

Wellness Council Webinar

July 2024



[/WFHTN](#)



[@WorkingForAHealthierTN](#)



[@wfhtn](#)

Encouraging and enabling state employees to lead healthier lives

Agenda

- **Shoutouts**
- **New Fiscal Year Updates & Reminders**
 - **Achievement Levels**
 - **Quarterly Activity List**
 - **Wellness Calendar**
 - **Budget Requests**
 - **Liability Waiver**
- **Annual Celebration**
- **August Webinar**

Shoutouts!

July 9 – Amy Holmes (Finance & Administration)

July 12 – Venus Singleton (Children’s Services)

July 12 – Jennifer Terranera (Intellectual and
Developmental Disabilities)

July 25 – Tanika Arms (Human Resources)



Shoutouts!



New Fiscal Year Updates & Reminders

Achievement Levels

Achievement Levels

The screenshot shows a web browser window with the URL `tn.gov/wfhtn/achievement-levels.html`. The browser's address bar and tabs are visible at the top. The website's header features the 'WORKING FOR A HEALTHIER TN' logo on the left and a search bar on the right. A navigation menu below the header includes links for 'About Us', 'Success Stories', 'Activities & Challenges', 'Resources', 'Wellness Councils', 'Forms', 'Achievement Levels', and 'Newsroom'. The main content area is titled 'Achievement Levels' and contains a grid of nine blue tiles with white text, each representing a different resource or document. A left-hand sidebar menu is also visible, listing various site sections.

tn.gov/wfhtn/achievement-levels.html

Outlook Web App Google useful links STS customer care p... Here4TH edu resour... Here4TN main page Home - Webex Manager resources... formstack Working for a Health... Loomly Monthly Report_KG... Wellness Events

Go to TN.gov

Search Working for a Healthier Tennes

About Us Success Stories Activities & Challenges Resources Wellness Councils Forms Achievement Levels Newsroom

Working for a Healthier Tennessee

Achievement Levels

- About Us
- Events
- Success Stories
- Activities & Challenges
- Resources
- Wellness Councils
- Forms
- Annual Celebration
- Archives
- Directory
- Achievement Levels**
 - Activity Lists
- Newsroom

- Achievement Levels FAQs
- Achievement Levels
- Achievement Levels Goals
- Activity Lists
- Trackers and Planners
- Fiscal Year 2024 Awards
- Fiscal Year 2025 Awards
- 2024 Health Observances Calendar
- Activity Planner Archives

Achievement Levels



Achievement Levels



PLATINUM

State agency has shown consistency in workplace wellness programming and maintained "Gold" achievement level for two fiscal years in a row.



GOLD

State agency has shown consistency in workplace wellness programming throughout the fiscal year. They have organized and promoted wellness activities to meet the needs of their employees in each of WFHTN's focus areas (well-being, physical activity and healthy eating).



SILVER

State agency has shown consistency in providing workplace wellness programming in several focus areas (well-being, physical activity, healthy eating) and has built a solid foundation, which will allow the initiative to continue to grow.



BRONZE

State agency has shown consistency in workplace wellness programming and has built a solid foundation which will allow the initiative to continue to grow.

Quarterly Activity List

Activity List

tn.gov/wfhtn/achievement-levels.html

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About Us Success Stories Activities & Challenges Resources Wellness Councils Forms Achievement Levels Newsroom

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Achievement Levels

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Quarterly Activity List

Quarterly Activity List

Q1 (July-September) FY 2025

- Aim to complete one physical activity, healthy eating, well-being and wellness council activity in each column (Share, Engage, Inspire).
- Check the box next to the activities you complete.
- Your Wellness Coordinator can assist if you need additional activity ideas.

Pre-activity Checklist

- Obtain approval for activity by your internal legal counsel.

Post-activity Checklist

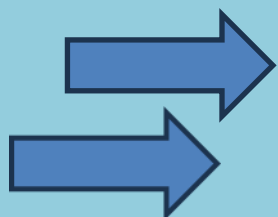
- Complete this [Activity Submission Form](#).
- Distribute a [Post-activity Feedback Survey](#).
 - Submit photos ([with permission](#)) from events, challenges and success stories to WFHT.TN@tn.gov or to your wellness coordinator.
 - Your wellness coordinator can track your wellness council's efforts and suggest strategies.
- Submit completed activities to your wellness coordinator by Monday, Sept. 30.

