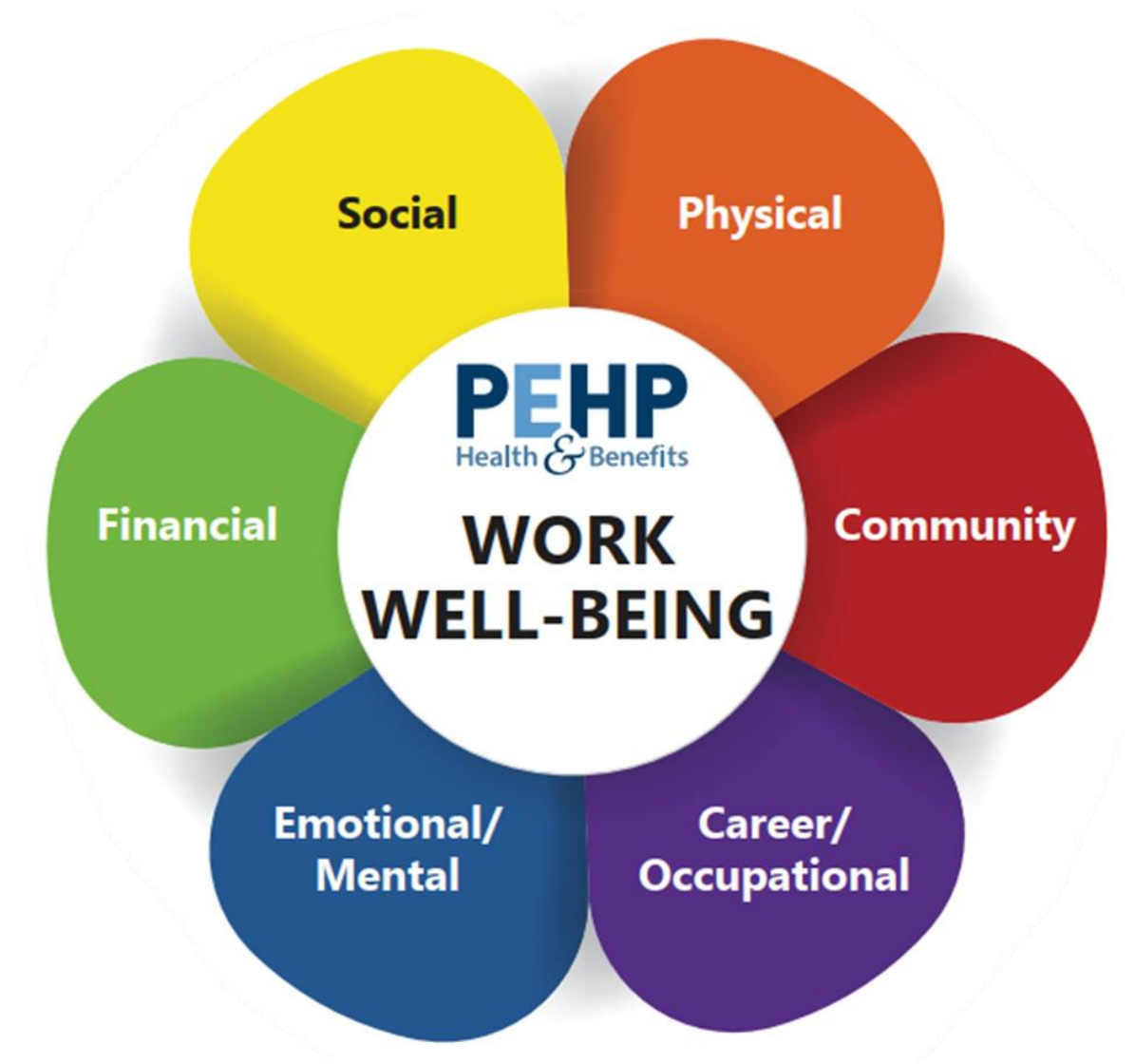


2024-2025  
Work  
Well-Being  
Awards

# Physical Well-Being Awards





# 51-100 Employees

## Physical Well-Being



1<sup>st</sup> Place

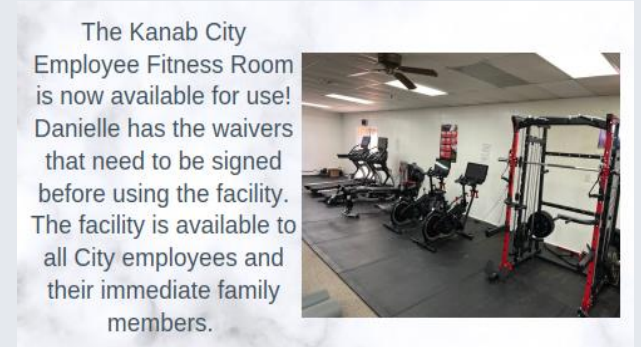
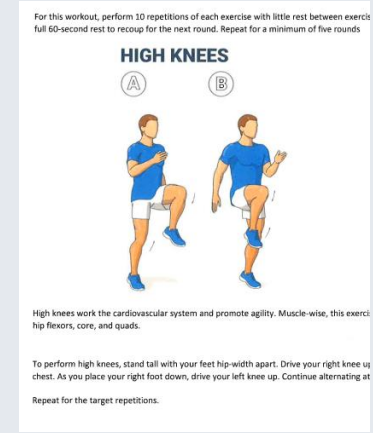
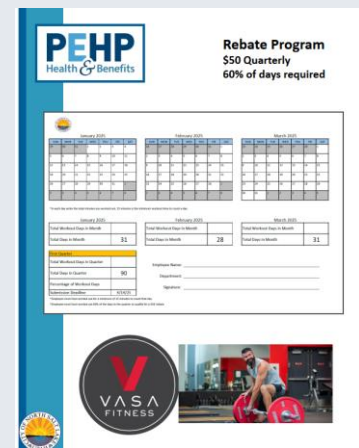
Wasatch County Health Department

