3 ye

**McKay-Cocker**

**Progression Report January-December 2012**

Employee Wellness Solutions Network [EWSNetwork] is presenting highlights from some of the collected health coaching data, summary of event initiatives and participation rates.

**Wellness Consultation Summary**

The wellness consulting summary report, outlining January-November 30 2012, is presented below:

**Wellness Consultation Highlights [July-November 30 2012]**

* Unique Users – 20
* Booking Rate – 94%
* Attendance Rate – 95%
* Cancellation Rate – 5%

|  |  |
| --- | --- |
| Number of Employees | 34 |
| Program Size (per week) | 3.00 |
| Timeframe (months) | 11.00 |
| Program Hours per Timeframe | 143.0 |
|  |  |
| Potential Apt | 258 |
| Hours for Appointments (hrs) | 129 |
|  |  |
| Bookings | 242 |
| % Booked | 93.80% |
|  |  |
| Attended | 230 |
| % Attended | 95.04% |
| Hours of Attended Apts | 115 |
|  |  |
| Cancelled or No-Show | 26 |
| % Cancelled | 10.74% |
|  |  |
| Cancellations or No-Show Rebooked | 14 |
| % Cancellations Rebooked | 53.85% |
|  |  |
| Actual Cancelled or No-Show Apts | 12 |
| % Actual Cancelled or No-Show Appointments | 4.96% |
|  |  |
| Hours Needed for Events (hrs) | 28 |
| Actual Hours Used from Events (hrs) | 17 |
| Hours Used from Unscheduled Events (spot consults, walkarounds, drop ins, re-bookings) | 13 |
| +/- Event Time | +2 |
|  |  |
| Unique Users | 20 |
| Percentage of Company | 59% |
| Avg Appts per user per timeframe | 11.50 |

**Wellness Initiative Summary Report**

**\*\*Newsletters and Virtual Wellness Challenges are Circulated Monthly**

| **Date** | **Duration** | **Type** | **Event Name** | **Description** | **#s** | **EWS Rep** |
| --- | --- | --- | --- | --- | --- | --- |
| **McKay-Cocker** | | | | | | |
| January 23-February 10 | 3 weeks | Group Challenge | New Year New You | 3 week awareness program with weekly tips on better nutrition, consistent exercise, better sleep and stress reduction. Winning team won catered lunch. | 20 | Heather Barrett |
| January 23-February 10 | 3 weeks | Email Campaign | New Year New You | 3 week individual wellness challenge designed to help staff get back on track in the new year. Task cards were handed out and if four healthy tasks were completed you would enter the prize draw. | all | Heather Barrett |
| February | All month | Kiosk | Blood Pressure | Awareness campaign to attract various learners into the wellness program. Incentive-based initiative. | all | Heather Barrett |
| February 20-March 23 | 4 weeks | PWP | Personal Wellness Profile campaign | Personal Wellness Profile Campaign to assess organizational health risks | 15 | Heather Barrett |
| February and March | Both months | PWP | PWP promotion | Laura encouraged staff to participate by dropping in, walkarounds [tip sheet] | - | Laura Bonter |
| February 29 | 12:00PM-1:00PM | Lunch n’ Learn | Healthy Hearts | Christina Hurtado from the HSF facilitated a lunch n' learn session on heart health. | 10 | Heather Barrett |
| March 14, 2012 | 12:00 PM - 1:00 PM | Wellness Committee | Wellness Committee Meeting | Bi-monthly wellness committee meeting with Meaghan Jansen to discuss the past and upcoming programs and initiatives. | 4 | Heather Barrett |
| March 22, 2012 | 2:30 PM – 4:00 PM | Walk Around and Outreach | Green Tea | Laura handed out green tea and supportive information | 29 | Laura Bonter |
| April 2012 | All month | Kiosk/Poster Display | Cancer Kiosk | For the entire month of April we will have the Cancer Kiosk on-site along with educational handouts for those who would like to take the information home to share with their families and friends. | ALL | Heather Barrett |
| April 4, 11, 18, 25 2012 | 4 weeks | Email Campaigns | Antioxidant Recipe Campaign | A four week antioxidant recipe campaign titled Recipes of the Rainbow as each week focuses on a different colour. | ALL | Heather Barrett |
| May 10, 2012 | 2:30 PM – 4:00 PM | Walk Around and Outreach | Dark Chocolate | Walkaround to support antioxidant campaign | 30 | Laura Bonter |
| May 16, 2012 | 1:00PM-2:00PM | Wellness Committee | Wellness Committee Meeting | Wellness committee meeting with Meaghan Jansen to discuss the past and upcoming programs and initiatives. | 3 | Heather Barrett |
| May 16, 2012 | 12:00 PM - 1:00 PM | Lunch And Learn | Naturopath Cancer Prevention Lunch N' Learn | Dr. Kristina Kastelenac facilitated a cancer prevention naturopathic lunch n' learn session. 6 staff participated. | 6 | Heather Barrett |
| May 23 to June 20 2012 | 5 weeks | Email Campaigns | EWSN Mini-Olympic Training EC | A five week email campaign to get staff ready for the main Olympics event. Each week focused on a different exercise. | ALL | Heather Barrett |
| July 2012 | All month | Individual | Water Challenge | Month long awareness challenge for staff on the importance of staying hydrated. | ALL | Heather Barrett |
| July 5, 2012 | 1:00PM-2:30PM | Walkaround and Outreach | Water Challenge | Laura handed out the individual challenge to all staff | 29 | Laura Bonter |
| July 4,11,18, 25 2012 | 4 weeks | Email Campaigns | Summer Eats | 4 week summertime healthy recipe email campaign | ALL | Heather Barrett |
| July 12, 2012 | 1:00 PM - 2:30 PM | Walk Around and Outreach | Healthy Hydration | Laura walked around with water and lemon for all staff. | 30 | Laura Bonter |
| August 1, 8, 15, 22, 29 2012 | 5 weeks | Email Campaigns | Summer Drinks | Five week summer drinks recipe campaign | ALL | Heather Barrett |
| August 9, 2012 | 1:00PM-2:00PM | Wellness Committee | Wellness Committee Meeting | Wellness committee meeting with Meaghan Jansen and Heather Barrett | 3 | Heather Barrett |
| September 10, 2012 | 2 weeks | Group Challenge | Own the Podium Team Challenge | Two week team challenge. Goal is to complete gold, silver and bronze tasks to earn your team medallions. The tasks involve exercise, nutrition, sleep and stress relief. | 18 | Heather Barrett |
| September 28, 2012 | 2:00 PM – 4:00 PM | Promotion | Yogurt Parfait Day | Yogurt parfait promo day for staff | 14 | Heather Barrett |
| October 2012 | All month | Kiosk/Poster Display | Stress Kiosk and Resources | Stress information kiosk and handouts for all staff. On-site for entire month. | ALL | Heather Barrett |
| October 4, 2012 | 3:30 PM - 5:00 PM | Individual Challenge | Lower Your Stress | Lower Your Stress personal awareness campaign circulated to staff | 25 | Laura Bonter |
| November 8, 2012 | 12:00 PM - 1:00 PM | Lunch And Learn | Stress Management Lunch N' Learn | Stress management lunch n' learn facilitated by Dr. Harris of Kay Harris Chiropractic and Wellness Centre | 6 | Heather Barrett |
| November 14, 2012 | 10:00 AM - 11:00 AM | Wellness Committee | Wellness Committee Meeting | Wellness committee meeting with Meaghan Jansen and Heather Barrett | 3 | Heather Barrett |
| November 14 to December 19, 2012  (Weds) | 6 weeks | Email Campaigns | 6 Weeks of Happy Holidays | 6 week awareness email campaign. Topics include: Caffeine holiday, Ways to give back over the holidays, Stress free shopping, Exercise to reduce stress, Healthy sleep and Feel empowered for 2013. | ALL | Heather Barrett |
| December 6, 2012 | 12:00PM-1:30PM | Lunch n’ Learn | Men’s Health | Cancer Society presented lunch n’ learn | 7 | Heather Barrett |

