our Stories", and "Contact Us". The page content shows a breadcrumb trail: "Home » For Patients and Visitors » Community » Track My Challenge". On the left, there is a "Patient Portal" menu with options like "Patient Information", "Online Bill Pay", "Financial Assistance", "Web Nursery", "About Us", "Education & Wellness", and "Community". The "Community" section is expanded to show "Closings", "Community Health Needs Assessment", and "Sponsorship". In the center, there is a "Sign in" form with "Email Address" and "Password" fields, a "Remember Email" checkbox, and "Sign In" and "Forgot Password?" buttons. At the bottom of the form, there is a "Not a member yet? Click Here to register" link. A red box on the left contains the text: "Click this link to register. Once you are in the system, click on 'Profile' in the top right-hand corner. From here, you can review your information and link your Fitbit, etc. to track activity." A red arrow points from this box to the "Not a member yet? Click Here to register" link. The footer of the page includes "Instructions & FAOS" and "Copyright © ChallengeRunner LLC 2015".

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