2<sup>nd</sup> Place

DCFS Metro TAL

3<sup>rd</sup> Place

City of North Salt Lake  
Millcreek Youth Center  
Kanab City



# 101-250 Employees

## Physical Well-Being

1<sup>st</sup> Place

Pleasant Grove City

Pleasant Grove City  
**Summer Wellness Challenge**

**B I N G O**

Attend or Work an event at Strawberry Days Event: _____	Schedule and Go to a Health Check-Up Date: _____	Go to the Gym or Participate in a Rec Class Date or Class: _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Read Three Books Title: _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Meditate for 10 Minutes a Day for a week or Journal Everyday for a Week Date: _____
Eat Lunch With an Employee Date: _____ <input type="checkbox"/> <input type="checkbox"/>	Drink at Least Two Liters of Water a Day for a Week (68oz.) Date: _____	Participate in the Steps Challenge # of Steps: _____	Try a New Recipe Recipe: _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Have a Picnic Date: _____ <input type="checkbox"/> <input type="checkbox"/>
Volunteer Event: _____	Participate in the Guns and Hoses 5K or an Alternate Race Name: _____	Activity of Choice	Do a Financial Consultation or Attend a Finance Webinar Date: _____	Attend the City Employee and Family Party in August Date: _____
Go to a Farmers Market Date: _____	Go to the Rec's Outdoor Movie Night or a Concert in the Park Movie: _____	Visit a Museum, Zoo, or Garden Location: _____	Do an Activity in the Employee Newsletter Activity: _____	Take a Break from Social Media for a Week Social Media: _____
Hike to the G or Battle Creek Falls Date: _____	Play or Watch Pickleball or any Outdoor Sport Date: _____ <input type="checkbox"/> <input type="checkbox"/>	Participate in Bike the Hood or Bike Somewhere Location: _____	Play a Board Game Game: _____ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Attend a Webinar through GBS, PEHP, or Ulliance Webinar: _____

# 251-500 Employees

Physical Well-Being  
(also includes social, emotional & financial)

1<sup>st</sup> Place

Tooele County

## ToCo Health Hero

Wellness Program for Tooele County Employees

Be your own Health Hero by participating in the ToCo Wellness program to feel good, stay motivated for good health, and earn great incentives!

There are (4) Components to the Wellness Program:

- 1) ToCo Monthly Wellness Tracker
- 2) Learning Opportunities
- 3) Wellness Challenges
- 4) Wild Card Events

Along the way earn your Health Hero Figure and add Wellness Tokens to your base to show off your hard work!



Earn your **Health Hero Figure**, then add Wellness Tokens to go with your Hero as you complete challenges! Show off your wellness participation by earning and proudly displaying your poseable Health Hero. As you complete challenges, you can earn custom Wellness Tokens associated with the challenge and a prize. Build up your base and show off the challenges you've completed!

### How to earn your Health Hero Figure & Base:

- Complete Monthly ToCo Wellness Tracker 3 times
- Complete 1 ToCo 30 Day Challenge
- Complete an approved learning from the Wellness Library



### ToCo Wellness Tracker

Keep track of your healthy behaviors and earn the required points during the month on the ToCo Wellness Tracker and get a **\$10 gift card!** Keep it going month to month to earn Hero Bricks to stack around your Health Hero Base.

### Wild Card Events:

At certain times of the year, other chances to improve health and wellbeing will be offered. These can be in all sorts of different formats, time frames, and topics... hence why they are called Wild Card Events! Keep your eyes and ears open for when they are offered.



### Learning Opportunities

From online videos, flyers, in-person trainings and the like, there is a plethora of options to continue to learn about health and wellness and how to take better care of yourself and your family! Search the learning center for featured content and links to partner organization resources. Watch for learning opportunities as they are announced and added to the ToCo Wellness Events Calendar.



### Wellness Challenges

Wellness challenges are typically 30 days and involve a wellness behavior, a designated learning, and a tracking component. **Complete a Challenge = Earn a Wellness Token!** A wellness Token is a small item representing the challenge you completed to add to your Health Hero Base. Each challenge earns a prize too! Show off the challenges you've completed and help build your Health Hero clout! Wellness Challenges change and are added periodically and can be started at any time.



**Hero Bricks:** Each 3 more months of Wellness Trackers you complete earns a Health Hero Brick for your base!

**Team Totem:** Complete 3 eligible Challenges as a team to earn a special Token for your base.



For information, forms, and related content, go to [mytooele.tooele.gov](http://mytooele.tooele.gov) to the HR tab under Wellness

