



Million Hearts Workshop: Worksites

Caring Starts with You Employee Wellness Program

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Agenda

- SLUHN Employee Wellness Program
 - 2014 Process
 - 2014 Data
 - SLUHN Wellness Resources & Programs

Caring
starts with you



2014 Employee Wellness Process

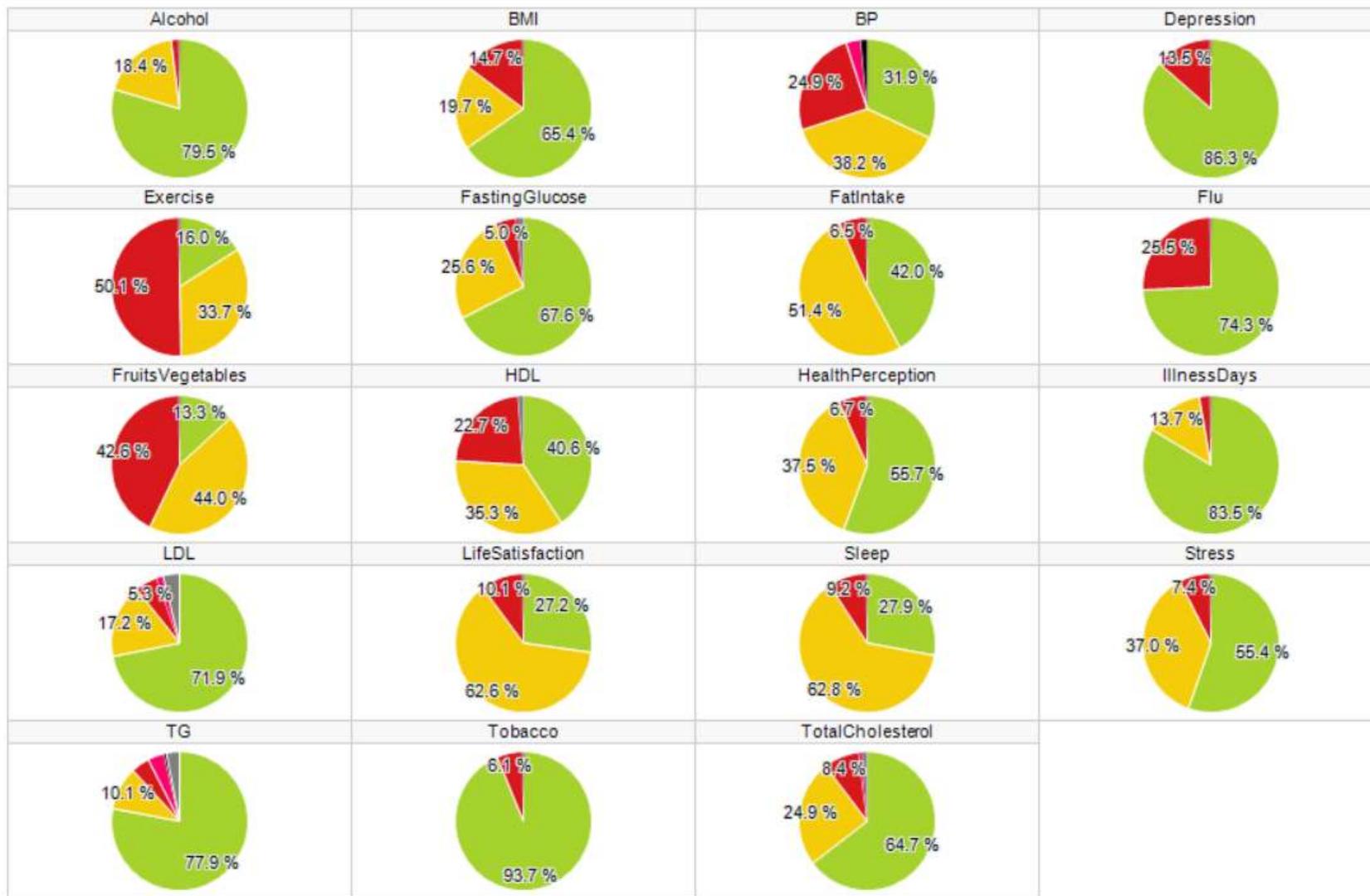
1. Login into eVantage patient portal, print lab slip
2. Draw labs at a SLUHN network lab
3. Use kiosk for BP and weight
4. Complete online health assessment
5. Receive personal health report

94% participation!





Employee Wellness – 2014 HRA Data





More Employee Wellness Resources...

- St. Luke's Rodale Institute Organic Farm
 - Locally grown, organic produce throughout our network.
 - Used in cafeterias and served to patients, employees, and visitors
 - Farms stands for produce purchase at campuses
- Community Garden
- Network-wide Community Supported Agriculture (CSA) Program
- Tail on the Trail
 - Partnership between SLUHN and Delaware & Lehigh National Heritage Corridor (D&L)
 - Encouraging physical activity in our community
 - Use of trails and logging of miles to track progress toward goals and prizes
- Fitness Centers





■ Questions?

