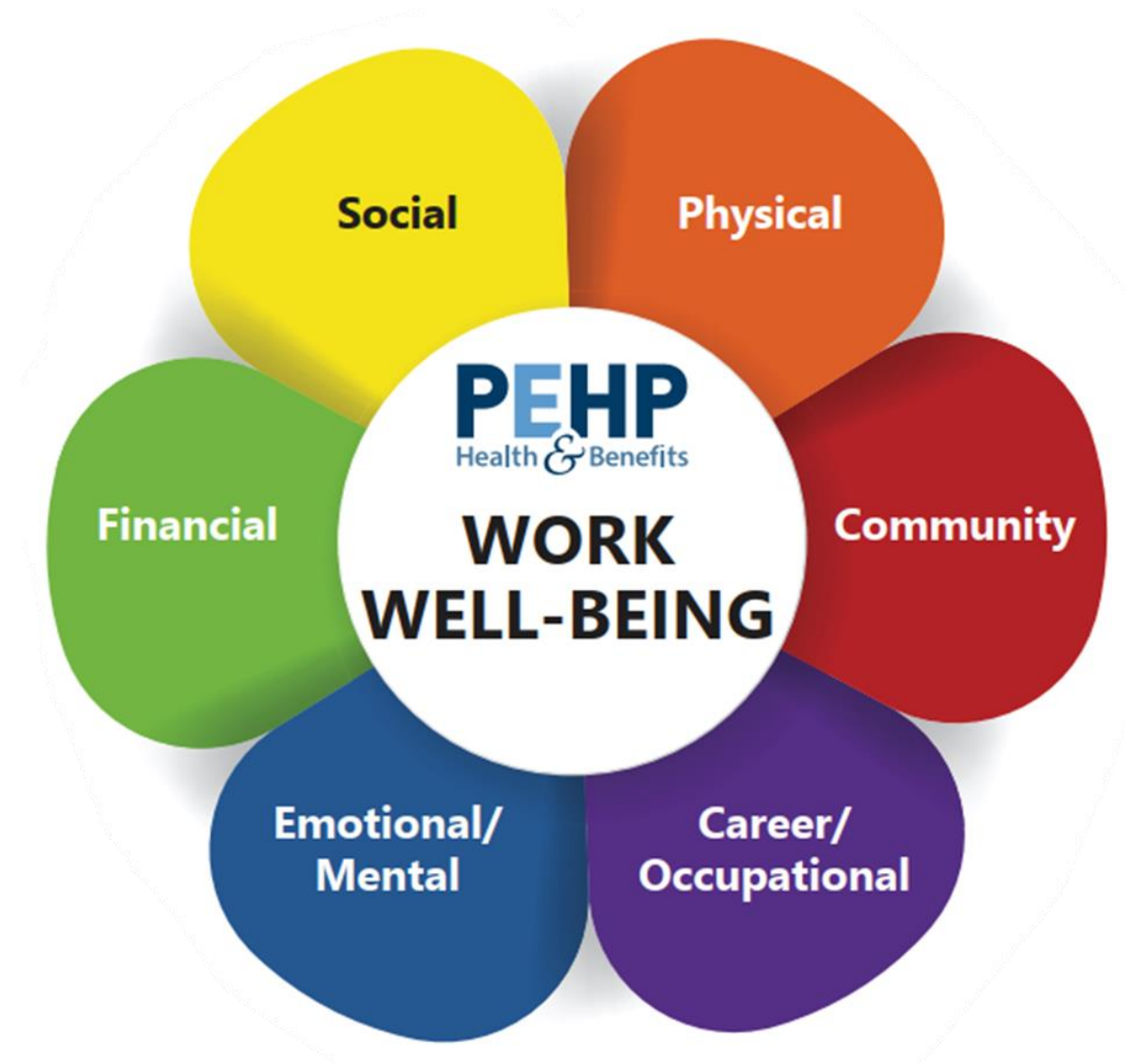


2023-2024 Work Well-Being Awards

Physical Well-Being Awards



1-25 Employees

Physical Well-Being

1st Place

USOR Logan - Northern Lights

2nd Place

Ash Creek SSD



Iron Man Challenge

July 12-26

S U M M E R

P A S S P O R T

C H A L L E N G E



26-50 Employees

Physical Well-Being

1st Place

DCFS Oquirrh

2nd Place

Wasatch Front Regional Council

Honorable
Mention

Enoch City
DCFS Orem



51-100 Employees

Physical Well-Being

1st Place

Wasatch County Health Dept

2nd Place

DCFS Salem

Honorable
Mention

4th District Court Spanish Fork



**Get Active At
WORK!**



101-250 Employees

Physical Well-Being

1st Place

Utah Public Health Laboratory

2nd Place

Millard County

Honorable
Mention

Four Corners Community Behavioral Health



251-500 Employees

Physical Well-Being

1st Place

Dept of Natural Resources
Lehi City

2nd Place

Tooele County



lehiwellness

PHYSICAL · FINANCIAL · EMOTIONAL · COMMUNITY · CAREER · SOCIAL

2023/2024 Point Tracker



ABOUT THE WELLNESS PROGRAM

Name _____

2023/2024 Point Tracker

Points and Participation Expectations

- 12 total points is the minimum number of annual points you'll need to complete this annual program.
- 2 of the 12 points must be earned from the "required points" category/area.
- Record the DATE you completed or participated in the wellness activity (add a description if necessary).
- All activities have the value of 1 point unless indicated otherwise next to the wellness activity.
- Earning OVER the 12 annual points can earn you Award(s) points!