Resources

- [Achievement Levels](#)
- [Fiscal Year 2025 Well Workplace Awards](#)
- [Award Nomination Form](#)

Note: All healthy eating, physical activity and well-being activities listed by month will be promoted in the Working for a Healthier Tennessee weekly newsletters.

- We support your creativity! If you have an idea not included on this list, share with your wellness coordinator to see where it would fit in the focus areas.
- A blank activity list is provided if you wish to track your creative activities.



Wellness Activity Submission Form



Wellness Activity Submission Form

Thank you for leading a wellness activity!

Please complete this form to assist the Working for a Healthier Tennessee team with tracking wellness programming for Tennessee State Government employees.

If you have questions, please reach out to WFHT.TN@tn.gov.

What agency are you with? *

Email Address *

Please provide a short description of the activity completed. *

Please select the length of activity. *

Please provide the number of participants. *

Would you like to share any additional feedback with us?

Upload a photo.

Post-activity Survey



Post-activity Survey

Thank you for participating! The Working for a Healthier Tennessee team wants to make sure we're providing activities you enjoy, so your feedback is important to us. Please take this short survey.

View all upcoming wellness activities, challenges, webinars and workouts: www.tn.gov/wfhtn/challenges/wellness-events.html

What agency are you with?*

Which activity did you participate in?*

I have participated in three or fewer Working for a Healthier Tennessee activities.*

- Yes
- No, I have participated in more than three Working for a Healthier Tennessee activities.

Please provide your overall satisfaction with Working for a Healthier Tennessee.*



Please rate on a scale of 1 to 5 stars, with 1 star = Very Dissatisfied and 5 stars = Very Satisfied

How helpful has the Working for a Healthier Tennessee initiative been in you achieving/maintaining your health goals?*



Please rate on a scale of 1 to 5 stars, with 1 star = Not very helpful and 5 stars = Very helpful

Would you like to share any additional feedback with us, including the best part of this activity and/or how this activity could be improved?

Quarterly Activity List

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Stay in the know!

Be Well@Work

- Be Well @Work monthly newsletter is sent directly from Working for a Healthier Tennessee to all Tennessee State Government employees on the first Tuesday of each month.
- Monthly and weekly newsletters archives:
<https://www.tn.gov/wfhtn/archives.html>

Quarterly Activity List



Wellness Council Quarterly Activity List Quarter: 1 FY: 2025			
	Share:	Engage:	Inspire:
July	<ul style="list-style-type: none"> <input type="checkbox"/> The Social Wellness Checklist in honor of Social Wellness Month (July). <input type="checkbox"/> Top 10 Tips for Healthy Grilling and Barbecuing in honor of National Grilling Month. <input type="checkbox"/> This Q1 Activity List with your wellness council members. 	<ul style="list-style-type: none"> <input type="checkbox"/> Promote and join us for Olympic Trivia on Tuesday, July 30.* <input type="checkbox"/> Check your email on July 10 for the July wellness council webinar recording, slides and notes. 	<ul style="list-style-type: none"> <input type="checkbox"/> Encourage participation in Sharecare's Jump Start Your Heart Challenge happening July 1-31. <input type="checkbox"/> Attend the WFHTN annual celebration on July 24!
August	<ul style="list-style-type: none"> <input type="checkbox"/> Resources to get you moving! <input type="checkbox"/> Eat Right on a Budget (2-minute video) in honor of National Financial Awareness Day (Aug. 14). 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice Progressive Muscle Relaxation on Aug. 14 from 12-12:15 CT.* <input type="checkbox"/> Attend the wellness council webinar on Aug. 1. 	<ul style="list-style-type: none"> <input type="checkbox"/> Celebrate National Relaxation Day (Aug. 15) with some Relaxation Techniques. Tell us which technique you tried.* <input type="checkbox"/> Host a two-week 48 A Day Water Challenge in honor of World Water Week (Aug. 25-29).
September	<ul style="list-style-type: none"> <input type="checkbox"/> What you need to know about yoga in honor of National Yoga Month. <input type="checkbox"/> Preventing Suicide at Work in honor of National Suicide Prevention Month. 	<ul style="list-style-type: none"> <input type="checkbox"/> Encourage employees to attend the Healthy Eating on a Budget 4Mind4Body webinar on Sept. 11. <input type="checkbox"/> Promote and join us for an interactive Meal Prepping 101 event on Tuesday, Sept. 25. <input type="checkbox"/> Attend the wellness council webinar on Sept. 5. 	<ul style="list-style-type: none"> <input type="checkbox"/> Invite a coworker to attend a Stretch & Destress session!* <input type="checkbox"/> Add yoga exercises to a wellness break or team meeting and let us know you did!*
Anytime	<ul style="list-style-type: none"> <input type="checkbox"/> Resources and/or events from Here4TN or Partners for Health Wellness Program. <input type="checkbox"/> Use a post-activity or presentation survey for evaluation of your wellness initiatives. 	<ul style="list-style-type: none"> <input type="checkbox"/> Host a physical activity related team building activity and let us know what you did! * <input type="checkbox"/> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). <input type="checkbox"/> Hold a wellness council meeting or recruit a new wellness council member. 	<ul style="list-style-type: none"> <input type="checkbox"/> Share an employee success story or quote related to healthy eating. <input type="checkbox"/> Invite Working for a Healthier Tennessee to speak at your all-staff meeting. <input type="checkbox"/> Share event photos with WFHTN to be shared on Facebook and Instagram.

