

Oaknoll's Team Blue Wellness Incentive Program

After reading through this packet, you will:

Enroll by clicking the link for the team blue sign up.

https://docs.google.com/forms/d/e/1FAIpQLSfiQsL_KiygNydXInl238B3YE1SRyaTqweHzgVtVMJuJfKWqw/viewform?vc=0&c=0&w=1&flr=0

If earning points for this quarter, be sure to do this points link as well.

https://docs.google.com/forms/d/e/1FAIpQLSctclGzqlPfbtpyG6Qr3mgE_bVRZf-gLg_IkTKoyEroj8yAcA/viewform?vc=0&c=0&w=1&flr=0

3. Make sure you get a confirmation that your check-in was received.
4. If you are unable to enroll online, please contact Dimitra for assistance.

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Goal Setting—5 wellness bucks **REQUIRED TO ENROLL**

You must set at least two goals; one must be a food related goal and one must be an exercise related goal. You can set more goals if you want to.

Maybe you'd like to quit smoking or reduce your stress. Perhaps you would like to begin a walking program. Make sure your goals are specific and measurable. For example, don't just say, "I want to workout." Make it specific and measurable by saying, "I will workout three times per week, for 30 minutes each time. I will walk two of those days and lift weights the third day. I will do this before I go to work."

Body Composition—5 wellness bucks each quarter with new assessment, at time of enrollment

All information is kept *completely confidential*. The best way to weigh yourself is in the morning, without clothing and after you have gone to the bathroom. If you do not have a scale at home, we have one you can use in the fitness room (you will want to wear clothing for that one!). To receive full credit for this category, you must weigh yourself and also measure your waist and hip circumference. If you do not have a measuring tape, we have one in the fitness room that will be available for you to use.

Weight

Waist - (measured at the smallest point, between the top of your pelvic bone and last rib, while relaxing the stomach and breathing out)

Hip -(measured at the widest point around the glutes with feet together)

The Waist to Hip circumference has been used as an indicator or measure of health, and the risk of developing serious health conditions. Research shows that people with "apple-shaped" bodies (with more weight around the waist) face more health risks than those with "pear-shaped" bodies who carry more weight around the hips

Know your Numbers— 5 wellness bucks for blood pressure, 10 for Cholesterol

Blood Pressure 5 wellness bucks/quarter with new reading

Cholesterol LDL, HDL, Triglycerides (Must have all 3 numbers) 10 wellness bucks /calendar year

High Blood Pressure is a major risk factor for Heart Disease and Stroke. When your Blood Pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys, which keeps you healthier longer.

High Cholesterol contributes to plaque, which can clog Arteries and lead to Heart Disease and Stroke. When you control your Cholesterol, you are giving your arteries their best chance to remain clear of blockages.

Health Promotion Challenges—10 wellness bucks per challenge

During the year, we offer some community wide health promotion challenges. Watch the morning report for more information! Examples include participating as an Oaknoll representative in a walk such as Hospice walk or Alzheimer's walk and joining us for our annual Healthy State walk in October. **Events must be pre-approved for credit.**

Get Moving—30 wellness bucks (NO partial credit)

You must start logging by second week of quarter and log EVERY week to earn full credit.

Physical movement is crucial to improving health and wellness in so many ways. You don't have to sign up for a marathon or body building competition. You just have to get up and move.

A criteria for this quarter is to accumulate 90 minutes of exercise throughout the week. Exercise can be accumulated in 10 minute increments here and there or in three thirty minute sessions (or anywhere in between.)

What counts as "exercise?" Anything that elevates your heart rate for a consecutive period of time. It can include walking, running, swimming, shoveling snow, gardening, calisthenics, weight lifting, etc. If you are unsure about what counts towards your 90 minutes per week, please ask a wellness consultant.

An alternative to the 90 minutes per week is to accumulate 10,000 steps per day.

Well-Being Assessment—10 wellness bucks/quarter with each new assessment

Your well-being assessment can help assess key areas that affect your well-being. After you complete the assessment, all you have to do is bring the cover page of the report to earn your wellness bucks or take a screen shot and email it. Go to

<https://www.sharecare.com/static/realage>

You can fill out this report once every quarter.

Nutrition Tracking—30 points (NO partial credit)

You must start logging by the second week of the quarter and log EVERY week to earn points.

Sometimes the truth is hard to take (or write down!) But keeping track of your diet is an important first step to making improvements. There are many websites available that make diet tracking convenient and easy. Smartphones also have free apps one can download to make it even easier. If all the new technology isn't for you, a plain old notebook does the trick. **Keeping a log of your diet for at least three days a week (one weekend day- Fri, Sat or Sun) will be a requirement for the quarter.**

If you are looking for an app to track your nutrition, try myfitnesspal. However, there are many other options out there so choose one that works best for you.

At the end of the quarter, you will be asked to submit 3-4 randomly chosen weeks to earn credit.

Words of Support from Steve Roe, Executive Director

Oaknoll's administration strongly supports our Employee Health & Wellness Program. We opened a beautiful, well-equipped exercise room and swimming pool with our addition in 2006. Employees are encouraged to share these facilities with our residents. Working out alongside the residents we serve, is wonderful for building community, as well as improving health.

Our wellness professionals are great teachers and motivators. Our employees have the opportunity to participate in exercise classes, receive personal training and one-to-one consultations. Our fitness professionals have helped many of us achieve personal fitness goals from running a 5K race to completing a marathon. The Oaknoll wellness program is a valued component of the overall benefits package offered to our employees.

- Steve Roe

What is Team Blue:

In 2014, Oaknoll Retirement Residence was recognized for achieving the requirements necessary for a Blue Zone Worksite. What does this mean? It means that Oaknoll prioritizes the health and well-being of our employees.

Every three months, a new quarter will start and you have the opportunity to enroll and earn wellness bucks to be used for prizes.

Read through the different ways you can earn wellness bucks. Choose what you want to participate in and keep track over the next three months.

What are Wellness Bucks?

Wellness bucks can be used for Oaknoll clothing anytime during the quarter.

Just let us know you want to use them when you place your order.

Wellness bucks can be used for Oaknoll salon services, PTO (1x/yr) and can also be used to earn fitness trackers (ie Apple watches!) and other fitness related items from Amazon. You must put in your request for these items when you are tallying your total for the quarter.

You can not cash in wellness bucks mid quarter nor can you cash them in if you are not currently enrolled in Team Blue. The only exception to cashing them in mid-quarter is for Oaknoll clothing.

You can carry over a maximum of 350 wellness bucks to the next quarter. Any amount beyond that, will be forfeited.

If you miss two quarters in a row by not signing up and/or do not complete the quarter with a final check in, (are inactive with Team Blue for 6 months) all of your previous wellness bucks will be forfeited.

Prizes will be ordered exclusively through Dimitra in the Wellness Department.

She will do all purchases at once. Contact her for details for when she will be placing the order.

Important Dates

January 1– March 31 **First Quarter** Check in by Jan 14

April 1-June 30 **Second Quarter** Check in by April 14

July 1– September 30 **Third Quarter** Check in by July 14

October 1-December 31 **Fourth Quarter** Check in by Oct 14