Wellness Year, Tracking Period, and WHY

- Participation is 100% Voluntary but is highly encouraged in an effort as a way we can keep our medical expenses down and affordable.
- Participating/Tracking during this period of time will result in Lehi City paying YOUR portion of the bi-weekly premium for the health plan year beginning on May 1, 2024 and goes through April 30, 2025.



Tooele County Wellness Program

Daily Healthy Habits Tracker

Month: January

Employee Name: Theresa

Department: Theresa

Daily Exercises

Daily exercise is important to keep you healthy. You should get at least 30 minutes of exercise every day. For every day you exercise, you will receive 1 point for 20 minutes, 3 points for 30 minutes, and 6 points for 48 minutes.

	SUN	MON	TUE	WED	THUR	FRI	SAT
1	1	1	3	3	3	3	3
2	1	1	3	3	3	3	3
3	1	1	3	3	3	3	3
4	1	1	3	3	3	3	3
5	1	1	3	3	3	3	3
6	1	1	3	3	3	3	3
Total Points - Exercises	1	1	3	3	3	3	3

Track Daily Steps

Increase the number of steps you take every day and keep track of it daily. You will receive 1 point for 8,000 steps, 3 points for 7,000 steps, and 3 points for 10,000 steps.

	SUN	MON	TUE	WED	THUR	FRI	SAT
1	1	1	3	3	3	3	3
2	1	1	3	3	3	3	3
3	1	1	3	3	3	3	3
4	1	1	3	3	3	3	3
5	1	1	3	3	3	3	3
6	1	1	3	3	3	3	3
Total Points - Steps	1	1	3	3	3	3	3

Stay Hydrated (Water)

	SUN	MON	TUE	WED	THUR	FRI	SAT
1	1	1	3	3	3	3	3
2	1	1	3	3	3	3	3
3	1	1	3	3	3	3	3
4	1	1	3	3	3	3	3
5	1	1	3	3	3	3	3
6	1	1	3	3	3	3	3
Monthly Point Totals	1	1	3	3	3	3	3

Fruits & Veggies

You should increase the amount of fruits and vegetables you include as part of your daily consumption of fruits and veggies. You will score 1 point for 3 servings, 3 pts. for 4 servings and 6 pts. for 6 servings.

	SUN	MON	TUE	WED	THUR	FRI	SAT
1	1	1	3	3	3	3	3
2	1	1	3	3	3	3	3
3	1	1	3	3	3	3	3
4	1	1	3	3	3	3	3
5	1	1	3	3	3	3	3
6	1	1	3	3	3	3	3
Total Points - Fruits/Veggies	1	1	3	3	3	3	3

Avoid Sweets/Junk Food

It's okay to treat yourself occasionally, however having sweets and junk food too often can have negative health side effects. Give yourself 5 points for every day that you avoid sweets or junk food.

	SUN	MON	TUE	WED	THUR	FRI	SAT
1	1	1	3	3	3	3	3
2	1	1	3	3	3	3	3
3	1	1	3	3	3	3	3
4	1	1	3	3	3	3	3
5	1	1	3	3	3	3	3
6	1	1	3	3	3	3	3
Total Points - Sweets/Junk	1	1	3	3	3	3	3

Monthly Point Totals

	SUN	MON	TUE	WED	THUR	FRI	SAT
1	1	1	3	3	3	3	3
2	1	1	3	3	3	3	3
3	1	1	3	3	3	3	3
4	1	1	3	3	3	3	3
5	1	1	3	3	3	3	3
6	1	1	3	3	3	3	3
Monthly Point Totals	1	1	3	3	3	3	3

500+ Employees

Physical Well-Being

1st Place

Dept. of Corrections South

2nd Place

Wasatch Co. School District

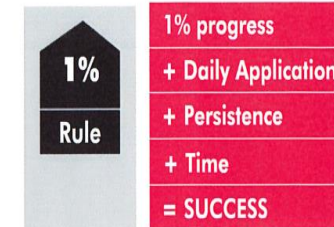
Southern EEC Wellness introduces:

THE 1% FITNESS CHALLENGE

Tommy Baker in his book, "The 1% Rule" explains what this means.

The 1% Rule: 1% progress + daily application (consistency) + persistence (focus) + time (endurance) = success. When focused on small daily actions tied to a larger vision, you can feel invigorated and inspired, and move the needle.

The "1% Rule" is if you can just consistently and persistently be 1% better at what you do each day, over the course of a year or a decade you will make significant progress.



