



# Wisconsin Wellness Program Favorites

**Worksite Name:** Shawano Medical Center

**Contact Person**

**Name** Carey Grieves

**Email** cgrieves@shawanomed.org

**Phone** 715-526-7163

**How would you categorize your company?**

Healthcare

**How many employees are in your company?**

> 300

**How would you classify the initiative?**

Behavioral Program, campaign or intervention (i.e. 10,000 step program, or exercise classes)

**What's the primary focus area for your initiative?**

Weight Management

Chronic Disease Management

**Wellness Program Favorite Overview:**

**Name of the initiative:** Know Your Numbers

**Purpose:** Provide employees awareness of their 'numbers' (blood pressure, weight, body composition (body fat percentage)).

**Brief Description (1000 character maximum):** Several times during the year, we offer Know Your Numbers events. Our staff is available just after/before meetings that are either mandatory or highly attended to take blood pressures, body fat, and weight. We have Know Your Numbers cards that are wallet-sized we give out at our HRA's. Anyone, whether they did an HRA or not can participate, and can have all or just one of their 'numbers' taken. We also provide by appointment or before/after department meetings. 'Numbers' are confidentially taken, written down, and the scale reading is not visible to others. In November, we also do "Hold the Stuffing." Members weigh in independently and provide their weight in a confidential box in mid-November. To complete the challenge, they provide their weight again in mid-January and if they are within 2 pounds, they win a small prize.

**Evaluation:**

**Why was this initiative successful?**

Hold the Stuffing has been the most successful as it's so easy and so many people are concerned about holiday weight gain.

**What did employees like/not like about this initiative or receive from this initiative?**

That it's easy and someone was holding them accountable. Participants also received holiday tips every 1 1/2 weeks to avoid weight gain.

**What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative? Make it clear that they can use their scale at home.**

**Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.**

No