# 501+ Employees

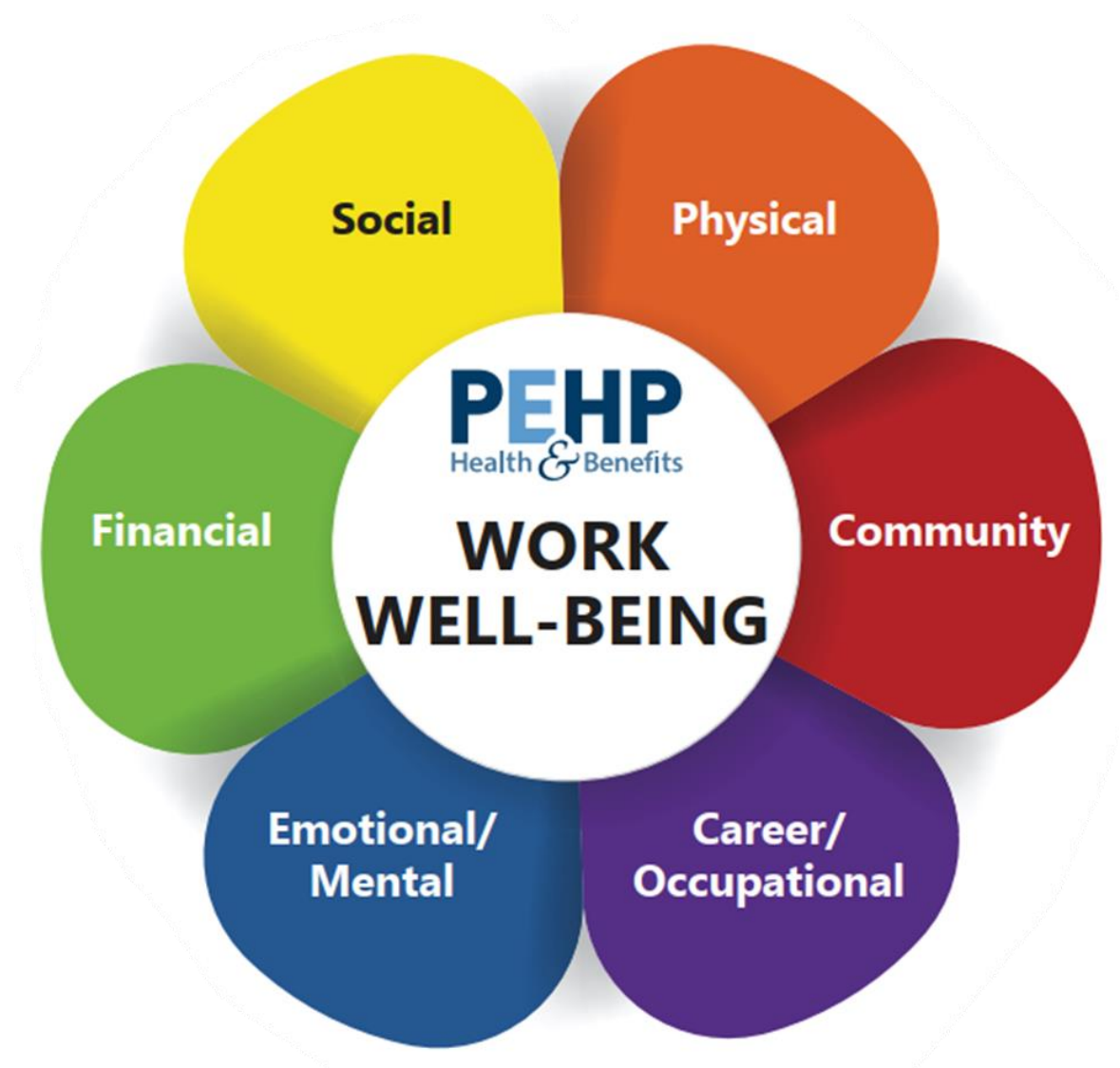
Physical Well-Being

1<sup>st</sup> Place

**Davis County  
(Step Up to Fitness)**



# Community Well-Being Awards



# 1-25 Employees

Community Well-Being

1<sup>st</sup> Place

**USOR Logan  
Northern Lights**



# 51-100 Employees

## Community Well-Being

1<sup>st</sup> Place

Tooele Tech

2<sup>nd</sup> Place

4<sup>th</sup> District Juvenile Court  
Provo

## Food Drive

January 2nd - 31st

Drop Off at Student Services

- Our student food pantry is running out of inventory, and industry partners are no longer able to replenish.
- We have TTECH students struggling with hunger insecurities and need our help.
- This food drive will allow us to apply for a PEHP recognition award to fund future employee activities (lunch & learns, contests, etc.).

- Cash donations also accepted by using this QR code.



- Below are food items we can accept at Student Services (individual servings please):

- |   |                               |
|---|-------------------------------|
| • Nissin Cup of Noodles (Chicken)         | • Trail Mix Snack Packs       |
| • Kraft Mac & Cheese Cups                 | • Pop Tarts (Strawberry)      |
| • Bumble Bee Chicken Salad Kits           | • Nutri Grain Bars            |
| • Bumble Bee Tuna Salad Kits              | • Quaker Instant Oatmeal Cups |
| • Rice-Roni (Individual Cups)             | • Gatorade 12oz Variety Pack  |
| • Nature Valley Granola Bars              | • Tropicana Orange Juice 10oz |
| • Sandwich Crackers (Individual Servings) |                               |



# 101-250 Employees

## Community Well-Being

1<sup>st</sup> Place

Millard County

MILLARD COUNTY WELLNESS

### Community TicTacToe Wellness

ENTER AS MANY AS YOU THRU JULY 1<sup>ST</sup> TO SEPTEMBER 30<sup>TH</sup>, 2024

3 IN A ROW = A DRAWING SUBMISSION

SHOP LOCAL	VISIT A LOCAL MUSUEM	SPONSOR A LOCAL SPORTS TEAM	BUY FROM A LOCAL FARMERS MARKET	ATTEND A MILLARD YOUTH RECREATION GAME	GO TO A COMMUNITY DINNER/ LUNCH/ OR BREAKFAST	THANK A FIRST RESPONDER
DONATE FOR A CLOTHES DRIVE OR ATTEND ONE	VISIT A 4H/ EXTENSION OFFICE M&W Westside T& Th East	SHARE YOUR GARDEN PRODUCE WITH A NEIGHBOR	ATTEND A CAR SHOW	ADOPT A PET FROM A LOCAL SHELTER	WATCH A PARADE	HAVE A POTLUCK AT THE OFFICE
BUY AN ITEM FOR SUB FOR SANTA	ENJOY A RODEO	DONATE TO PTA	RANDOM ACT OF KINDNESS	ATTEND A LOCAL PUBLIC MEETING	SUPPORT AN AMERICAN LEGION	HAVE A PICNIC AT A PARK
SUPPORT A LOCAL FESTIVAL	SWIM @ A MILLARD CO. POOLS (FREE TO EMPLOYEE & SPOUSE)	VOLUNTEER IN THE COMMUNITY	HOLD THE DOOR FOR SOMEONE	GO OR BE PART OF A PLAY	CLEAN UP A PARK OR ROADSIDE	DONATE FOOD TO A FOOD DRIVE OR SHELTER
GIVE TO A FUNDRAISER	WRITE A THANK YOU CARD	VISIT WITH ELDERLY	ATTEND THE COUNTY FAIR	WALK W/ A FRIEND & COMPLETE A 50 MILE CLUB SHEET	GO TO THE LIBRARY	INVITE A FRIEND TO LUNCH