WCSD EMPLOYEE WELLNESS PROGRAM
CHALLENGE

Table Manners

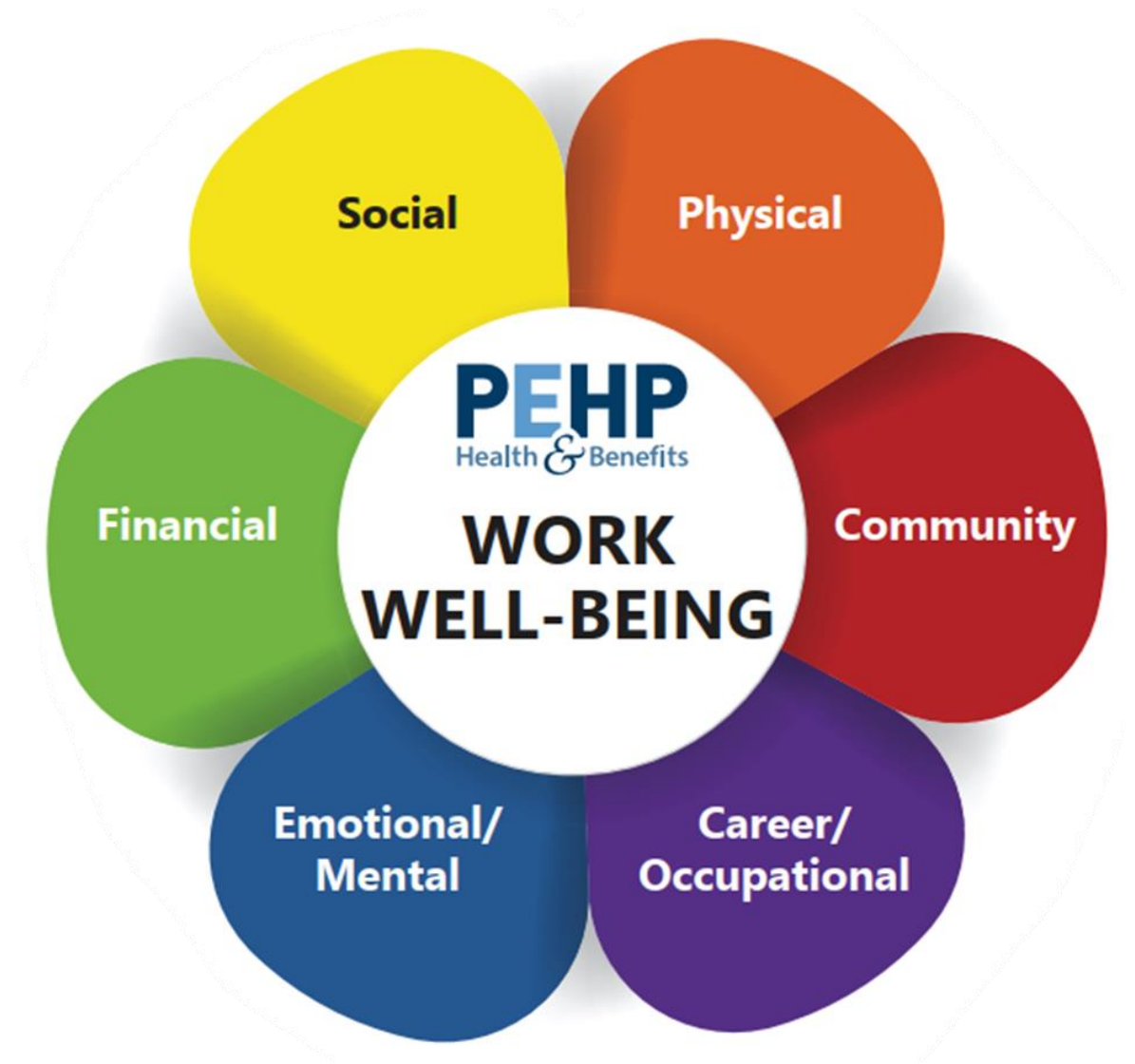
Focus on HOW You Eat

NOT what you eat

SEPT 20TH - OCT 11



Community Well-Being Awards



1-25 Employees

Community Well-Being

1st Place

USOR Voc Rehab – Valley West

Valley West Wellness Committee
Presents

Going Green/Earth Week



26-50 Employees

Community Well-Being

1st Place

Town of Springdale

Honorable
Mention

3rd District Court West Jordan



The Pen Pal Project

Would you be willing to write some letters to some kids in the 4th grade?

If you are interested, then all we need is your name. Please ask Ronda to add your name to the Pen Pal list.

