

Wellness @LLNL

Overview of Health Services Department
well-being programs with healthy lifestyle tips.

Presented by:

The Employee Assistance Program

The WorkingWell Team

<https://health.llnl.gov>



WorkingWell Team



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WorkingWell@Inl.gov



<https://health.inl.gov/ww/>

WorkingWell @LLNL

HEALTH SERVICES DEPARTMENT



Reframing Workplace Well-Being

Holistic Lens for Engagement

- Physical- nutrition, exercise
- Emotional- mental health
- Social- create a sense of belonging
- Environmental- accessibility to wellness resources

Key Messages for Well-Being

- Practice self-care
- Create a culture of well-being
- Develop social connections through healthy habits

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Find Your **Motivation** with WorkingWell Rewards



\$60  reward (up to 3x)



Deluxe Pasta & Beyond Maker
by Emeril Lagasse
170 Dollars



Power Impact Massaging Wand
by Tristar
78 Dollars



Ultra Water Flosser - Black
by Waterpik
85 Dollars



Cordless Neck & Shoulder Massager w...
by Homedics
120 Dollars



Clean Pro Rose Quartz Facial Cleans...
by PMD Beauty
148 Dollars



2-Way Coffeemaker w/ 12 Cup Carafe ...
by Hamilton Beach
81 Dollars



Sound Spa Ultra
by Homedics
72 Dollars



Track - Blood Pressure Monitor (Sta...
by iHealth
44 Dollars



Fitbit Versa 2™ (Stone/Mist Grey AI...
by Fitbit
177 Dollars



Body Cardio Wi-Fi Smart Scale - Whi...
by Withings
161 Dollars



Brio 14qt Digital Air Fryer
by NuWave
146 Dollars



14oz Personal Mini Blender
by Toastmaster
33 Dollars

Personalized 1:1 Services

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BIOMETRIC SCREENINGS



\$ OLR

A quick 20-minute appointment using a fingerstick to screen lipids and glucose numbers, blood pressure check, % body fat, followed by health coaching. Know your numbers to help prevent Metabolic Syndrome and understand your risks.

FLEXIBILITY & MOBILITY ASSESSMENTS



\$ OLR

A 45-minute appointment using a Functional Movement Screen to identify movement limitations in movements used in everyday life. This assessment will help you gain a better understanding of the relationship movement patterns play in our health and fitness goals and injury risk.

MIND BODY METABOLISM



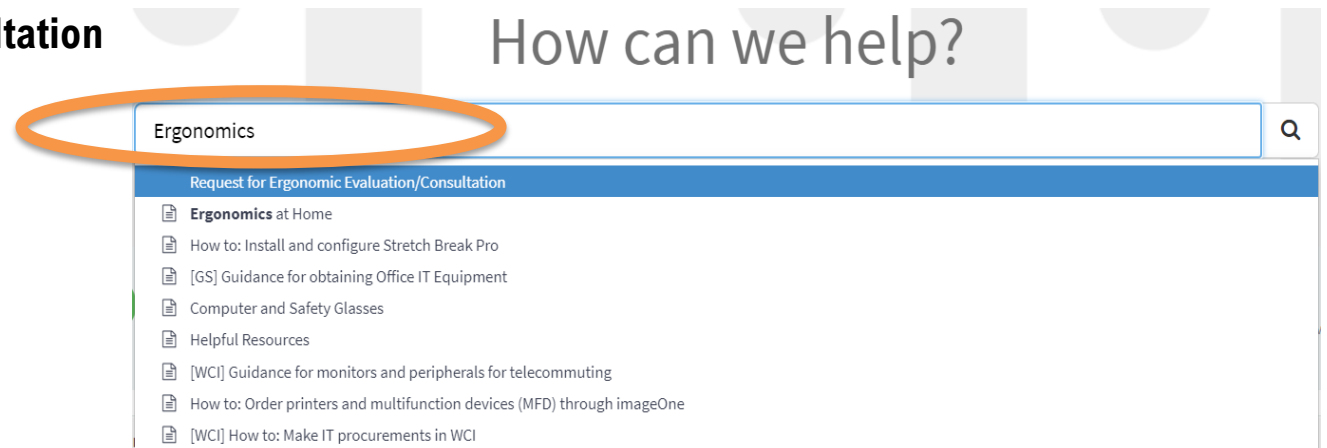
A 60-minute appointment using a Resting Metabolic Rate machine to determine your unique calorie needs. With this number in mind, the WorkingWell Team will create a personalized diet plan based on your unique needs using holistic nutrition recommendations.



HSD Ergonomics Program

Use ServiceNow for All Ergonomic Services Requested

- Separate ticket for each request i.e., home office, office onsite, lab
- Process
 - ServiceNow
 - Type in "Ergonomics" in search bar
 - Select **Request for Ergonomic Evaluation/Consultation**



