



Wisconsin Wellness Program Favorites

Worksite Name: Gundersen Lutheran Health System, Community and Preventive Care Services

Contact Person

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How would you categorize your company?

Healthcare

How many employees are in your company?

> 300

How would you classify the initiative?

Communication or promotional campaign (marketing campaign to promote participation)

What's the primary focus area for your initiative?

- Nutrition
- Weight Management
- Tobacco Cessation

Wellness Program Favorite Overview:

Name of the initiative: MyHealth Reward Program

Purpose: The Gundersen Lutheran MyHealth Reward program is an initiative that will help motivate your employees to become healthier, by rewarding those individuals that are already exhibiting positive health outcomes, or reward those individuals that are working to achieve specific healthier outcomes. Gundersen Lutheran has chosen several health outcomes to target based on their link to long-term health and health care costs.

Brief Description (1000 character maximum): Program conducted annually and reward provided each pay period to employees meeting criteria.

Tiered approach:

Complete Health Risk Assessment (HRA) & screenings but not meeting criteria: \$120/year

Complete HRA & screenings and meeting the criteria: \$360/year

Procedure:

1. Completion of HRA
2. Attend 10 minute screening appointment where we:
 - a) Measure height/weight, and calculate a body mass index(BMI),
 - b) Ask employee if they use tobacco. If they do not, a carbon monoxide test (CO) is done
 - c) Assess their status on preventive care exams based on age/gender.

Criteria:

- * Non-tobacco user or enrolled in an approved nicotine cessation program;
- * Non-obese (under 30) or enrolled in an approved weight management program; and
- *Current on preventive care or verification of upcoming appointments.

Evaluation:

Why was this initiative successful?

Help motivate employees to become healthier, by rewarding those individuals that are already exhibiting positive health outcomes, or reward those individuals that are working to achieve specific healthier outcomes.

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

Like that the reward is significant enough to go throughout the steps. Appointments were very quick. Employees were able attend on work time.

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?

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

No