51-100 Employees

Community Well-Being

1st Place

Tooele Technical College



101-250 Employees

Community Well-Being

1st Place

Weber Valley Youth Center - JJYS



500+ Employees

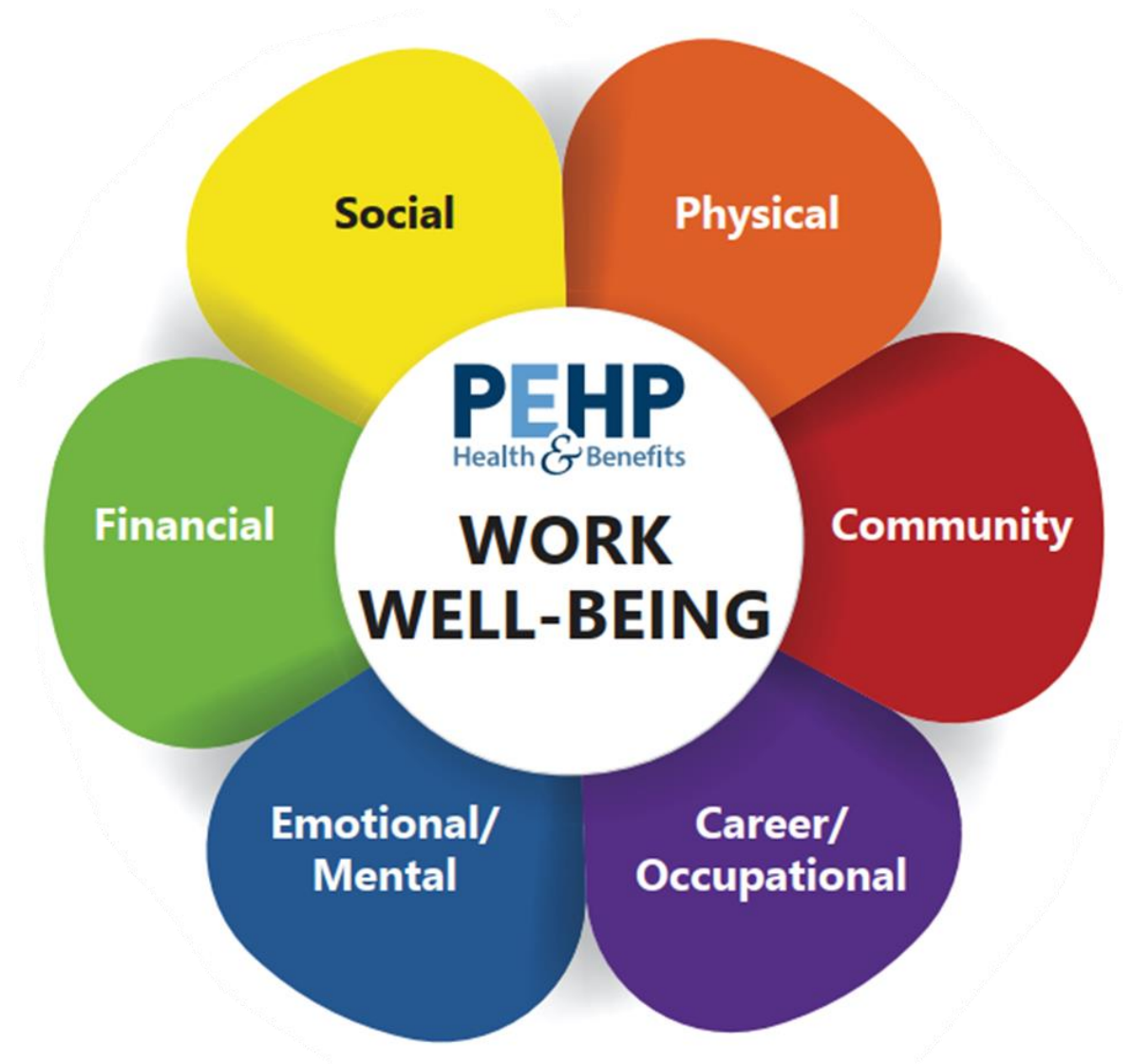
Community Well-Being

1st Place

Utah Tech University



Career/ Occupational Well-Being Awards



1-25 Employees

Career/Occupational Well-Being

1st Place

DWS - Contracts Team

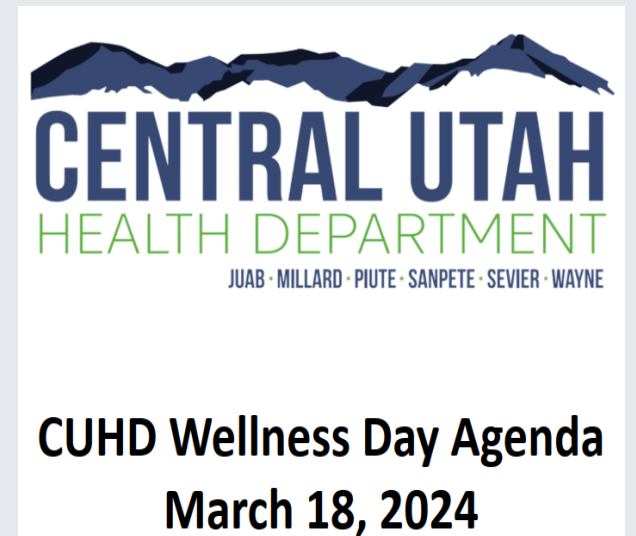


51-100 Employees

Career/Occupational Well-Being

1st Place

City of North Salt Lake
Central Utah Health Dept.



