

EWSNetwork Program Testimonials

Employee and Management Testimonials – Program Effectiveness Participation

Wellness program success is realized if there is participation. EWSNetwork receives several employee testimonials on a regular basis. A few are highlighted here.

“Thank you to Karen and Gloria for hosting the “Know Your Numbers Day” on April 23, 2015. It was a wake-up call to me to find out my blood pressure was extremely high. I had no idea. Now, despite my busy hectic life, I am embracing a healthy lifestyle to improve my overall health. Thanks again ladies!”

“Thank you so much for doing the Sitting Disease Lunch and Learn yesterday. Quite a few of us have installed the Stretch Clock and you would not believe your eyes if you came in.. every hour on the hour.. the front office for sure is stretching together. We remind the back office to stretch as well. Craig even walked in from out back and saw us stretching and joined us. We all felt that the session was extremely informative and it is the buzz around the office. Craig said on his drive home he was “resetting his posture”... lol. Thanks so much!”

“It’s us that have to thank you! Everyone enjoyed your presentation very much. One of the linemen came up to me later and said it was one of the best Corporate Safety Meetings we have had. I have to thank you and Eden for that! I will be sure to recommend you to anyone looking for a great Health and Safety presentation.”

Health Risk Assessments - A foundational piece of strategizing the wellness programs, is analyzing the needs of the company and the needs of individual employees. The EWSNetwork Health Risk Assessment tool is referred to as a Personal Wellness Profile (PWP). The PWP gives participating employees key personal information such as cancer risk, coronary risk, fitness score and nutrition score as well as an overall wellness score. People pay particular attention to what their “health age” is. Having this personal report motivates employees towards engaging further with the wellness program to implement behaviour change. An in depth aggregate report for the company is also generated and has been highlighted under the Reporting Section. This report also provides a baseline of one more metrics to gather the story of impact and change. The PWP is re-visited every 1-2 years.

Employee Testimonial – HRA results

Hi Laura, great meeting with you today as always and I’m glad I happened to have my PWP from 2007 with me so we can compare some numbers to 2015.

Just in case you are wondering whether you and your team make a difference, you do.

Here are some hi-lites that I don’t mind sharing with you and the EWSN team:

Overall wellness score

2007 – 44/100

2015 – 74/100

Cookies for breakfast and lack of physical activity were not good habits

Nutrition status

2007 - 20/100

2015 – 62/100

Fitness status

2007 – 13/100

2015 – 61/100

Health age

2007 – 45.5 (real age was 43)

2015 – 47.5 (real age is 49)

If I was to suggest what was the most effective I would say the accountability and the monthly meetings. Meeting with Laura (and for those who meet with Debbie) is a good scorecard, reminder and good awareness of healthy habits. The fun challenges and e-newsletter are all helpful as well, but the face to face meetings are by far the most important.

On a personal note, 2 summers ago when EWSNetwork teamed up with Runners Choice to offer the 5k clinic at a discount which included the Halloween race, I took advantage and at the time was probably able to run about 500 meters without stopping. I have since completed 5 - 5 k runs and am consistently running 3 times a week with my eye on doing a 10k race this year. This, along with playing squash 2-3 times a week and watching my sugar and sodium intake, has made a big difference.

Thanks for all your help and encouragement and I feel better today about my health than I have over the past 10 years and will continue to improve.

Employee Testimonials – Overall Wellness Program

“I have participated in many wellness initiatives since starting here back in October: one on one consultations, Extreme Lifestyle makeover, stretch and strengthening classes. I am very pleased with the variety of programs and services offered by our Wellness program and often find myself bragging to friends and family about how focused on health and wellbeing Teledyne DALSA is. One on one consultations with Michelle are great, she has helped me with many of my fitness goals, helped me ease my reoccurring back pain with new stretches/exercises, and she seems very informed when talking about nutrition! Overall, I could not be happier with the Wellness program and I look forward to participating in more events in the near future!”

“The health and wellness program you and your team have implemented here at Waterloo North Hydro (WNH) is a program that has built a team of fitness craving junkies who challenge one another, who encourage one another and more importantly motivate and support one another in their health and wellness goals and objectives. It has given people opportunities to work together as part of team, coach one another and share ideas for healthy living whether they be recipes or fitness tips. Personally the program has helped me

to be a healthier (and smaller) person who more than enjoys the weekly workouts and has allowed me to meet and interact with people I may not have done so without the program. When I mention the program to friends and industry colleagues they all are more than impressed and jealous of the opportunities we have been provided as a result of the program.

Please keep up all the great work, it is more than appreciated.”

Management Testimonials

“Karen’s wellness lunch and learns are always packed with helpful information geared towards improving the health and wellbeing of City of Guelph employees. In less than an hour, she is able to cover a lot of important information while keeping participants engaged. Karen encourages questions and dialogue, ensuring that participants leave having received information they can adopt to their individual circumstances. The sessions are professional, informative and encourage healthy lifestyles. Karen’s knowledge, along with dedication and passion to wellness and living a healthy lifestyle, is evident in her presentations.”

- **Irena Zappia, HR Programs Specialist, City of Guelph**

“Our Wellness Program partnership with the Employee Wellness Solutions Network (EWSNetwork) was recognized with a 2014 national award from Benefits Canada, who honoured Libro with the Benefits Plan Engagement Award. Our staff have passionately embraced this program, which has seen high participation rates, as we strive to provide opportunities to our employees that support a healthy balance between work, family and community. Since we introduced the EWSNetwork Wellness Program, there has been positive trending in the number of sick days and health benefit usage.”

- **Stephen Bolton, President & CEO, Libro Credit Union**

“CAA Atlantic’s Wellness Program provided by Employee Wellness Solutions Network is an invaluable component of our commitment to the well-being of our staff. We have seen very active and enthusiastic participation by our staff and, based on staff feedback, it is very much appreciated and valued. The EWSNetwork program is an intricate element of the Staff Benefit Strategy of CAA Atlantic.”

- **Steve McCall, President and CEO, CAA Atlantic**

Our health and wellness has been an overwhelming success at Lakeside. When the concept was presented to me back a few years ago I was most impressed with the fact that it was so well organized and that it fit our companies culture and corporate responsibility goals so well. Receiving the metrics and also personal feedback through testimonials on a regular basis has supported the fact that this will be an ongoing program for Lakeside and it is now woven into the fabric of Lakeside’s corporate culture which I am so proud of. Providing a great place to work that pays attention to “Quality of Life” for each individual aligns so well with this health and wellness program. From a sheer ROI standpoint it has proven to reduce our benefit costs and in turn has made our employee’s healthier and therefore more productive.

- **Jeff Moore, President & CEO, Lakeside**