Wellness Stations

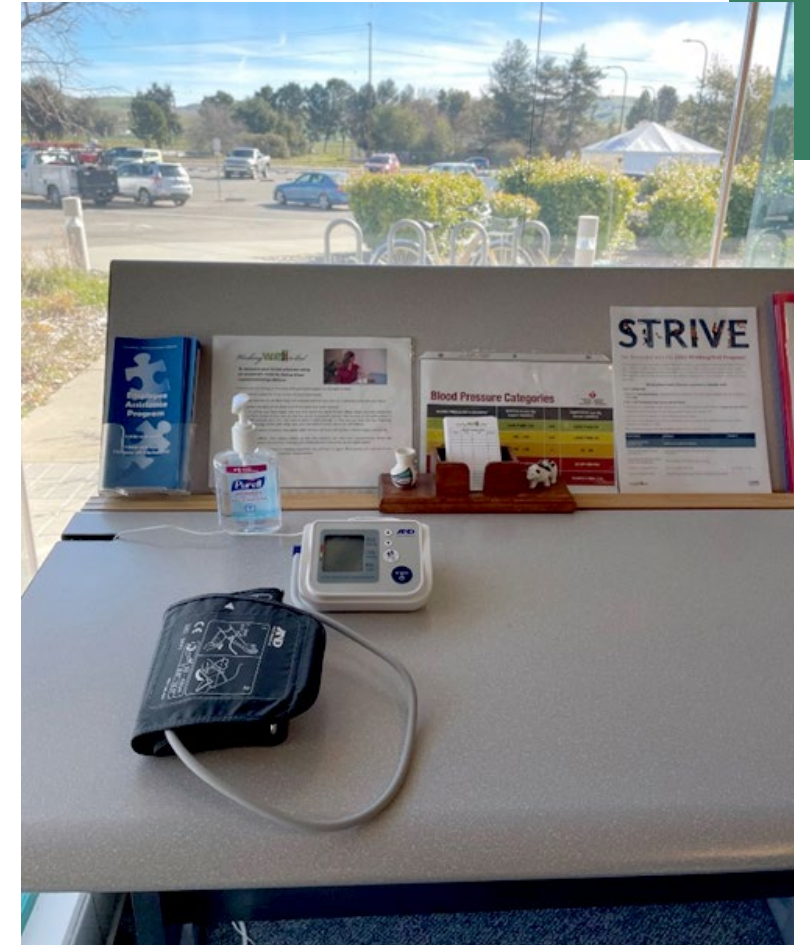
WorkingWell @LLNL

HEALTH SERVICES DEPARTMENT

65+ WorkingWell Wellness Stations at both Site 200 and 300 to help you prioritize well-being!

Focus on what matters most with accessible tools:

- Scale
- Blood pressure monitor
- Health education and service flyers
- Digital signage with WorkingWell resources



Join our Challenges!



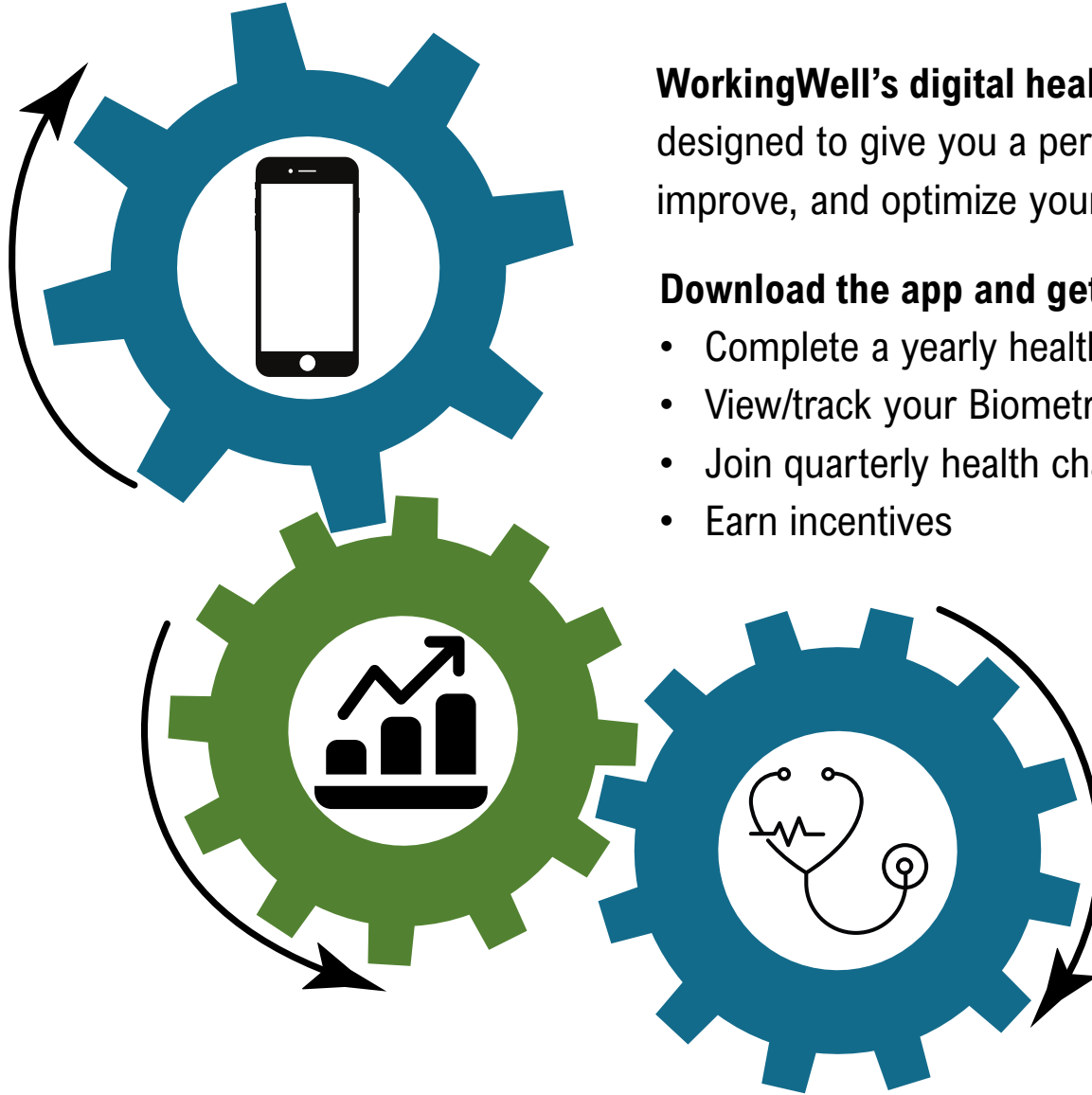
Get social with WorkingWell!

Our challenges invite individuals and team-based participation to build friendly competition through health habits!