500+ Employees

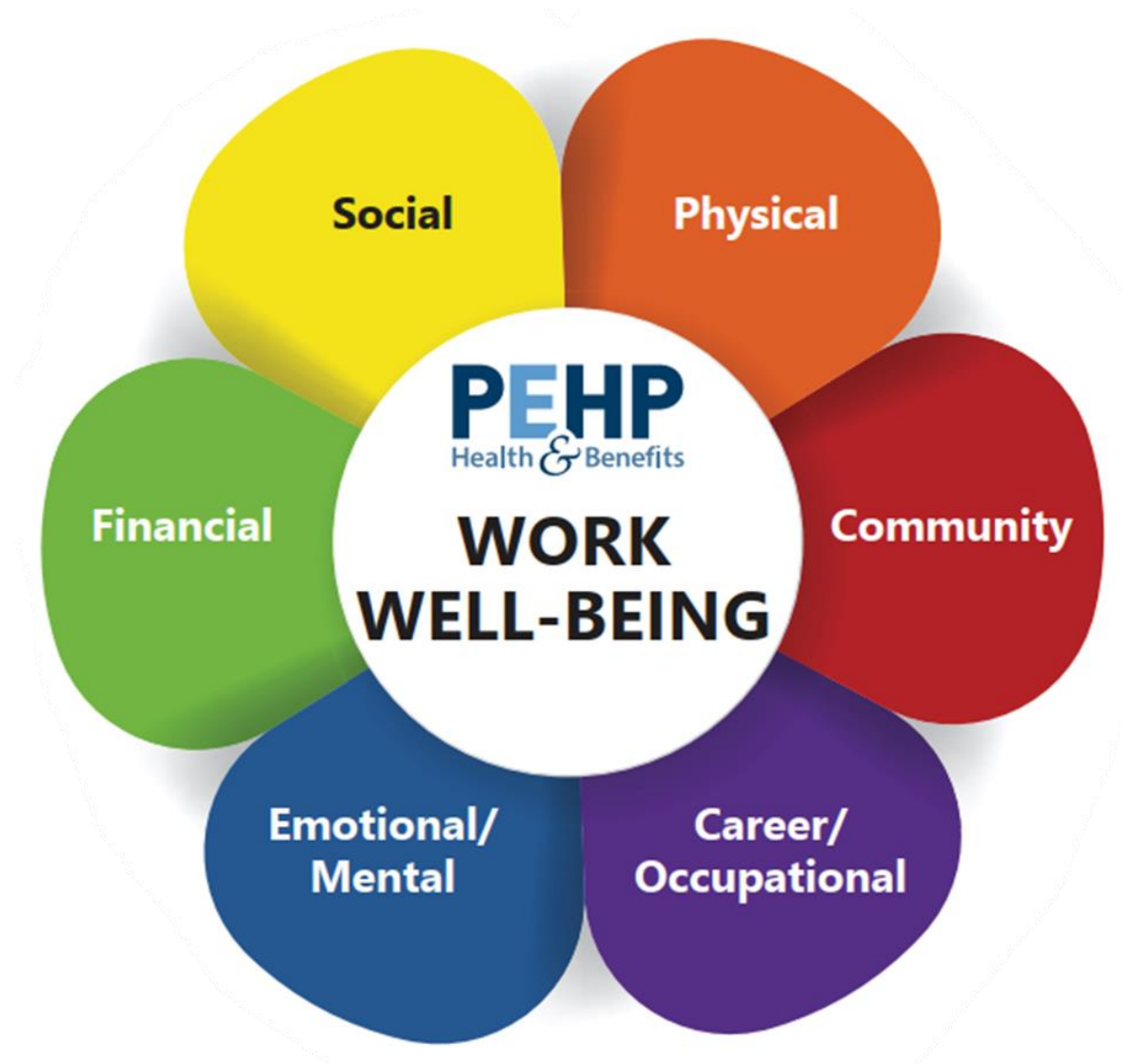
Career/Occupational Well-Being

1st Place

DHHS – Cannon Bldg.



Emotional/ Mental Well-Being Awards



1-25 Employees

Mental/Emotional Well-Being

1st Place

Morgan City Corp.

