Employee Wellness Program helps bring in the new year

After the holiday treats have been devoured, the presents have been opened and the frenzy to return gifts has passed, thoughts turn to the new year – and its accompanying resolutions. This year, resolve to live a healthier life with the help of Weber State University’s Employee Wellness Program.

“This is an excellent program that’s not used enough across campus,” says Travis Hampshire, Coordinator for Employee Wellness. Enrolling in the program begins with undergoing a series of assessments (bloodwork, physical assessment and a questionnaire on personal health habits) to determine a starting point. “Once we have all the assessments, we generate a report for the employee and then spend about 30 minutes reviewing what the best fitness options are for them personally,” says Hampshire. “Essentially, it’s your life, and if you don’t take care of it, nobody will.”

In 2001, over 700,000 Americans died of heart disease, making it the leading cause of death in the United States that year. With the rising costs of health care, it is more important than ever to live lifestyles that keep you in control of your health – and out of the hospital. Though 350 employees completed health assessments in the past year, Hampshire estimates that the Employee Wellness Program could accommodate 600.

Employees who enroll in the program have the benefit of using exercise equipment owned by the University, as well as the indoor track in the Physical Education building. Participants are also eligible for prize giveaways and other incentive programs. To learn more about the Employee Wellness Program, visit the website at http://programs.weber.edu/wellness/ or call Travis Hampshire at extension 6480.

Success Stories

I weighed over 300 lbs. when I went to have my blood tested at the Employee Wellness Center. I learned that my fasting blood sugar level was really high. I went to see my doctor and was diagnosed with Type II diabetes. It was then that I began my diet and exercise program. I lost about 100 lbs. It changed my life.

When my first child was about to be born, I decided that I wanted to make a life change. I met with Jill, an intern in the Employee Wellness Program. She knew what she was doing, and I was motivated by the fact that I was accountable to report my progress to her each week. Someone was there just waiting for me to get healthier. I started in August, and by May I had reached my goal of losing 150 lbs.

I was diagnosed with diabetes about a year ago. I decided that I wanted to be around for my grandchildren. The Employee Wellness Program was a very important part of that. They gave me a trainer. They offered classes about nutrition and exercise. Also, my department allows time each week for exercise, and I used mine religiously. In a year’s time, I lost a lot of weight, and I increased my endurance. It’s been a drastic change in my whole fitness level. It’s given me a new lease on life.

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Did you know...?

- The cost of the assessments offered by the Employee Wellness Program is approximately $75
- The cost of a nutrition consultation with a dietician is approximately $100-$150
- The cost of hiring a personal trainer is approximately $25-$100/hour
- The cost of joining a gym or health club is approximately $15-$50/month
- These are all services provided by the Employee Wellness Program at no cost to you

In addition...

Spouses and children (age 16 or older) of employees can enjoy all these benefits for $50/year per participant.
‘Learn’ Catalog to debut spring semester 2004

Faculty and Staff learning opportunities are plentiful at Weber State University. The University is dedicated to the growth and learning of all faculty and staff.

Starting spring semester 2004, a new publication called ‘Learn’ will be made available to all employees. ‘Learn’ will showcase the many training courses available on-campus during spring semester and contains information on how to register for the courses.

Look for a copy of ‘Learn’ in your mailbox the first week in January. The publication will be printed three times a year, corresponding with fall and spring semesters and summer term.

Also, you won’t want to miss your opportunity to win one of three $25 gift certificates to the Bookstore. Look for your copy of ‘Learn’ and find out how to enter the contest!

-- Jennifer Evans

Kudos!

To: Higher Education Academy Graduates
From: Higher Education Academy Advisory Board

Congratulations to the fall semester graduates of the Higher Education Academy! They are:

Jim Bergseng
Tom Borg
Melissa Freigang
Dane Graham
Carol Hansen
Bob King
Debi Sheridan
Kara Toone
Catherine Zublin

We are proud of your accomplishment and your dedication to Weber State University! Thank you for taking the time to gain knowledge about the industry you work in. Great job!

Anyone interested in participating in HEA should call Kara Toone at ext. 6388.

Don’t Forget!

All faculty and staff have an extra holiday on December 24.

Happy Holidays!

Note from Norm

With the deadline for Outstanding Performance Awards drawing near, I’d like to take a moment to explain the reasoning behind the effort to recognize employees for exceptional work.

One goal in our strategic plan is to have a system to reward exceptional work done by employees. A year and a half ago, the Outstanding Performance Awards were created to meet that goal.

A committee narrows down the nominations and then makes recommendations to me and other managers. We then give the final stamp of approval. Our goal is to have each department at Weber State represented. Awardees receive a monetary reward and a plaque.

Recognizing the excellent work of others is an important element of our division. I encourage you to take note of the outstanding performance of your colleagues and let me know about it through an Outstanding Performance Award nomination. The deadline is Dec. 31, so nominate someone today!

-- Norm Tarbox
Nomination Form

Administrative Services
Division Outstanding Performance Award

| Date: | | |
| Person making recommendation (name): | | Department and position: |
| Person or group being recommended (list all names): | | Position: |

Please state what, in your opinion, this person/group has done that should be recognized for outstanding performance and achievement. See the back of this form for criteria. For group nominations, include a thorough description of each individual’s contribution. Additional sheets will be accepted only for group nominations. For individual nominations, please limit your comments to this form only.

☐ I agree with the above statement.

______________________________            ________________________________
Signature (person making recommendation)                   Signature (department director/manager)

Nomination Forms will be semi-annually reviewed and awardees selected by the Rewards and Recognition Committee. Fall nominations are due December 31. Spring nominations are due June 30.

When complete, send this form to Quality Support and Training, M/C 1006.
What Makes a Top Performer?

What employees and managers at WSU feel make an outstanding employee:

- Outstanding communication skills
- Terrific flexibility
- Great problem solver
- Great problem preventer
- Safety advocate
- Outstanding effort
- Very responsible
- Very reliable
- Goes the extra mile
- Great customer service
- Self-starter
- Very productive

If you take all of these skills and apply them to our performance review (PREP) criteria, this would be your outstanding performer:

- Outstanding job knowledge
- Outstanding quality
- Outstanding self management
- Outstanding community and teamwork (interpersonal relations)
- Outstanding leadership