# 501+ Employees

Community Well-Being

1<sup>st</sup> Place

**MASOB**

## CLEANING FOR A CAUSE

THE FIRST DAY OF  
SPRING IS



THE MASOB WELLNESS COUNCIL INVITES YOU TO GET A JUMP  
START ON YOUR SPRING CLEANING!

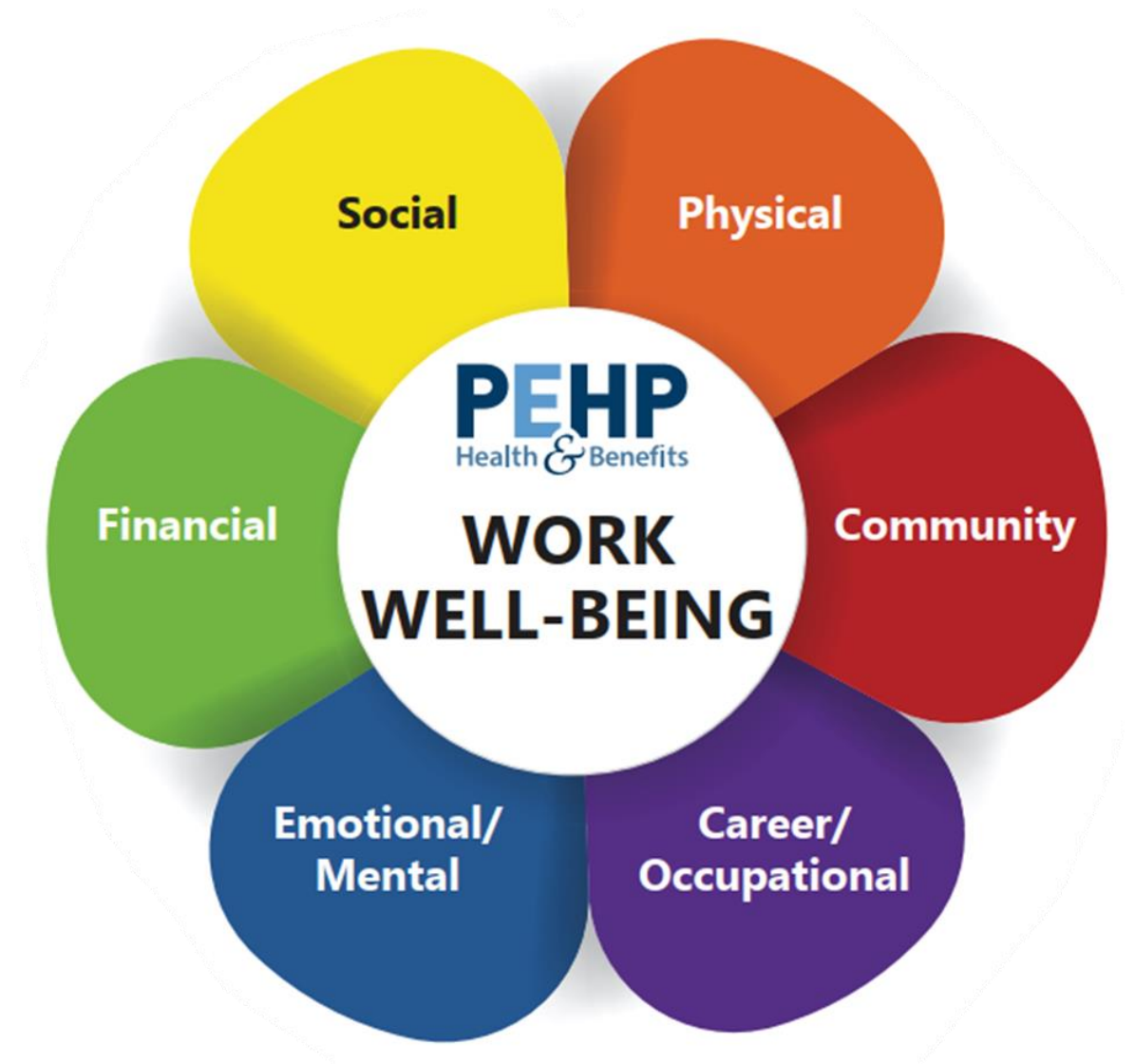
NOW THROUGH MARCH 31, 2025, WE WILL BE ACCEPTING  
DONATIONS OF GENTLY USED CLOTHING, TOYS, AND BLANKETS

ALL ITEMS WILL BE DELIVERED TO THE FAMILY SUPPORT  
CENTER & THE ROAD HOME (CONNIE CROSBY FAMILY  
RESOURCE CENTER)



DONATION BOXES ARE LOCATED ON THE 1ST FLOOR IN THE  
CAFETERIA AREA

# Career/ Occupational Well-Being Awards



# 1-25 Employees

Career/Occupational Well-Being

1<sup>st</sup> Place

**DWS Admin**

## Nomination for Analyst Award

This award recognizes outstanding, well performing, and professional analysts. You have the opportunity to nominate your peers for this award.