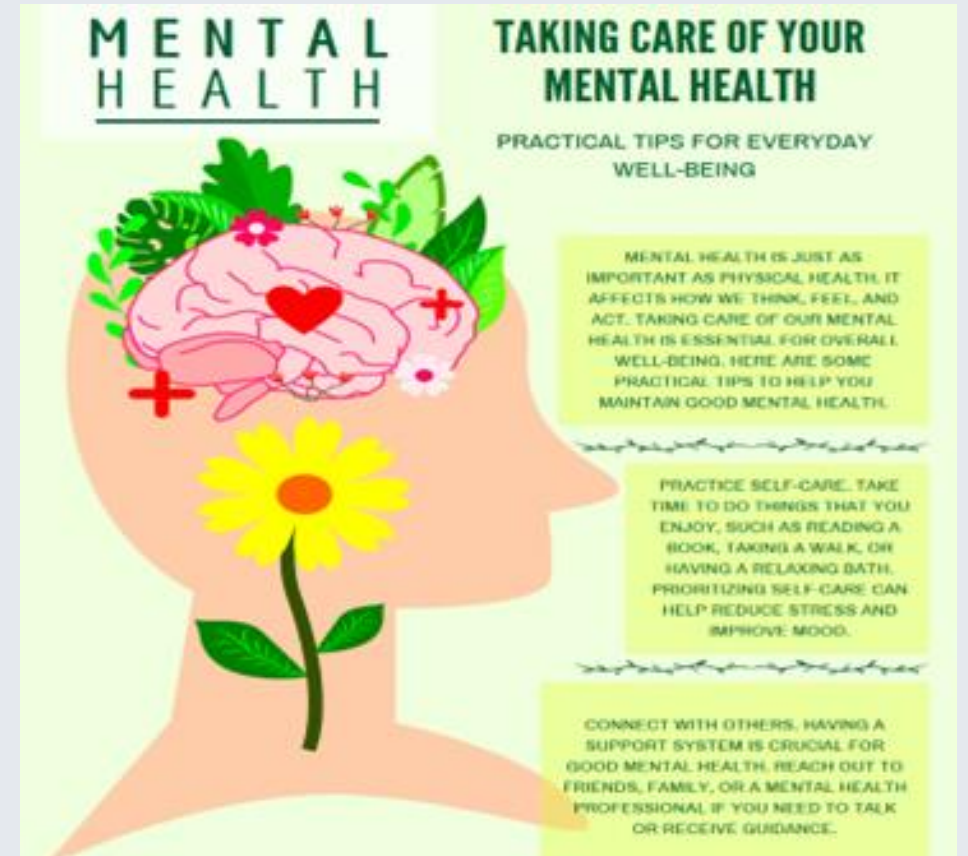


26-50 Employees

Mental/Emotional Well-Being

1st Place

DWS Metro



51-100 Employees

Mental/Emotional Well-Being

1st Place

2nd District Juvenile Court

2nd Place

Ephraim City



101-250 Employees

Mental/Emotional Well-Being

1st Place

Bear River Health Dept.

Honorable
Mention

DCFS Provo

**FREE MENTAL HEALTH
RESOURCE DIRECTORY**

Explore local mental health resources!

Go to: brhd.org

- services
- other
- community resource directories

**MENTAL HEALTH
RESOURCE DIRECTORY**
BOX ELDER, CACHE, & RICH COUNTIES

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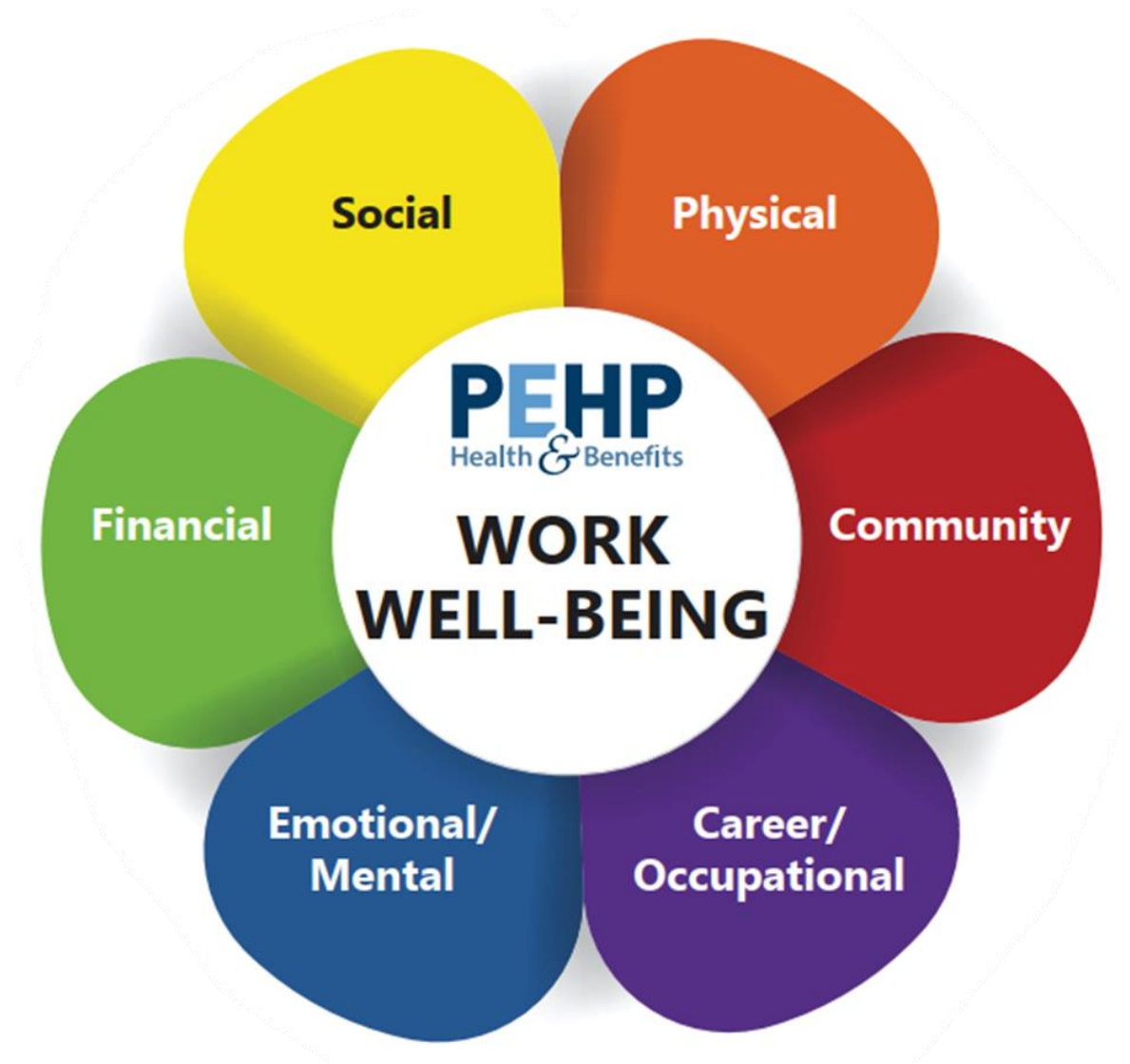
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SCAN ME