WEBMD ONE

WORKINGWELL'S DIGITAL HEALTH PLATFORM



WorkingWell's digital health platform, powered by WebMD One, is designed to give you a personalized approach to track, maintain, improve, and optimize your health.

Download the app and get online!

- Complete a yearly health assessment,
- View/track your Biometric Screening data,
- Join quarterly health challenges,
- Earn incentives



ADDITIONAL FREE FEATURES:

- Virtual health coaching
- Daily habit trackers

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Can I Use the WorkingWell Digital Health Platform?

LLNS employees with appointments as Career Indefinite, Career Indefinite w/probation, or Flexible Term

- WebMD One Portal
- 1 adult dependent
- Rewards

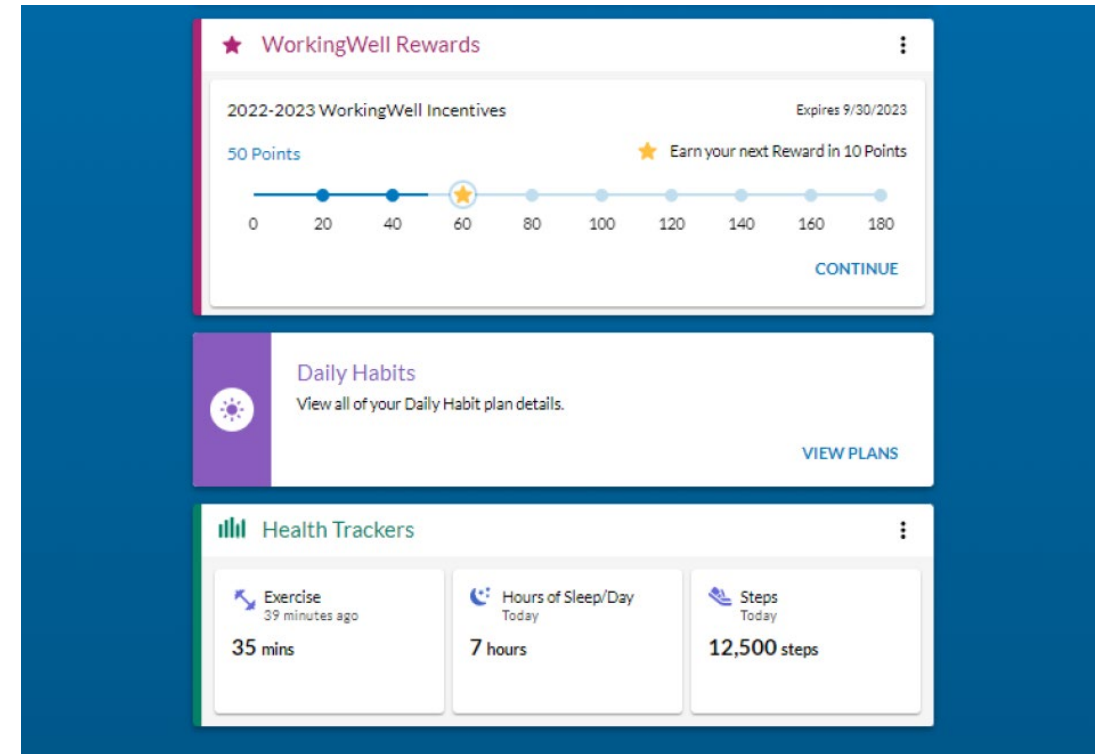
LFO employees and federal appointments

- WebMD One Portal
- 1 adult dependent

Contractors, scholars, students, and temporary employees

limited to onsite-activities posted on the WorkingWell website and Newslane

- Scholars and Students will have access starting October 2023!



WEBMD ONE:

