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The Power of Partnership

UBT FAIR



A Week of THIP at
South Bay Medical Center



A Week of Activities



Total Health Is a Team Sport
...AND WE NEED YOU!

Ready to make a change to your health? Here is your chance! We will have a whole week dedicated to helping you improve your Total Health and qualify for a little bonus along the way!

Step 1- Register for the 30 Day Challenge at gettotal.com, for a daily health tip delivered to your inbox
Step 2- Come out and bring your team to all of the fun we have planned...

MONDAY, MARCH 31- KICK OFF YOUR HEALTH
Take Your Total Health Assessment-
7am-7pm In the PC View Computer Lab (2nd floor)

TUESDAY, APRIL 1- KNOW YOUR NUMBERS
Screening of your BMI, blood pressure, cholesterol, and smoking status-
10am-5pm in front of Coastline Parkview, in the Mobile Health Vehicle

*To schedule your appointment, visit <http://kp.southbay.healthcenter.com/screeningday> or 

WEDNESDAY, APRIL 2- FOOD AS MEDICINE
Knife skills, cooking demos, and AWESOME cookbook and knife drawing!
12pm- Knife Skills Class (makes meal prep quicker and easier)
12:30pm- Cooking Demos with Tiffany

THURSDAY, APRIL 3- EXERCISE AS MEDICINE
We will bring instant fitness to you and your team throughout the day!

FRIDAY, APRIL 4- MINDFUL MEDITATION
12pm- Tai Chi with Rick at the Coastline Center

www.tcrayton@kp.com

healthyworkforce
By the people who care

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Total Health Incentive
March 31-April 4, 2014

Get Ready	Get Set	GO!!!
<input type="radio"/> I took the Total Health Assessment - on March 31 - on my own (bring in proof)	<input type="radio"/> I had my health screenings done - at the MHV - at another time (bring in personal action plan from kp.org)	<input type="radio"/> Food As Medicine <input type="radio"/> Exercise As Medicine <input type="radio"/> Being Mindful

Food As Medicine
Keep it simple. Buy whole foods, shop local (like our farmers market), and cook at home more than you eat out!! You will feel the difference almost immediately!

Exercise As Medicine
Move your body as much as possible! Find something you enjoy and do it. Take your pick, walk, run, jump, swim, dance, skip, or bike- they are all great for you and your body!

In The Moment
Slowing down and being present in the moment can help you manage stress, feel happier, and connect with others. Give it a try, you only have stress to lose!

Kp.org/hwf

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For the people who care



Monday: Take the THA



- Did 101 THAs (from 7 a.m.-7 p.m. in computer lab)
- Union partners staffed the event
- Overhead pages every hour
- Rounding during event was KEY!
- Asked managers to release staff one or two at a time
- Giveaways and food were helpful



Tuesday: Update Your Screenings



- Pre-booked appointments for staff during rounding (www.ivolunteer.com)
- Did 152 screenings from 10am-4pm
- Health Education on-site to book classes



Wednesday: Eat Well

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- Knife skills and cooking class at Farmers Market
- Gave chef's knife to 1st 10 people with stamped passport
- Cookbook raffle for 4 copies of Plenty



Thursday: Move More

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- Rolling Instant Recess that went department to department
- Did “Happy” song
- Thrive champs signed up for 2-3 areas each



Friday: Find Joy

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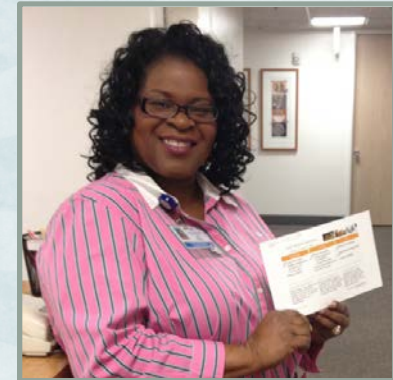


Tai Chi in courtyard at lunchtime



Helpful Hints

- ✓ Get leadership/management support
- ✓ Round with labor partners (take fliers)
- ✓ Use overhead pages to remind staff
- ✓ Offer incentives (size doesn't matter)
- ✓ Make it fun
- ✓ Take it to them
- ✓ Have something for everyone
- ✓ Include outlying MOBs and all shifts





Contact

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