Deadlines:

- March 5th (First Quarter)
- June 5th (Second Quarter)
- September 5th (Third Quarter)
- December 5th (Fourth Quarter)

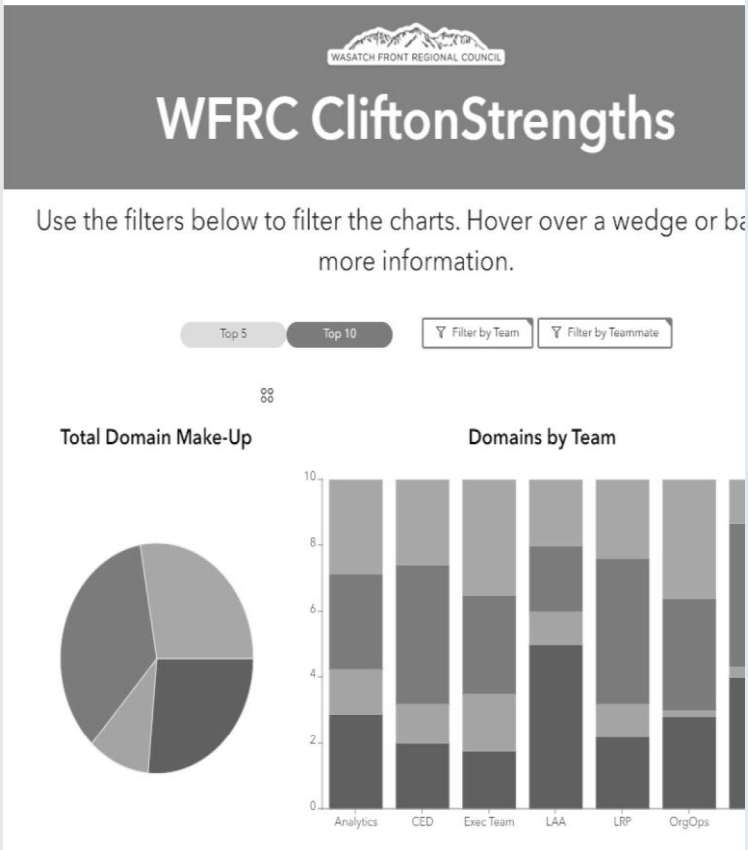
This is a quarterly award. Nominations will be reviewed and award recipient will be determined by the managers for each quarter. A winner from a previous quarter can still be nominated for future awards.

# 26-50 Employees

Career/Occupational Well-Being

1<sup>st</sup> Place

Wasatch Front  
Regional Council



# 51-100 Employees

Career/Occupational Well-Being

1<sup>st</sup> Place

**Central Utah  
Health Department**

**Recharge in  
Nature:  
Wellness at  
New Heights**





# 101-250 Employees

Career/Occupational Well-Being


1<sup>st</sup> Place

## Bear River Health Department



Healthy Heart Month

Bear River Health Department  
Mental & Physical Wellness Series



Yoga

- Heart Health
- Mental Health & EMDR
- Naloxone Training
- Yoga
- Importance of Immunizations
- Finding Belonging In The Workplace
- Radon 101
- Stop The Bleed
- Tai Chi

Wellness Lunch & Learn Series:

- Bring your lunch and join us each month for a quick, engaging session led by your fellow coworkers!
- Each month features a new health and wellness topic.
- Snacks provided.
- Watch your email for calendar invites.