*Bear River
Health
Department*



Financial Well-Being Awards



101-250 Employees

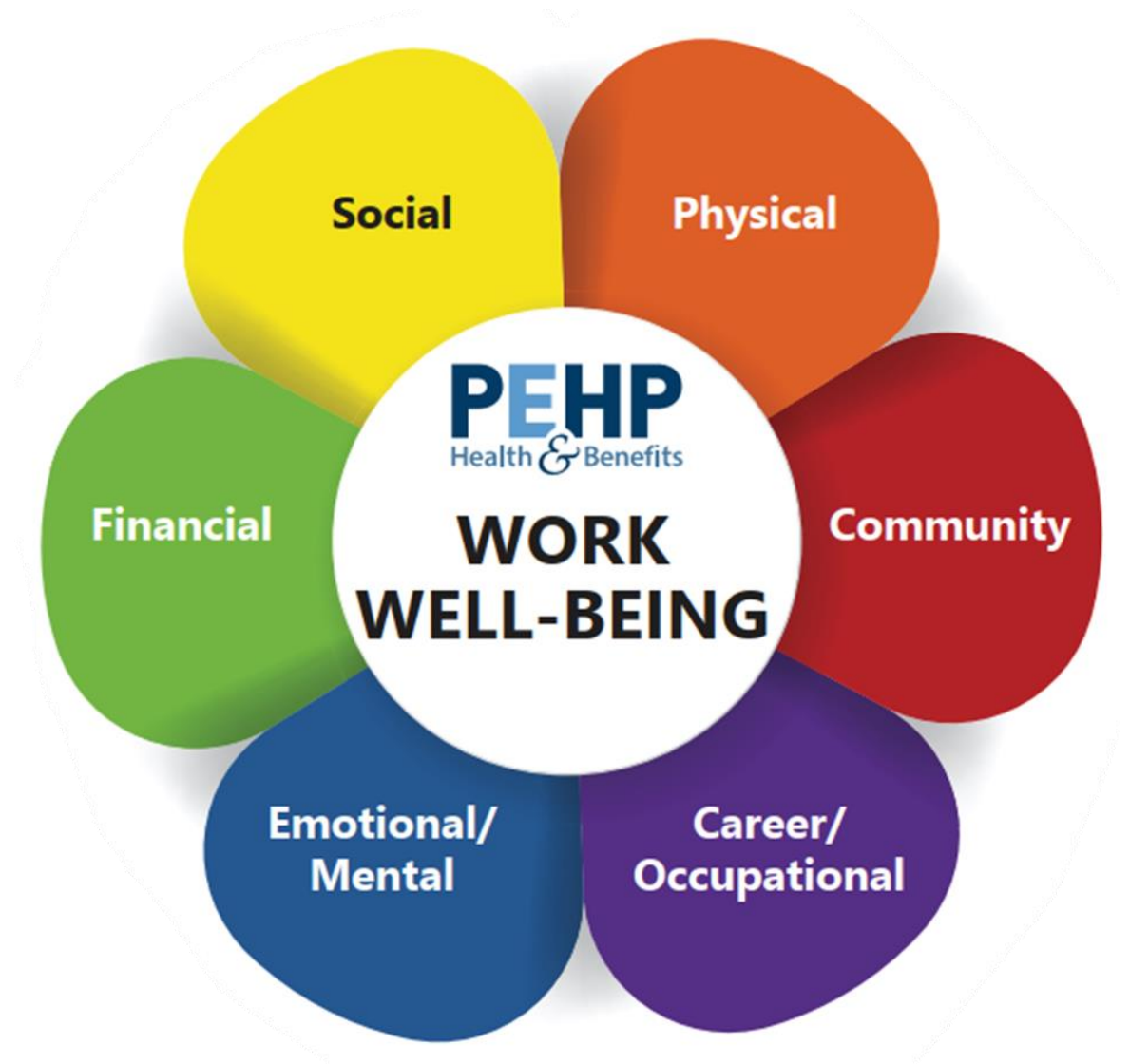
Financial Well-Being

1st
Place

Farmington City

AGENDA		
<p>March 22nd 10:00 am & 2:00 pm</p> <p>CREDIT</p> <p>Learn what credit scores mean, how to build credit and how to repair credit</p>	<p>March 29th 10:00 am & 2:00 pm</p> <p>RETIREMENT</p> <p>Learn the benefits of investing early, account options and the differences between them</p>	<p>April 5th 10:00 am & 2:00 pm</p> <p>MEDICARE</p> <p>Learn about the available plans, when and how to enroll and if you need a supplement plan</p>
<p>April 12th 10:00 am & 2:00 pm</p> <p>SOCIAL SECURITY</p> <p>Learn the best time to begin collecting benefits, how benefits are calculated, and much more</p>	<p>April 19th 10:00 am & 2:00 pm</p> <p>BUDGETING</p> <p>Learn benefits of having a budget, how to set up a budget and the quickest way to pay off debt</p>	<p>April 26th 10:00 am</p> <p>URS - TIER 1 REGULAR EMP</p> <p>Learn how your benefits are calculated, what options you have for taking benefits, etc.</p>

