

Online Proposals

LEAD PRESENTER

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Comprehensive List of Conference Presentations for LEAD Presenter:

no conference presentations yet!

Presentation Title:

Wellness Pays

Track: Wellness Promotion
Program Level: beginner

Target Audience: Health Care Professionals
Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

not yet.

Abstract:

Wellness Pays, a hospital based associate/spouse comprehensive wellness program, was born out of a NWI Conference 5 years ago, a series of trainings led by Larry Chapman, training at the Cooper Institute, and a interested, but cautious CEO. Using WELCOA's "good, better, best" philosophy, participation at annual screenings hovers at 80%, the program offers strong incentives and good programming. For the 1st time in Arkansas, Wellness Pays won a silver worksite wellness award from WELCOA this year.. Working with the hospital's insurance company to identify high claims, programming is ever changing to intervene with the causes: diet, obeseity, diabetes, high cholesterol, smoking, lack of activity, high numbers of cancer. This presentation shows the newcomer to wellness exactly the "How to's" of a multi-site, no space to have activities, little interest, little money , 1300 employees hospital wellness program. For the skeptics of wellness, this presentator shows exactly how everyone can do a lot with a little.

Measurable Objectives:

1. Participant will be able to organize an effective wellness team to guide a new/existing program. 2. Participant will learn how to move resistant participants from an unhealthy state to a more healthy state. 3. Participant will learn "tricks of the trade" to be able to run a more effective as well as a more efficient program.

Program Outline:

- A. Organizing the Program
- B. Running the Program
- C. Evaluating the Program
- D. Continuing the Program

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Program Bibliography:

Larry Chapman, "Certified Program Coordinator, Manager" Training
Wellness Council of America (WELCOA)
National Wellness Institute (NWI)
Dr. Kenneth H. Cooper, Cooper Institute

Program Relevance to Conference Theme:

White County Medical Center, located in the middle of Arkansas, is committed to wellness!! In spite of a southern culture that screams of fried foods, fast foods, little activity, little education on caring for one's body, the hospital is beginning its 5th year into a comprehensive wellness program designed by professionals and implemented by those who are learning and those who care. The Healthworks Director reaches out to those who know for help and guidance. She travels to conferences, to hospitals in California and North Carolina for ideas to stretch the program to be the best it can possibly be. "Wellness Pays" is ever changing, but always staying with the Health and Productivity model that Larry Chapman teaches at NWI conferences.