**Wellness Committee Meetings Summary Report**

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| --- | --- |
| March 14 | * Initiative recap – Green tea walk around. Antioxidant display and email campaign. Dark chocolate walk around. Naturopath LNL – cancer risk reduction * Upcoming initiatives – Olympic Trials – May 30-June 20. 5 week email campaign followed by a one day Olympics event. |
| May 16 | * Olympics – email campaign sent. Event day cancelled. * Upcoming Programs – Fruit and Vegetable individual challenge. Yogurt parfait day. Summer eats and drinks email campaign. |
| August 9 | * Initiative recap – Hydration challenge and walk around. Summer eats and drinks email recipe campaign. * Upcoming Initiatives – Own the Podium team challenge in September * October – Lower your stress individual challenge, kiosk and resources * November – 6 Weeks of Happy Holidays De-stress Guide. * December – Stay Fit For the Holidays – awareness challenge |
| November 14 | * Initiative recap – Own the Podium Challenge and yogurt parfait promo. De-stress focus * Upcoming programs – Stress and the Nervous System LNL – Dr. Jeff Harris. * Jan/Feb – 4 Part de-stress out series. Desk Yoga * March – Soup off |

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| **McKay Cocker – Jan-June 2013 At-A-Glance [subject to change as per wellness committee, needs and interests]**  **PWP Focus [weight management, improved fitness, nutrition, heart health, stress]** | | | | | | | | | | | |
| **Initiative** | **Jan** | **Feb** | | **March** | | **Apr** | | **May** | | **June** | |
| **INDIVIDUAL** | | | | | | | | | | | |
| Consultations | One-on-One Consultations – on-site | | | | | | | | | | |
| Individual | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events | | | | | | | | | | |
| PWP | March 4-15 | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | |
| Exercise Class/Series |  | |  | |  | |  | |  | |  |
| Lunch n’ Learns/Webinars |  | |  | | Healthy Detox | |  | | MOVE | |  |
| Workshop | De-stress Out (2) | | De-stress Out (2) | |  | |  | |  | | |
| Group Challenge  [team] |  | |  | | Soup Off | |  | |  | | Spring Scrabble |
| Virtual Challenge  [team] | Portal and Challenge tba | | | | | | | | | | |
| **AWARENESS** | | | | | | | | | | | |
| Newsletter | Ongoing Monthly Newsletter | | | | | | | | | | |
| Kiosk / Poster Display |  | | Mental Health | |  | | Detox | | Spring Activity | | |
| POD Posters |  | | | | | | | | | | |
| Sleeve Posters | n/a | | | | | | | | | | |
| Email/On-site/Pay-Stub Campaign |  | | Mental Health EC | |  | | Detox EC | | | |  |
| Walk Around | Tea with de-stress | | Tea with de-stress | | PWP Instructions | |  | | Salsa/Chips | |  |
| Promo Day |  | |  | |  | |  | |  | | |
| Wellness Challenge  [Individual] |  | | Mental Health IC | |  | | Low GI Eating | |  | |  |
| Virtual Challenge  [individual] | Virtual or Individual Challenge | | | | | | | | | | |
| Health Fair | TBA with Wellness Committee | | | | | | | | | | |
| Corporate Reporting |  | |  | | Q1 Report and PWP | |  | |  | | Q2 Snapshot report |