Getting Started

01

STEP 1

Access the site and you will be prompted to **REGISTER**
mywebmd.llnl.gov

02

STEP 2

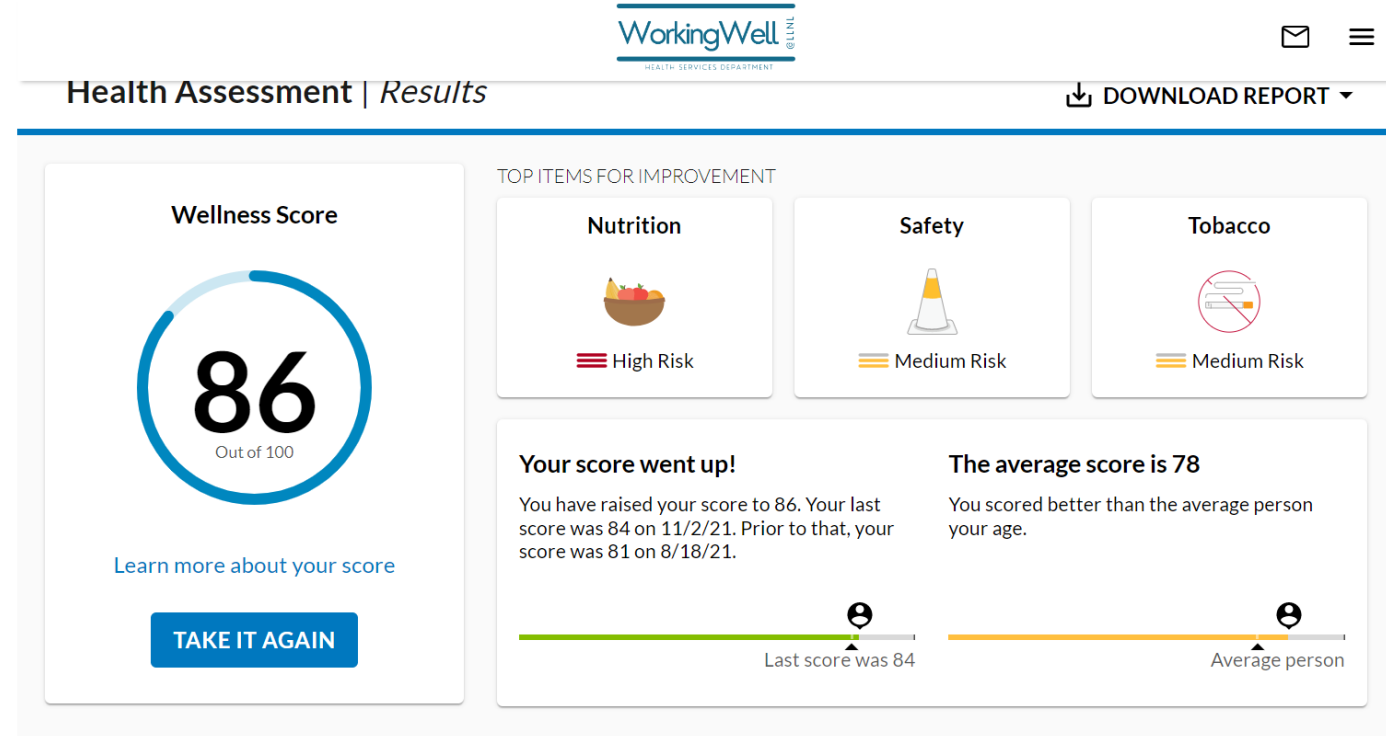


Complete your **HEALTH ASSESSMENT**

03

STEP 3

ACCESS RESOURCES and earn points for WorkingWell online rewards!






Wellness at Your Side Mobile App (Personal/Lab Device)

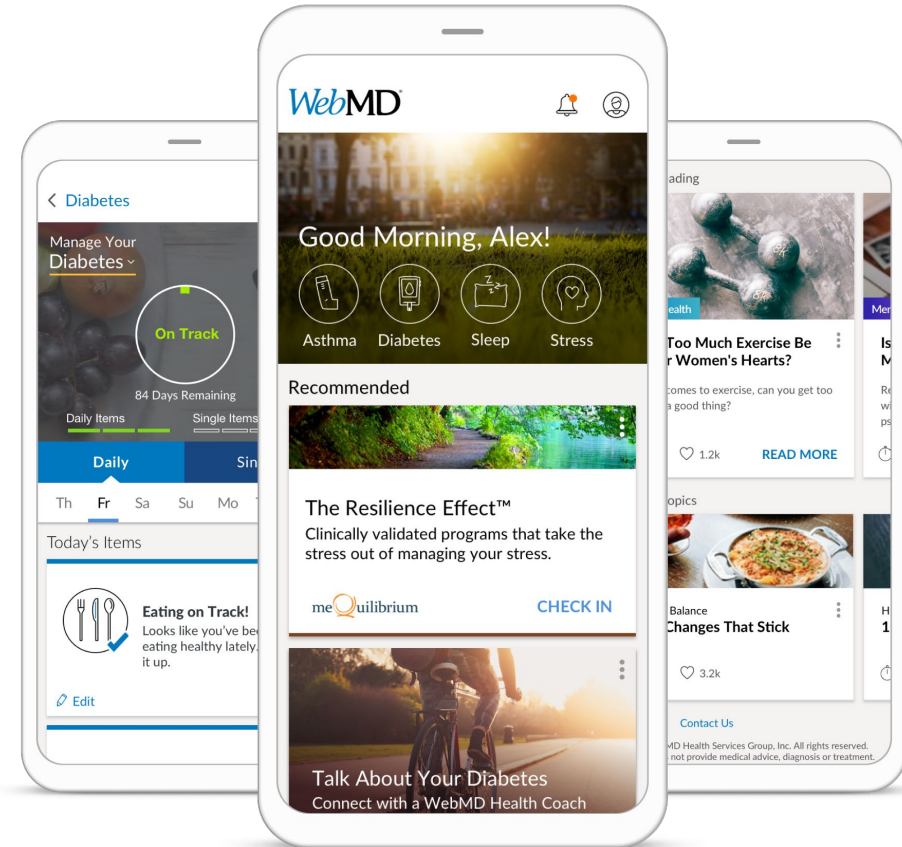


\$ OLR

Now Available on LLNL App Catalog!

Wellness at Your Side

Let's get your phone connected

- 1  Install the FREE Wellness app from one of these stores:
 
- 2 Open the app and enter this Connection Code:
LLNL

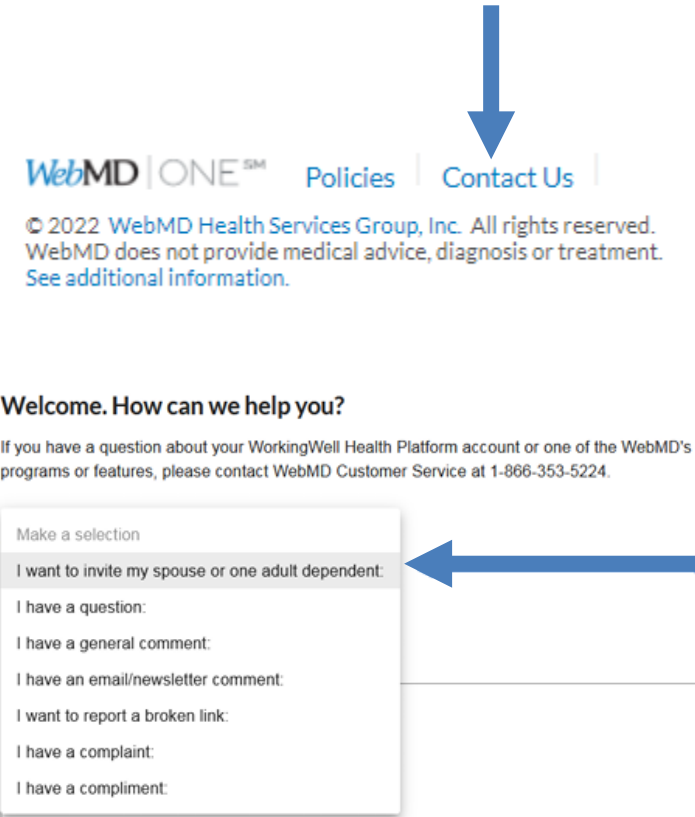


Dependent Registration

Invite your **spouse or one adult dependent*** of your choosing to participate in the WorkingWell Health Portal:

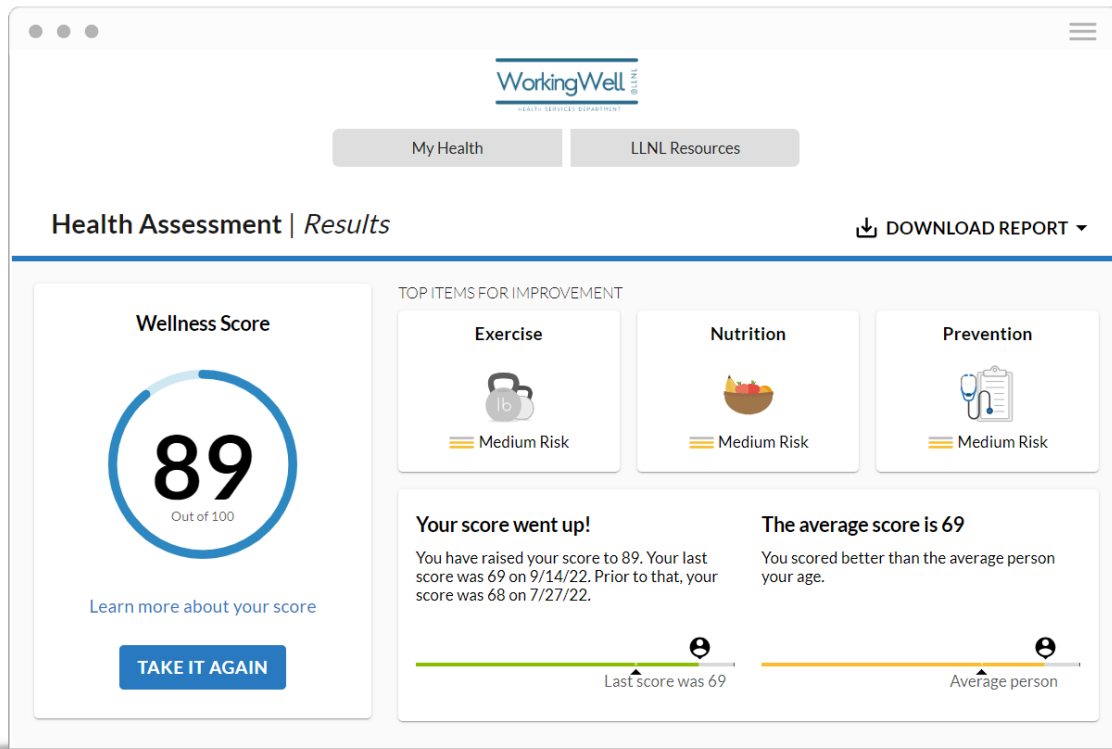
- Log into your account and click the “Contact Us” link at the bottom of any page
- Select “I want to invite my spouse or adult dependent”
- Include their first and last name in the request
- You will receive a response with instructions for your dependent registration (Please allow up to 7 business days)

*Dependents are not eligible to earn rewards or participate in Challenges



The screenshot shows the footer of the WebMD ONE website. At the top right, a blue arrow points down to the 'Contact Us' link in the navigation bar. Below the navigation bar, the copyright notice reads: '© 2022 WebMD Health Services Group, Inc. All rights reserved. WebMD does not provide medical advice, diagnosis or treatment. See additional information.' Below this is a 'Welcome. How can we help you?' section with a paragraph of text. A dropdown menu is open, showing several options. A blue arrow points to the first option: 'I want to invite my spouse or one adult dependent:'. Other options include 'I have a question:', 'I have a general comment:', 'I have an email/newsletter comment:', 'I want to report a broken link:', 'I have a complaint:', and 'I have a compliment:'.

