Health & Wellness Updates
HR Rep Meeting
March 15, 2017
Melissa Morgan
Know Your Numbers

• 7,300 employees screened between January 17-March 2.
• Opportunity to earn an incentive for participation:
  - Completion of screening + Compass online health assessment = $150 for employees & spouses & SSDPs

Alternative Screening Options:
• Primary Care Physician- visits since November 15, 2016
• Employee Health Services- beginning April 3 by appointment

www.hr.emory.edu/KnowYourNumbers

*Employees have until November 15, 2017 to complete these options.*
Compass Health Assessment

How-to video walks you step by step!
Colorful Choices

- 6-week nutrition program. Online & smart phone app
- Participants encouraged to eat at least 5 produce servings each day, with a minimum of 3 vegetables.
- Emails with reminders, tips, and recipes
- Opportunity to win rewards at weeks 2, 4 & 6
- Registration: March 13-March 24
- Challenge: March 27- May 7
How You Can Help

• Communicate the program to your department
• Familiarize yourself with the FAQs
• Work with your Wellness Champion to coordinate events
• Actively participate in the program
• Encourage & support participants throughout the challenge

............and beyond!
National Walking Day

- Wednesday, April 5
- Walks at a variety of locations
- Shoe Donation and Recycling