In person and virtual options available

# 251-500 Employees

Career/Occupational Well-Being

1<sup>st</sup> Place

**Duchesne County  
Utah State  
Developmental Center**



# 501+ Employees

Career/Occupational Well-Being

1<sup>st</sup> Place

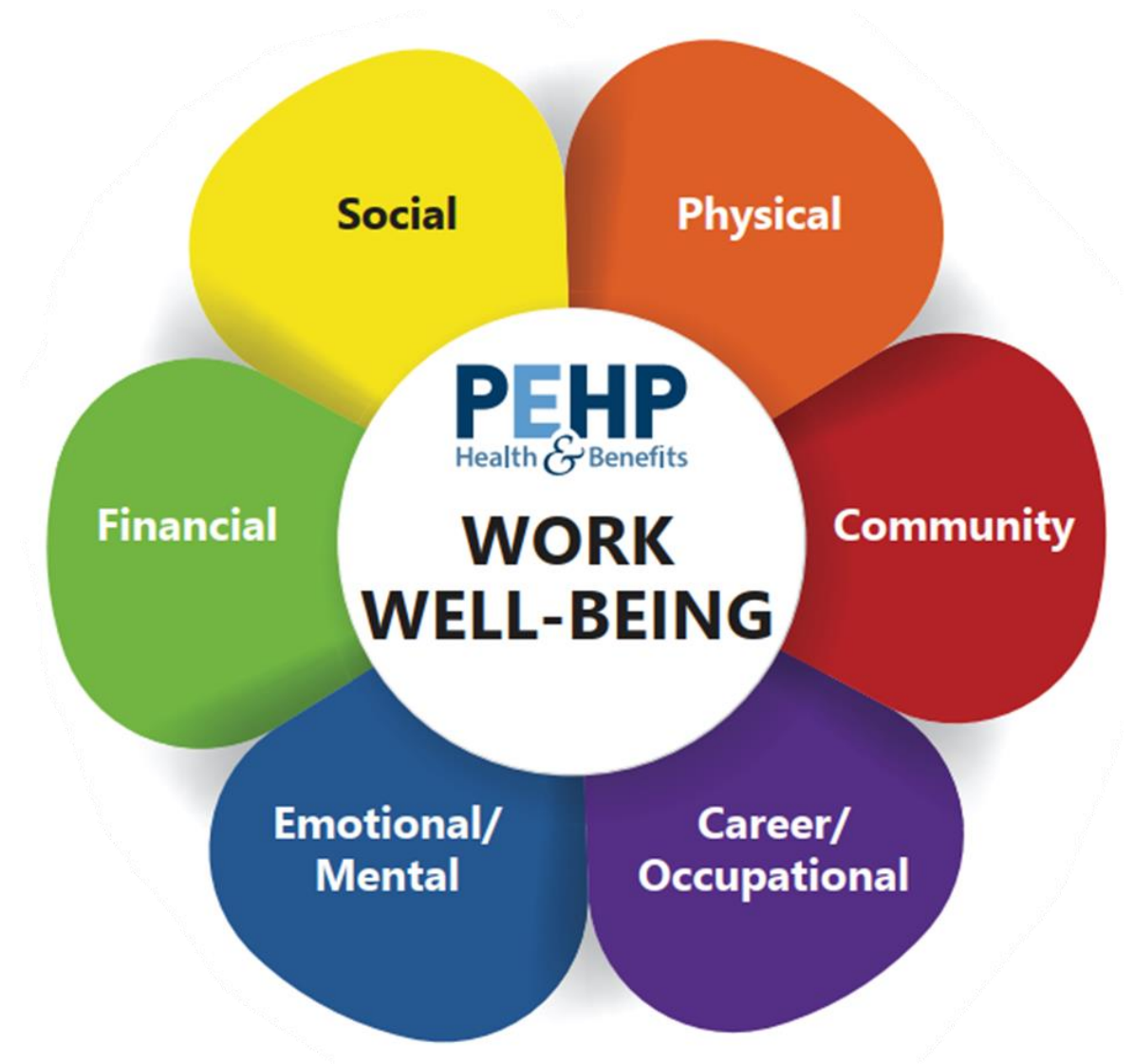
Weber State University

2<sup>nd</sup> Place

Dept of Corrections South



# Emotional/ Mental Well-Being Awards



# 26-50 Employees

Mental/Emotional Well-Being

1<sup>st</sup> Place

**JJYS Split Mountain  
Youth Center**



NATIONAL  
**SUICIDE**  
PREVENTION  
MONTH

# 51-100 Employees

## Mental/Emotional Well-Being

1<sup>st</sup> Place

**Ephraim City**

Spring is here—and it's time to LOSE SOMETHING that's weighing you down!

This April, pick one thing you want to lose—sugar, debt, stress, clutter, screen time—you name it!

- Choose your goal
- Grab a partner (preferably a co-worker, but a spouse is great too!)
- Check in weekly and support each other
- Celebrate your success (and maybe win prizes!)

Examples of Lose Goals:

- Lose stress by walking daily
- 
- Lose sugar by ditching soda
- 
- Lose debt by packing lunch
- 
- Lose clutter by spring cleaning
- 
- Lose the scroll—cut back screen time

Challenge runs all April long—and everyone who finishes gets entered into a prize drawing! ·

Sign up by April 4, 2025 here: <https://docs.google.com/forms/d/e/1FAIpQLSdv9U-qnGQqi-tdPc02sFHi3VgUS3-AsY-eQpHudIX5J2cnw/viewform?usp=header>

Or print/fill out the attached sheet and return it to Jessica Arnoldson.