Social Well-Being Awards



26-50 Employees

Social Well-Being

1st Place

Split Mountain
Youth Center - JJYS

Honorable
Mention

DWS South County



51-100 Employees

Social Well-Being

1st Place

Millcreek Youth Center - JJYS

2nd Place

Slate Canyon Youth Center - JJYS

3rd Place

DCFS Metro



101-250 Employees

Social Well-Being

1st Place

3rd District Juvenile Court

2nd Place

3rd District Court - Salt Lake



251-500 Employees

Social Well-Being

**Honorable
Mention**

Davis Technical College

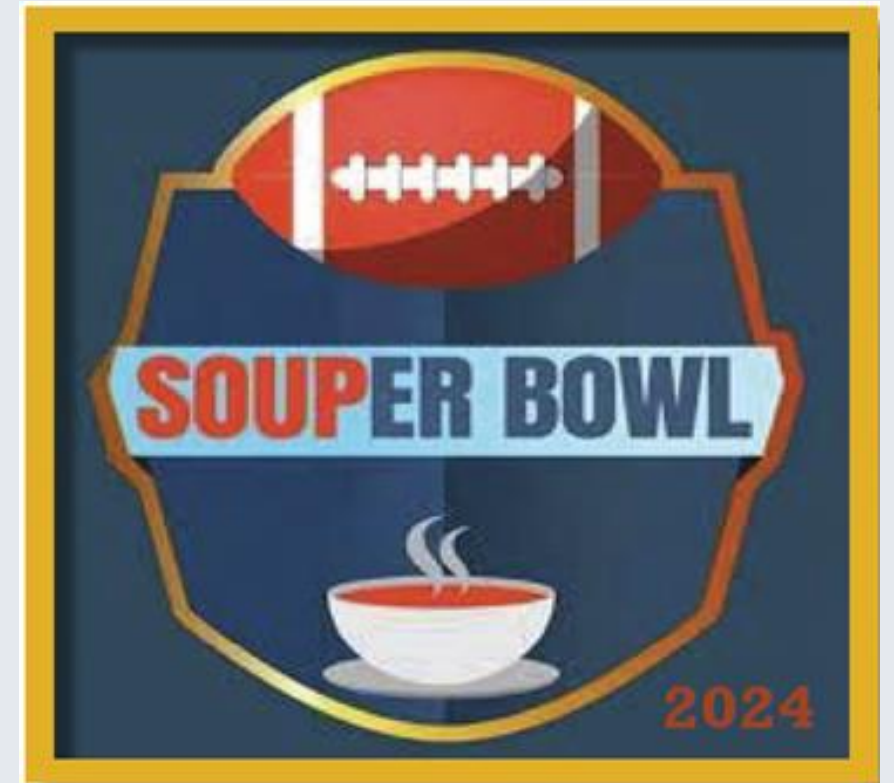


500+ Employees

Social Well-Being

1st Place

MASOB & Cannon Building



Excellence Awards





TRIVIA

On May 14th in 2004 the first Winter Olympics Games commenced in Chamonix, France. So far, how many Winter Olympics have been held?

Identify as many of these Winter Olympic sports as you can:

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22

According to a jingle, "the best part of waking up is" what "in your cup"?

Worldwide Unicorn Appreciation Day!

National Pizza Day

SPEAK LIKE A CRIZZLED PROSPECTOR DAY

Jan 22 - Celebrate Life, and National Polka-dot days

Veronica Critzer
To: Andrew Anderson, Aimee Jensen, Brandon Lefebvre, Bryan Kimball, Jesse Jones, Jessica Amelkovich, Jon Knudsen, Jordan Gault, Kristin Jensen

Happy Monday!

We are officially less than 10 days until the end of January, great work everyone for making it this far!

While polka-dots are thought to originate during medieval Europe and were associated with the Catholic Church.

Polka and Quiz -

#1 - what is one small pleasure that brings you joy - something that helps you celebrate

#2 - identify as many individuals as you can below (a few are scenes from movies, tv shows, etc.)

Elvis Birthday

"I AM FUELED BY HAPPY THOUGHTS AND COFFEE"

Law Enforcement Appreciation Day

POPCORN BUFFET AND PRIZES FOR NATIONAL POPCORN DAY

THE INNOVATION AWARD GOES TO

Ephraim City



THE
ENGAGEMENT
AWARD GOES TO

**Split Mountain
Youth Center -
JJYS**



THE
GREAT STRIDES
AWARD GOES TO

**Utah Public
Health Laboratory**