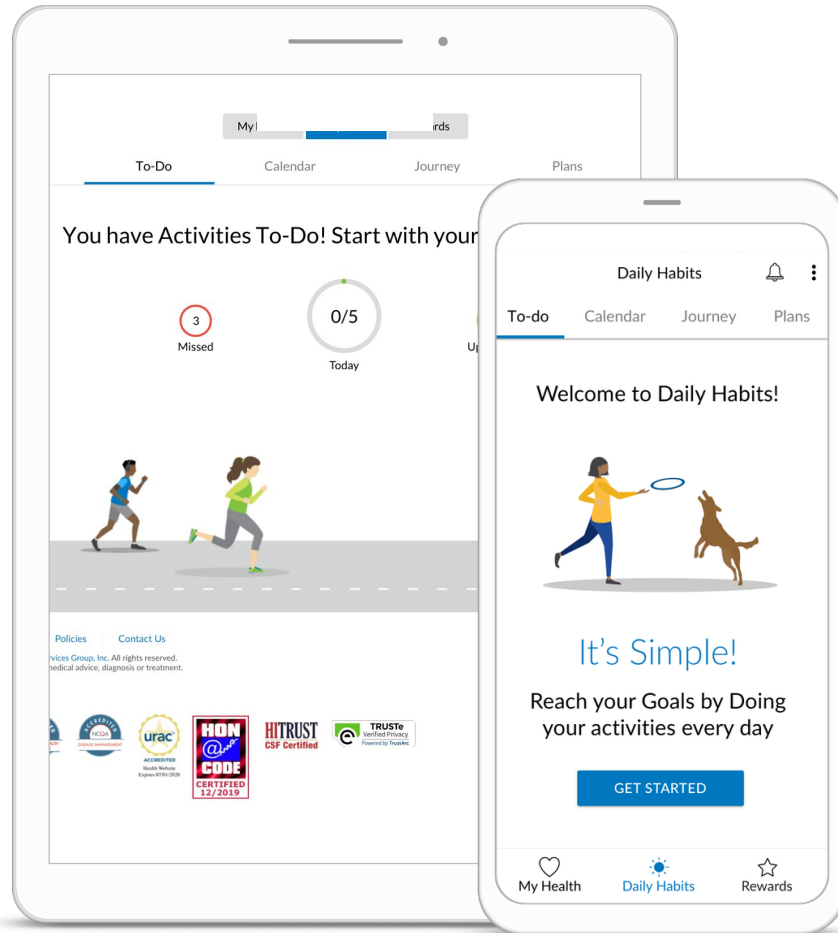
Health Assessment



\$ OLR

- Get more out of your digital health platform experience by completing the assessment
- Learn your individual health score
- Earn \$35 in rewards for completing (must be completed in order to redeem rewards for other activities)
- Earn a bonus \$15 in rewards if you complete by 1/31/2024!
- Your information is always confidential and secure

Daily Habits



- Daily Habits is a personalized digital support tool that enables you to track behaviors to drive positive habit creation
- Choose from a variety of plans to focus on what's most important to you
- Plans last from 28- 84 days
- Earn \$15 for completing one plan per month (maximum of \$60)



Lifestyle Health Coaching

Individualized guidance, mentoring, training, education and accountability.

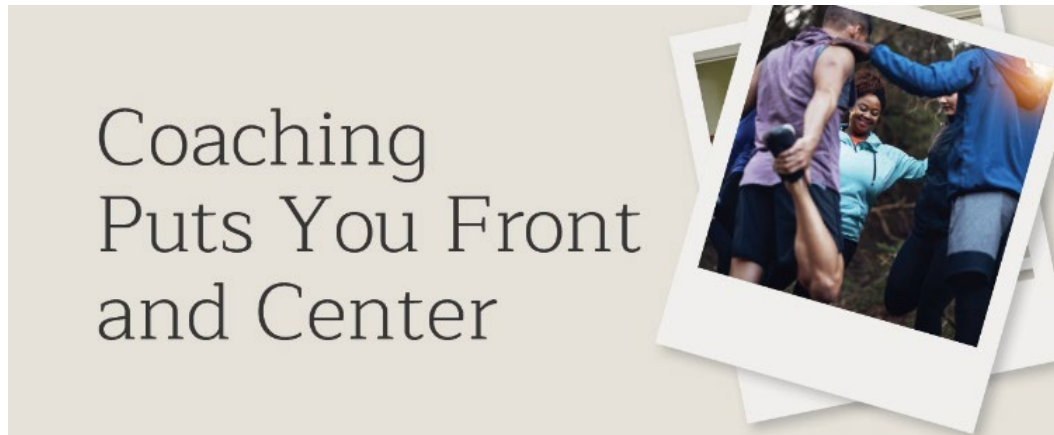
Confidential one on one support that addresses many facets of well-being including:

- Resiliency, diet, exercise, sleep and more.

Accessible through telephone or Coach Connect secure messaging in the digital health platform.

Earn up to \$70 in rewards for completing coaching sessions

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Schedule a session at mywebmd.llnl.gov or call 866-353-5224, option 2

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Group Coaching

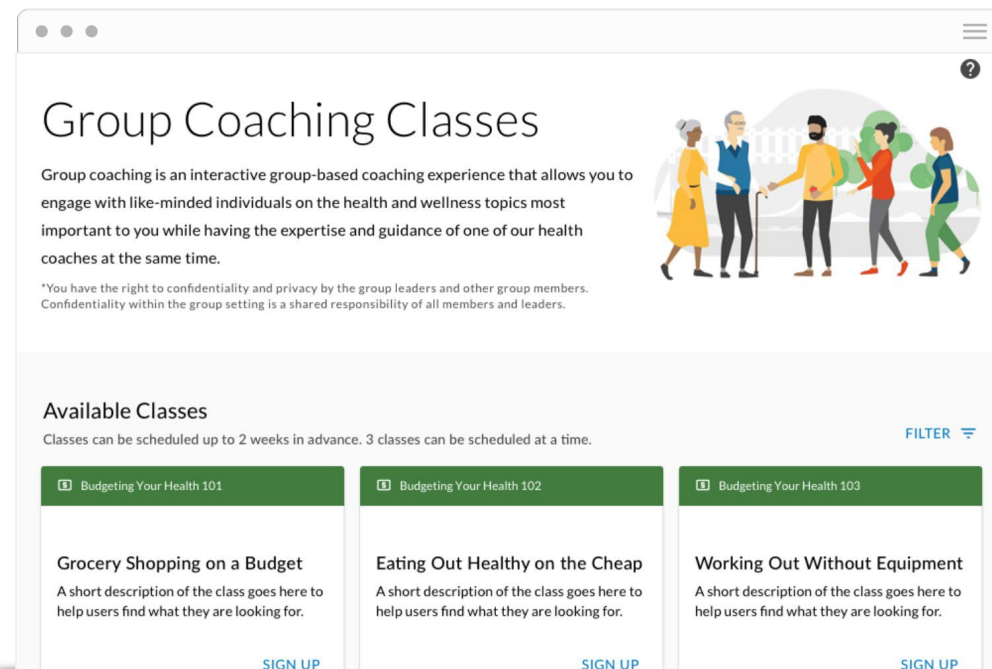
Live, video-based coaching program facilitated by trained and certified WebMD Health Coaches.