Let's lose something—and gain a little more of what matters. ·

# 101-250 Employees

Mental/Emotional Well-Being

1<sup>st</sup> Place

Utah Public Health Lab



# 501+ Employees

## Mental/Emotional Well-Being

1<sup>st</sup> Place

Wasatch Co. School District

2nd Place

Utah Tech University



**UT STAFF ASSOCIATION** **March of Gratitude**

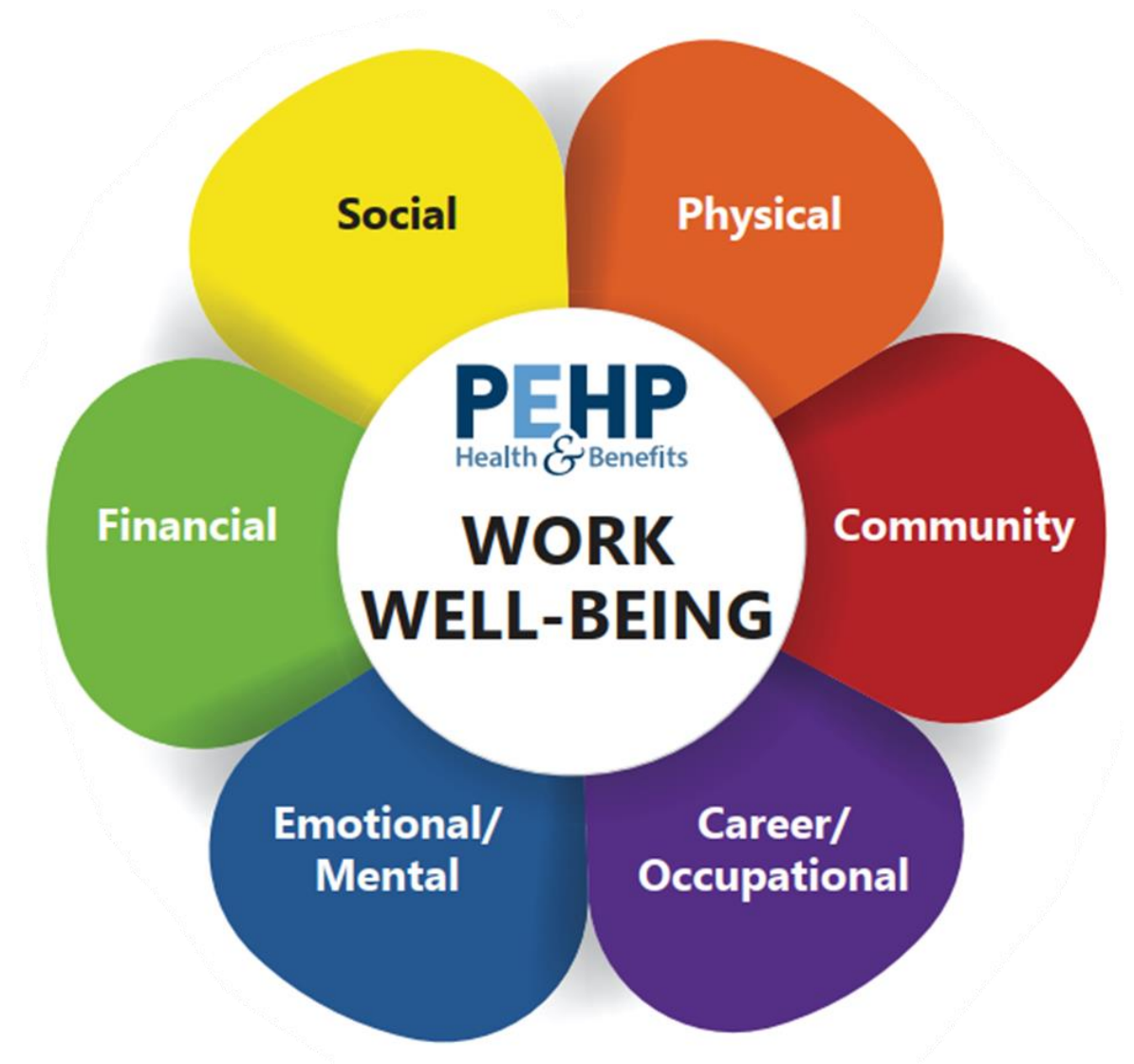
**The Invitation:** ✨ Use this calendar to incorporate simple gratitude practices into your daily routine every workday in March 2025.  
👉 Take a 5-minute gratitude walk during each workday.

**Department Goal:** 📝 Use sticky notes to create a Gratitude Wall in your department where people can share what they are grateful for.

WEEK 1	Write down 3 things you are grateful for	Send a thank-you email with a quick note of appreciation	Compliment a coworker	Pause & reflect for 90 sec on good things that happened today	Say 'thank you' as often as possible today
WEEK 2	Smile at someone new while you are walking on campus today	Leave a sticky note of appreciation on a coworker's desk, door, or computer	Practice positive self talk. Name something you like about yourself	Take a 30 minute gratitude walk	Celebrate small wins & give a coworker a high five for an accomplishment
WEEK 3	Share a gratitude story about someone's kindness that made a difference for you	Gratitude music moment - listen to a song that uplifts you	Send an encouraging text	Take a moment for yourself to just breathe	Practice self care. Do something that brings you joy
WEEK 4	Post on social media one thing that you are grateful for	Take a picture with a UT colleague you are grateful to work with	Before getting up or going to sleep, picture one thing you are grateful for	Be grateful - it is a super power!	Create a gratitude habit to carry forward into the year