Physical Activity
 Healthy Eating
 Well-being
 Wellness Council

Note: * denotes prizes are awarded at random for participation!

Quarterly Activity List

Wellness Council Quarterly Activity List

Quarter: 1 FY: 2025

	Share	Engage	Inspire
July	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input checked="" type="checkbox"/> Book Club (Wellbeing) <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
August	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
September	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Notes	<div style="background-color: #e6f2ff; height: 100px;"></div>		

Quarterly Activity List (GOLD!)

Wellness Council Quarterly Activity List

Quarter: 1 FY: 2025

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■ Physical Activity
 ■ Healthy Eating
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July Highlights

WORKING FOR A HEALTHIER TN		Wellness Council Quarterly Activity List		Quarter: 1 FY: 2025
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Share

- [Top 10 Tips for Healthy Grilling and Barbecuing](#) in honor of National Grilling Month.

Engage

- **Olympic Trivia on Tuesday, July 30 from 12:30 – 1 p.m. CT**

[Download calendar invite](#)


Unable to join live? A link to this quiz will be available on the [Wellness Events page](#) after July 30.

Inspire


- [Sharecare Jump Start Your Heart Challenge](#), July 1-31. Choose from tracking exercise, stress, sleep or healthy eating.

Wellness Calendar



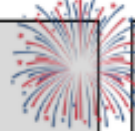










Wellness Calendar = Monthly Challenge!




Jump Start Your Heart in July



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday
July 1-5	 <p>Join Sharecare's Jump Start Your Heart Challenge happening from July 1-31!</p>	<p>Get moving during this Dance Break from 12-12:15 p.m. (<u>Calendar invite</u>)</p>	<p>Learn Barbecue Basics: Tips to Prevent Foodborne Illness (45 seconds) </p>	<p>Happy 4th of July! (State holiday) Prepare a healthy dish for your cookout. </p>	<p>Not a fan of drinking plain water? Add flavor by making fruit infused water!</p>
July 8-12	 <p>Give yourself a break with Stretch & Destress from 12-12:15 p.m. (<u>Calendar invite</u>)</p>	<p>Talkspace is your space. It's private, confidential, convenient, and it's included as part of your behavioral health benefits.</p>	<p>Watch a video from our library! </p>	<p>Take a Mindfulness Break with TDH from 11:15-11:30 a.m. (<u>Calendar invite</u>)</p>	<p>View the recording of the Virtual Resources Showcase webinar (30 minutes)</p>
July 15-19	<p>Celebrate National Park and Recreation Month by visiting a national, state or local park. </p>	<p> Stay cool this summer with these helpful tips.</p>	<p>Unwind with Mindfulness with Nat from 11:30 a.m. – 12 p.m. (<u>Calendar invite</u>)</p>	<p>Take a Fitness Break with DCS from 10-10:15 a.m. (<u>Calendar invite</u>)</p>	<p>Try this sweet, savory & spicy Jerk Chicken recipe. </p>
July 22-26	<p>Are you familiar with your wellness options as a Tennessee state government employee?</p>	<p>Learn about DOHR's wellness break agreement to practice self-care daily.</p>	<p>Take a Fitness Break with DHS from 11-11:10 a.m. (<u>Calendar invite</u>)</p>	<p>Tour Tennessee via bicycle with this new resource, Bike TN! </p>	<p>Find support near you with the Optum Health Community Connector!</p>
July 29-31	<p>Love okra but not the slime? Put it in the oven with some tomatoes! </p>	<p>Go for the gold! Join Olympic Trivia from 12:30-1:00 (<u>Calendar invite</u>) </p>	<p>Check us out on YouTube!  </p>	<p>! New! Use this calendar to practice daily self-care. Share your experience and let us know how many activities you completed for a chance to win a prize: Submission Form. Prize winners will be notified on Monday, Aug. 5. Can't join a live event? Head over to the video library for on-demand options.</p>	