A group-based coaching experience to connect on wellness topics with the support of a certified Health Coach. You can choose from a variety of class topics.

Examples include:

- Get Healthy with Air Fryer Meals
- Experiencing Flow Yoga for Beginners
- Being SMART About Goal Setting
- Designing a Sleep Sanctuary

Earn \$5 in rewards per month for each Group Coaching class you attend.



The screenshot shows a webpage titled "Group Coaching Classes". The page features a header with the title and a sub-header: "Group coaching is an interactive group-based coaching experience that allows you to engage with like-minded individuals on the health and wellness topics most important to you while having the expertise and guidance of one of our health coaches at the same time." Below this is a disclaimer: "*You have the right to confidentiality and privacy by the group leaders and other group members. Confidentiality within the group setting is a shared responsibility of all members and leaders." The main content area is titled "Available Classes" and includes a note: "Classes can be scheduled up to 2 weeks in advance. 3 classes can be scheduled at a time." There is a "FILTER" button with a dropdown arrow. Three class cards are displayed, each with a title, a description, and a "SIGN UP" button. The classes are: "Budgeting Your Health 101" (Grocery Shopping on a Budget), "Budgeting Your Health 102" (Eating Out Healthy on the Cheap), and "Budgeting Your Health 103" (Working Out Without Equipment). An illustration of a diverse group of people is shown on the right side of the page.

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Conditions Management

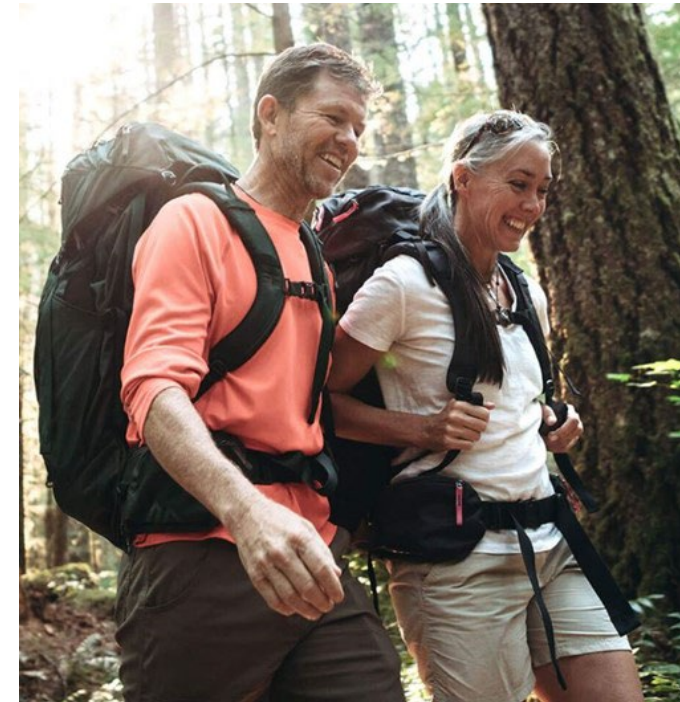
Optimize self-management of a condition through education, skills-training and 1:1 coaching.

Help managing the clinical aspects of a condition:

- Adhering to treatment plans and care pathways outlined by one's health care provider
- Taking medication correctly
- Monitoring progress

Condition Management areas of prevention

- Asthma
- Chronic Obstructive Pulmonary Disease
- Diabetes
- Heart Failure
- Coronary Artery Disease



Claiming Incentives

EARN UP TO \$180 WorkingWell Rewards

Claiming incentives is integrated through the WorkingWell digital health platform

- We've partnered with LLESA to offer LLNL branded rewards and specialty classes!
- Spend rewards in \$20 increments
- Not redeemable for cash

Start Earning Rewards! Health Assessment Completion is required to redeem any incentives

The screenshot displays the WorkingWell Rewards interface. At the top, the WorkingWell logo is visible, along with navigation tabs for "My Health" and "LLNL Resources". Below this, there are tabs for "My Rewards" and "FAQ". The main heading reads "WorkingWell Rewards" with a sub-heading "2022-2023 WorkingWell Incentives" and a progress indicator "2/9 Rewards Achieved". A progress bar shows points earned from 0 to 180, with a callout indicating "50 Points" at the 50 mark. A notification box titled "Next Reward" shows a goal of 60 points for a "\$60 WorkingWell Award" and indicates "10 Points needed". Below the progress bar, there are tabs for "Earn Points" and "View Rewards". A message at the bottom states: "Click here to review available rewards - you'll be able to redeem once you complete the Health Assessment!" and "You will earn 15 bonus points IF the Health Assessment is completed by January 31!".

Claiming Incentives Continued



- Access Online Rewards by clicking on the link in the Rewards Lobby
- A variety of items to choose from including activity trackers, electronics, household items and more!
- Deadline to claim your rewards through Online Rewards is 10/31/2024



Earn up to \$180 WorkingWell Rewards

WorkingWell Activities	Points (\$)
WebMD One Health Assessment	35
Download the Wellness at Your Side Mobile App	5
Connect Your Tracking Device *great for challenges!	5
WorkingWell Biometric Screening	10
WorkingWell Flexibility & Mobility Assessment	10
WebMD Virtual Health Coaching (unlimited sessions, earn up to 70 points)	10/session
Complete a daily habit program (earn up to 60 points)	15/program
Annual Wellness Challenge(s)	20-30/challenge

Devices & App Connection

The screenshot displays a user interface for connecting devices and apps. At the top, there is a search bar labeled "FIND YOUR DEVICE OR APP" with a magnifying glass icon. To the right of the search bar are two promotional banners: "Track and achieve your goals." with a star icon and "Earn rewards." with a blue ribbon icon. Below these are twelve app and device cards arranged in a 4x3 grid. Each card features a logo, a title, and a brief description.

