



HEALTH & WELLNESS

Our mission is to promote and encourage healthy lifestyles to **enhance the quality of life** for the GVSU community and their families.

GVSU

**"TO BE RECOGNIZED AT A
NATIONAL LEVEL FOR THE HEALTH
AND WELL-BEING OF OUR
STUDENTS, FACULTY AND STAFF."**

Human Resources Health and Wellness Programs and Services

- **Insurance Benefits** - - - - -
- **Wellness Services** - - - - -
- **Work Life Consulting and EAP** - - -
- Certified Healthy Departments
- Health and Wellness Ambassadors
- Faculty and Staff Group Exercise: Gym discount program
- Employee discounts

Insurance Benefits

Medical • Dental • Life • Retirement
FSA • Pharmacy • Vision • Long-Term Care • HSA

Wellness Services

- Health Coaching Web experience
- Online health portal
- Diabetes Prevention Program

Work Life Consulting and EAP

- Consulting and wellness planning
- Conflict Resolution Process
- Departmental Support
- Presentations
- Series and events
- Communities of Support

Campus Partners

Flu Shots

(Kirkhof College of Nursing)

Office Ergonomics Program

(Occupational Therapy)

Rooms for Nursing Mothers

(Facilities Services/Womens Center)

Farmers Market

(Office of Sustainability Practices)

Partnership for a Healthier America, NCHA Survey, Wellness Summit

(GVSU Health and Wellness taskforce, and multiple other campus departments)

HEALTH & WELLNESS
BENEFITS WELLNESS WORKLIFE www.gvsu.edu/healthwellness



92%

Of GVSU students surveyed believe health and well-being of faculty and staff impact student success and learning.



Nearly 80 out of 100

Rating GVSU students gave for how important is it for faculty and staff to model positive health behaviors for students.

www.gvsu.edu/healthwellness

GVSU: A model for best practice in employee wellness



**MICHIGAN
FITNESS
FOUNDATION**



**Michigan
Wellness Council**
*Your resource for a
healthier workforce*



**American
Heart
Association®**
life is why™

Current Program

HEALTHY CHOICES WELLNESS PROGRAM

Deadline:
April 15th

2018 PROGRAM

Two required components:

- **Know Your Numbers** (Online Health Assessment *and* Biometric screen). **Deadline, April 15, 2018.**
- **Health Coaching.** If Health Coaching is required, participants must engage with a coach for 3 months. **Deadline, September 30, 2018.**

Monetary rewards:

- Up to \$500 for fac/staff and spouse participation
- Up to \$300 for fac/staff

Rewards administered directly into faculty and staff paychecks:

- Payout for Know Your Numbers component: May 2018 (\$100 fac/staff, \$100 spouse or household member).
- Payout for Health Coaching component: Fourth quarter 2018 (\$200 fac/staff, \$100 spouse or household member).

Issues and Opportunities

- **Confidentiality**
- **Better messaging/reduce stigma**
- **EEOC Regulations/ADA ruling**
- **Wellness program trends**
- **New Priority Health online rewards platform**



WE WANT
TO HELP
YOU...

THRIVE@GVSU

A wellness coaching program

- NO more Know Your Numbers. Thrive @ GVSU is replacing the Healthy Choices wellness program.
- Enroll during Open Enrollment in the fall (register your spouse or household member at this time as well).
- \$100 gift card* for completing the program (up to three months). Gift cards are administered by Priority Health and mailed directly to your home (*taxable).