Monthly Challenge Submission Form



Monthly Wellness Challenge Submission Form

Thank you for making your well-being a priority this month!

Please use this form to let us know you participated in activities on this month's wellness calendar, and share about your experience.

Three participants chosen at random will win a prize. Winners will be contacted via email from Working for a Healthier Tennessee.

Your Name*

First Name

Last Name

Your Email*

What agency are you with?*

How many daily activities did you complete this month?*

What was your favorite activity?*

Budget Requests

Budget Requests & WFHTN Swag



Liability Waiver

Liability Waiver

- Each agency should ask their general counsel to create their own liability waiver and update it annually.
- Our waiver is specific to WFHTN-hosted events.
- We have a sample waiver on our website.

WAIVER AND RELEASE OF LIABILITY

I, _____, hereby acknowledge and agree as follows:

1. That, on <date, year>, I will participate in _____. I will not be required to pay any fee to participate in this activity.

2. I understand that my participation in _____ is voluntary and not required by the State of Tennessee as a condition of employment. I acknowledge that the _____ is a recreational or athletic activity that does not constitute part of my work related duties.

3. To the best of my knowledge, I am in good health and sufficient physical condition to participate in the _____.

4. I hereby release the State of Tennessee and its employees, agents, departments, and related entities, (including but not limited to the State, Local Education, and Local Government Insurance Committees and the Department of Finance and Administration), from any and all liability related to or arising from my participation in _____. This means that I waive the right to bring any claim or lawsuit in any court or administrative forum under any theory of law based on or arising from this activity. This release and waiver includes claims based on allegations of negligence by the State of Tennessee or its employees, agents, departments and related entities.

5. This release shall be interpreted under the laws of the State of Tennessee.

I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY CAREFULLY AND AGREE TO BE BOUND BY ITS TERMS

_____ Date of signature _____

Signature witnessed by: _____

Annual Celebration

2024 Annual Celebration

***When: Wednesday, July 24 from 10 a.m. – 12:30 p.m. CT**

- Check-in opens at 9:15 a.m.
- Snack, meet our vendors and network before the event!