App/Device	Description
Wellness at Your Side	Take charge of your well-being and get inspired to make positive lifestyle changes.
BodyTrace BPM	Accurate, Real-Time Blood Pressure Monitoring
FatSecret	FatSecret is an online tool to achieve your diet goals.
Fitbit	Fitbit offers wearable devices to help you lead a healthier, more active life.
Garmin Connect	Garmin designs, manufactures and markets GPS navigation, communication and sonar products.
iHealth	iHealth designs innovative, mobile personal healthcare products for everyone.
Life Fitness	Life Fitness is a global leader in providing fitness equipment.
Lumo	Lumo Lift helps you improve your posture, track your steps, sleep, and activity accurately.
MapMyFitness	Your workout, your device, anywhere, anytime.
MapMyHike	You may wander, but you'll never be lost.
MapMyRide	We're ready to ride, anytime, anywhere.
MapMyRun	You pound the pavement, we provide the motivation.

- Connect a variety of different apps and devices to your WebMD ONE account
- Download the Wellness at Your Side Mobile App and earn \$10
- Apple Health and Google Fit can be connected through the WAYS App
- Earn \$5 for connecting a device/app
- Plus, you can earn up to \$20 each quarter for tracking your movement!

WORKINGWELL Environmental Supports

WorkingWell offers various ways to support your health, no matter what your goals are.
Go to <https://health.lnl.gov/ww/> and click on Resources to learn more.



\$ OLR

Move More

Set a goal to add 200 more steps each week and work your way to that 10,000 step goal. Team Steps Challenge in November– Create a team and compete for the most steps!

Eat Healthy

Partnership with Sodexo to promote Mindful program. Our “**WorkingWell Approved**” icons are found at site 200 cafes to highlight options following a Mediterranean diet.

\$ OLR

Health Coaching

Employees have access to unlimited health coaching for support in establishing and maintaining healthy habits that matter most to each individual.

Social Connections

Monthly lunch and learns and group coaching focusing on a variety of topics including mindfulness, self-care, and healthy habits that connect people with similar goals.

Employee Assistance Program



Phone, WebEx, and On-Site Appointments

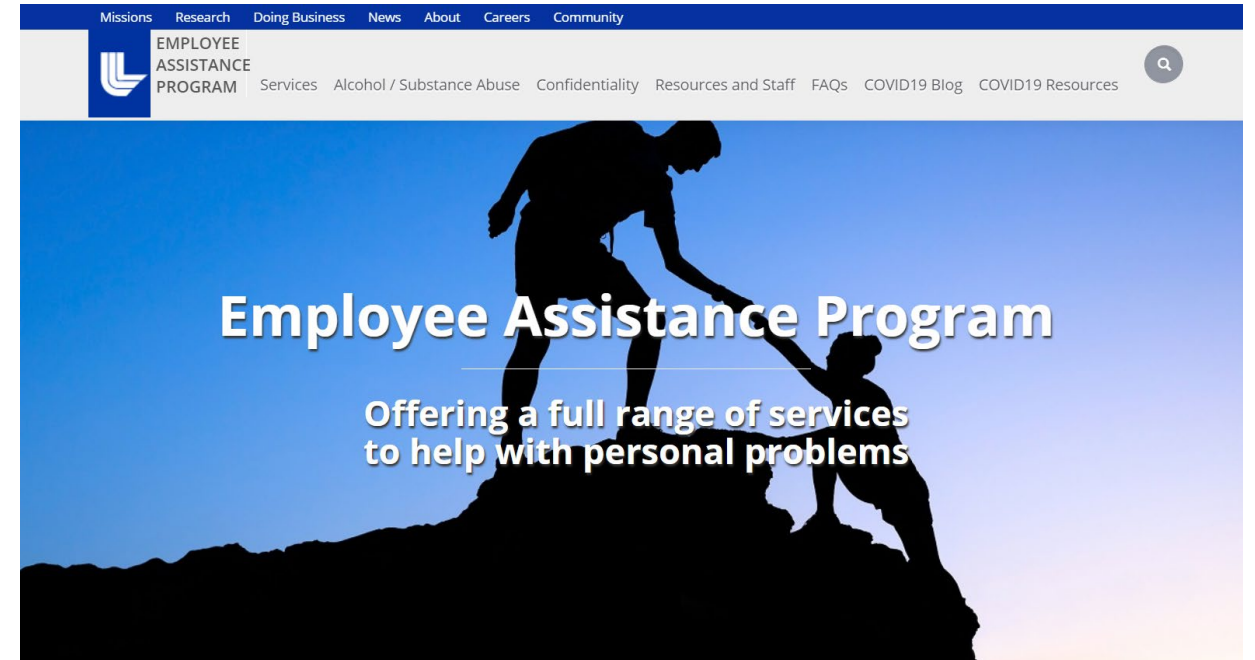
- Schedule (925) 423-6609

Consultation to Supervisors

Caregiver's Monthly support group

On-Site Services:

- Return to work
- Crisis response
- Certification evaluations



For more information visit eap.llnl.gov

Confidentiality & Clearance

Adhere to State Laws of Confidentiality

- Exceptions are disclosed and limited to safety
- NO reporting of who seeks services

Role of Department of Energy

- e-QIP: clearance investigation paperwork
 - Currently does not ask about counseling
 - Inquiry limited to hospitalization, substance misuse, and major mental health diagnosis (i.e. schizophrenia)
- Consent required for follow-up with EAP



Concern

External EAP

24/7 Phone Line: 800-344-4222

- Short-term counseling for employees and eligible family members via tele-health or in-person
- Better Help – online services
- Resiliency Hub
- Legal referrals
- Childcare referrals
- Financial counseling
- Eldercare assistance

<https://www.concernhealth.com>



Questions?

WorkingWell | <https://health.llnl.gov/>

Employee Assistance Program | <https://eap.llnl.gov/>

