How Wellness Happens In The Workplace
LA Area Chamber of Commerce Employer Wellness Conference, November 8, 2013

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The Seven Benchmarks Of Workplace Wellness Success
Wellness Council Of America (WELCOA)  

1. Capturing senior level support
2. Creating cohesive wellness teams
3. Collecting data to drive a results-oriented wellness initiative
4. Creating an annual operating plan
5. Creating a supportive health promoting environment
6. Choosing appropriate interventions
7. Carefully evaluating program outcomes
Our Wellness Promotion Council, which exists to promote the efforts of the official Employee Wellness Program, is co-chaired by two senior vice-presidents and includes representatives from a variety of departments and levels inside the organization.

The council has task forces dedicated to:

- Improving nutritional and education and options
- Promoting physical activity
- Using various communication vehicles and events to educate and engage employees
Using the “program” name and official logo treatment elevate the Employee Wellness Program to its appropriate importance in the institution.

This secondary branding element is used as a “seal” for various Program initiatives – both Employee facing and public facing.
‘Take The Stairs’ Campaign

Artwork & Quotes Provides Nudge To Take The Stairs

- Mahatma Gandhi

Strength does not come from physical capacity. It comes from an indomitable will.
Activity Bands

Employees Band Together To Stretch
Smoking Cessation

Cedars-Sinai is a Smoke-Free Campus
Institution-Wide Wellness Challenge

30 MINUTES
DAYS

30 MINUTES OF WELLNESS
EACH DAY FOR 30 DAYS

EMPLOYEE WELLNESS CHALLENGE
STARTS FRIDAY, OCT. 12

Join us for free on-campus classes on the north side of the South Tower Plaza Terrace:

• Wednesday, Oct. 17, at 12:15 p.m.
  (Yoga with Hot 8 Yoga*)
• Wednesday, Oct. 24, at 12:15 p.m.
  (Bootcamp with Adventure Bootcamp)
• Wednesday, Oct. 31, at 12:15 p.m.
  (Yoga with Hot 8 Yoga*)

Employees are welcome to bring their own mats for yoga classes.

Learn more about the Employee Wellness Program, 30:30 Wellness Challenge and more at web.csmc.edu/employeewellness
Tai Chi At Work
Outdoor Basketball Court
Employee Wellness Day

More than 1,100 employees took part in an all-day event that included:

• Free workouts
• Massages
• Weight, BMI and BMR evaluations
• Blood pressure measurements
• Medication advice
• Spiritual care & stress management options
• Health options from on-site food service
Healthier Food Options From The Cafeteria to the Catering Menus
Employee Wellness Grand Rounds

**Employee Wellness Program**

**Knowing Your Medications**

**WHAT:** Employee Wellness Program Grand Rounds
**DATE:** Friday, October 18, 2013
**TIME:** 12:00-12:45pm
**LOCATION:** Thalians Auditorium
**GUEST SPEAKER:** Cedars-Sinai Pharmacy Department

*Medications, Vitamins, Supplements: What’s It All About?*

Learn more about what you or your family members are taking. Join us for an open panel discussion with experts from the Cedars-Sinai Pharmacy Department. Pharmacists will be available to answer questions about medications and their interactions and side effects. So come prepared. Bring a list of your medications—whether over-the-counter or prescription—and be ready to ask away.

All employees are invited. No RSVP required. Box lunches will be provided on a first-come, first-served basis.

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**Employee Wellness Program**

**Fitness Facts and Famous Myths**

**WHAT:** Employee Wellness Program Grand Rounds
**DATE:** Wednesday, October 30, 2013
**TIME:** 12:00-12:45pm
**LOCATION:** Torrance Facility, 2nd Floor Back Room
**GUEST SPEAKER:** Matt Mitchell

*When it comes to everything you’ve heard about fitness do you know what facts are real and what are myths? Join us on October 30 for a special Employee Wellness Grand Rounds presentation with fitness expert Matt Mitchell. Find out what the real story is and be ready to Get Up and Move!*

All employees are invited. Box lunches will be provided. Please RSVP to Sindy Castillo at 310-967-1922 or Sindy.Castillo@cshs.org by October 25, 2013.
Employee Wellness Communications

Articles and videos promoting the Employee Wellness Program, sharing success stories, and educating employees about nutrition, exercise and opportunities for health are featured in weekly, bi-weekly and monthly publications.

Employees Drop Weight with 'Biggest Loser' Challenge

Longtime friends Donald Montes and Reggie James have always used weight-loss wagers as a way to encourage each other to eat healthfully and stay in shape. Over time, their affable competition inspired their coworkers in Enterprise Information Services to get involved. Now more than 40 people from multiple departments participate.

Wellness Day Puts Focus on Employees' Health

Researchers in lab coats, nurses in scrubs and administrative staff in suits were among the employees who broke a sweat during Cedars-Sinai's Employee Wellness Day on Friday. More than 1,100 employees attended the all-day event.

Learn to 'De-Stress at Your Desk' With New Employee Wellness Grand Rounds

The Employee Wellness Program is launching a monthly grand rounds dedicated to providing employees with tools and information on how to improve their overall well-being. The first lunch-time workshop is Thursday, July 18, at noon in Thalians Auditorium. All employees are invited, no RSVP needed.

OR employees prove they're 'tough mudgers'

Who signs up to climb, crawl and claw their way through 12 miles of mud, fire, ice and 10,000 volts of electricity? A group of 18 people - including Cedars-Sinai operating room employees - who say taking part in a "Tough Mudder" extreme sporting event not only challenged them physically and mentally, but helped forge a unique bond.

Wellness Challenge Accepted: Healthy Habits at the Core of Fitness Success Story

Leading a healthier lifestyle usually doesn't require drastic measures. Often it's about setting realistic goals and making small, but impactful, changes. Just ask Cedars-Sinai employee Yudis Cruz, a clinical partner. She lost 20 pounds while participating in the 30/30 Wellness Challenge, and in the process has increased her quality of life dramatically.

» Read more
Offering Additional Resources

Community Fitness Discounts
- LA Fitness
- 24 Hour Fitness
- Crunch
- YogaWorks

Free Fitness Tools
- myfitnesspal
- ChooseMyPlate.gov

Partner With Community Resources
- Weight Watchers
Promotional Giveaways

- Tee Shirts & Work Out Towels
- Activity Bands
- Magnets
- Know Your Numbers Pocket Pal Cards
The Centers for Disease Control & Prevention (CDC) estimate that the vast majority of chronic disease could be prevented or better managed if Americans were to do three things:

- Stop smoking
- Start eating healthy
- Get in shape

The Employee Wellness Administrator from Cedars-Sinai (that’s me) recommends you forward the following video to your leadership along with one recommended action step for your organization:

- http://www.youtube.com/watch?v=aUalnS6HIGo