****Where: Tennessee Tower – Tennessee Rooms 1 & 2**

312 Rosa L. Parks Avenue, Nashville, TN

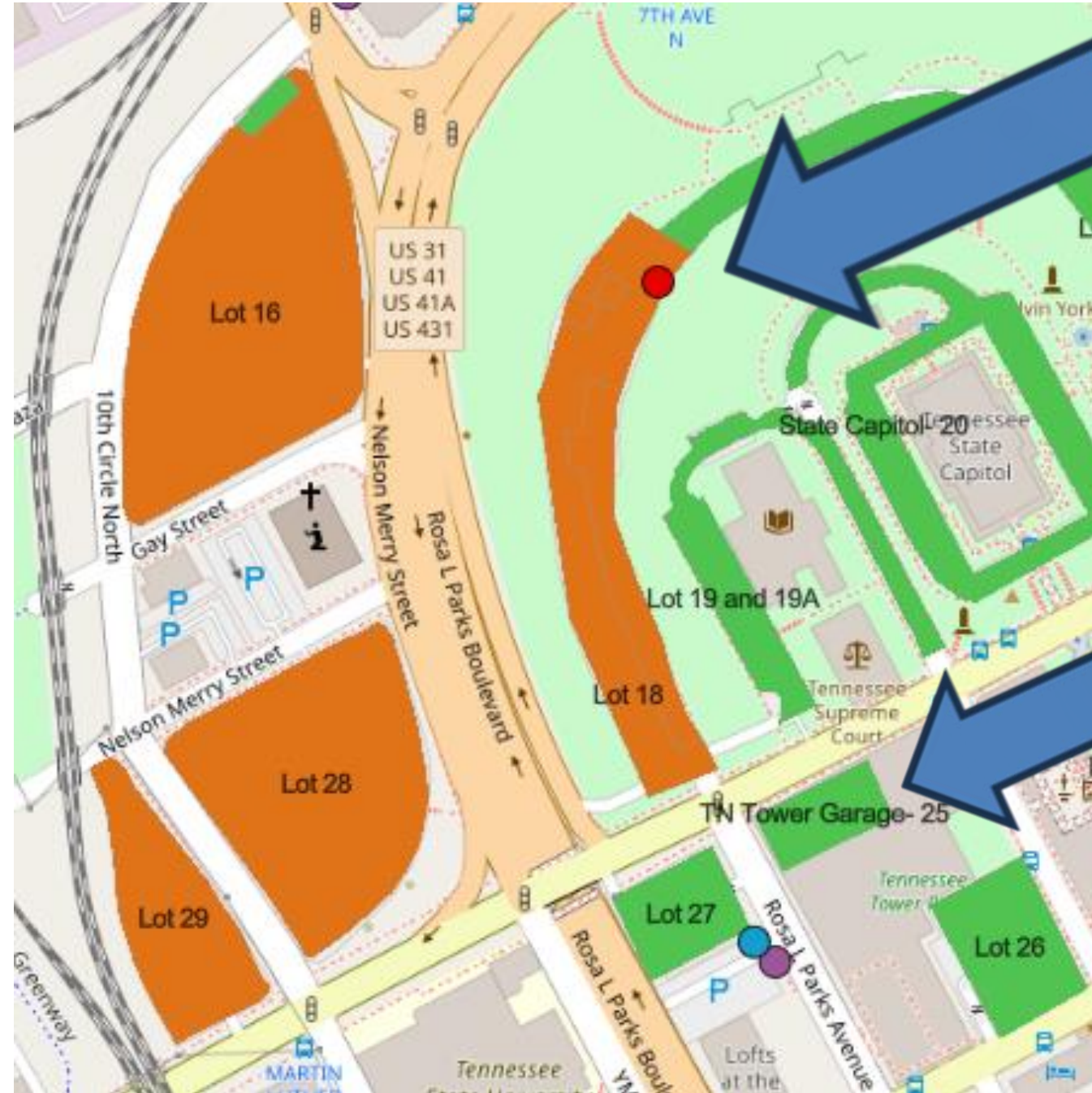
Parking: Use general state parking lots. No parking in the Tennessee Tower garage is available.

*Registration for this event is closed.

** Please note this is not the same location as last year's event.

2024 Annual Celebration Parking

Park in general parking lots 16, 28 or 29.



Limited parking is available near the State Capitol, but do not park in a parking spot numbered or marked "R"!

Event location:
TN Tower
312 Rosa L. Parks Blvd.,
Nashville

August Webinar

August Wellness Council Webinar

August	<input type="checkbox"/> Resources to get you moving! <input type="checkbox"/> Eat Right on a Budget (2-minute video) in honor of National Financial Awareness Day (Aug. 14)	<input type="checkbox"/> Practice Progressive Muscle Relaxation on Aug. 14 from 12-12:15 CT* <input type="checkbox"/> Attend the wellness council webinar on Aug. 1.	<input type="checkbox"/> Celebrate National Relaxation Day (Aug. 15) with some Relaxation Techniques. Tell us which technique you tried.* <input type="checkbox"/> Host a two-week 48 A Day Water Challenge in honor of World Water Week (Aug. 25-29).
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Wellness Council Webinars

- Occur the first Thursday of each month
- Next meeting: Thursday, Aug. 1 from 9-9:45 a.m. CT
- Share your wellness council spotlights!



Thank you for working for a healthier Tennessee!





Don't miss an update!
Follow us on social media.



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