**"active learning, active life." actively cultivating a mindset of appreciation and positivity! 🍎**

# Financial Well-Being Awards



# 26-50 Employees

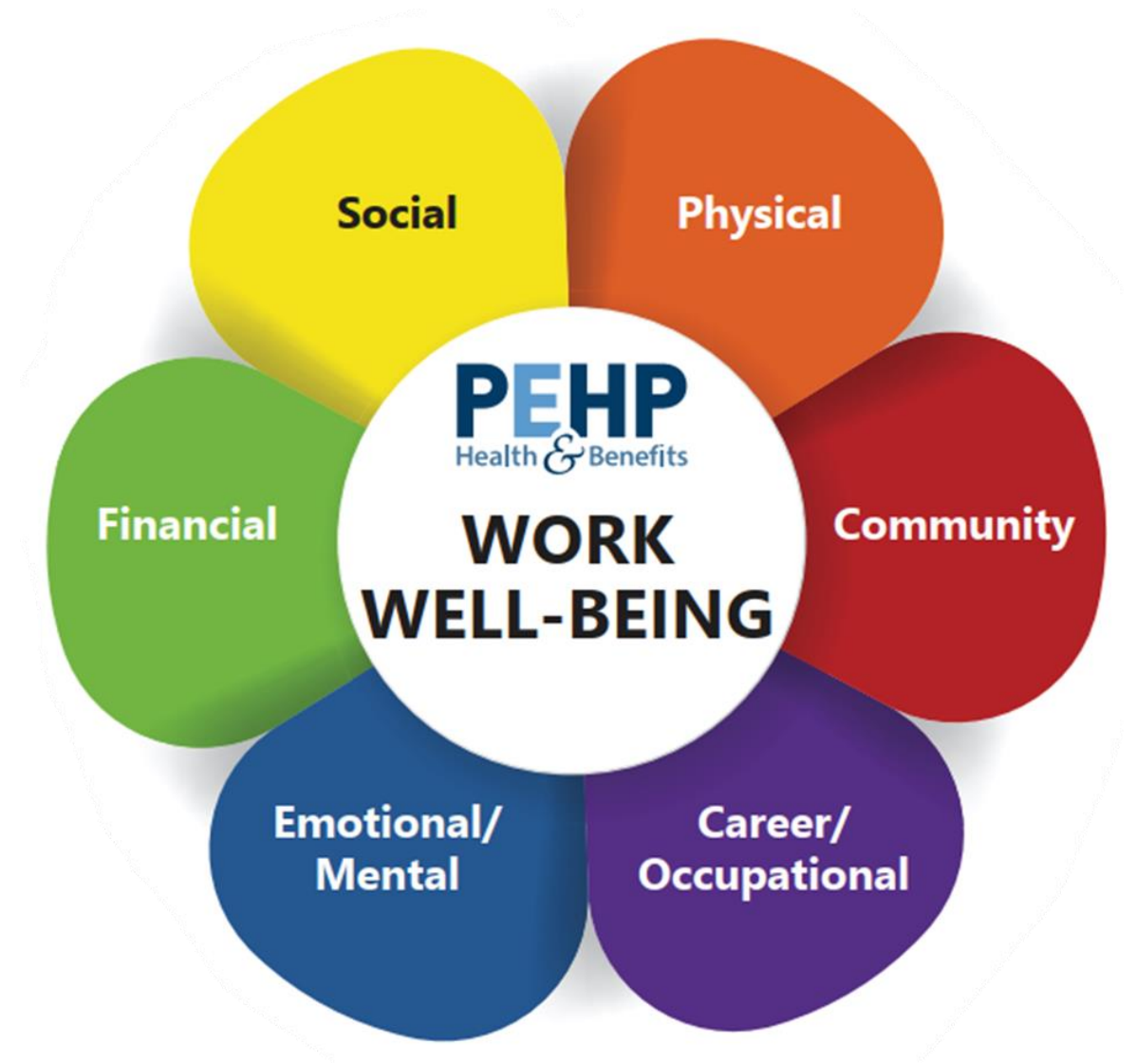
Financial Well-Being

1<sup>st</sup>  
Place

3<sup>rd</sup> District Court West Jordan



# Social Well-Being Awards



# 1-25 Employees

Social Well-Being

1<sup>st</sup> Place

**Morgan City**



# 26-50 Employees

## Social Well-Being



**1<sup>st</sup> Place**

**DCFS Oquirrh**

**2<sup>nd</sup> Place**

**Town of Springdale**

**3<sup>rd</sup> Place**

**DCFS Orem**



# 51-100 Employees

## Social Well-Being

1<sup>st</sup> Place

2<sup>nd</sup> District Juvenile Court

3<sup>rd</sup> District Juvenile Court

DCFS Salem



# 101-250 Employees

## Social Well-Being

1<sup>st</sup> Place

Weber Valley Youth Center JJYS

2<sup>nd</sup> Place

DCFS Provo – Rejuvenating You

Utah Department of  
**Health & Human Services**  
Juvenile Justice & Youth Services

**“Changing Lives one step at a Time”**

COME RAIN OR SHINE!!!

**5K RUN & WALK**

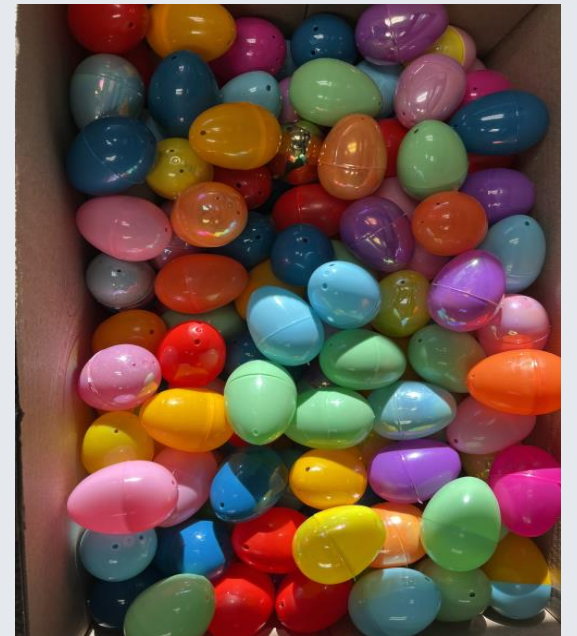
**APRIL 22, 2025 @11:00AM**

BRINGING A NON-PERISHABLE FOOD ITEM AS THE ENTRY TICKET

**POTLUCK: BRING YOUR FAVORITE DISH TO SHARE**

Prizes for : Fastest Walk / Run and Most Creative Costume.

Location: weber Valley Youth Center  
Contact: Tracy Hart @Tracyhart@Utah.gov for registration



# 500+ Employees

## Social Well-Being

1<sup>st</sup> Place

DHHS Cannon

### Wellness Council Jam/Jelly and Salsa Contest Rules

**Contest Date:** October 29, 2024

**Entry Form:** Please submit no later than October 28, 2024

#### **Contest Rules:**

- Each participant may enter one (1) entry in each category (Salsa and Jam/Jelly). An entry in multiple categories is allowed.
- All entries must be homemade
- CATEGORIES: Salsa or Jam/Jelly
- Each entry should be prepared fresh in advance. Preparation on site will not be available.
- Small cups will be provided for judges and then for audience tasting.
- Chips and bread will be provided for judging.
- Each entry should be labeled with the name of the salsa, jam or jelly, along with the date, month and year made.
- A copy of the recipe must be typed and presented by your entry as well as sent in advance. Please have these sent to [dmeadows@utah.gov](mailto:dmeadows@utah.gov) toby October 28, 2024. Include the following information:
  - Measurable amounts for each ingredient
  - Serving size and how many servings the recipe makes
- Set up at 11:00 am on day of event
- Entries should be anonymous to prevent any bias in judging. Please give your salsa or Jam/Jelly a name.



---

# Excellence Awards





## PERSONAL FINANCIAL PLANNING

# Checklist

✓ Set financial goals

✓ Create a monthly budget

✓ Track your expenses

✓ Build an emergency fund

✓ Pay off high-interest debt

✓ Plan for big purchases

✓ Save for retirement

✓ grow your investment portfolio

Taking these steps will help you build a solid financial foundation and set you up for success. Financial wellness is a journey—start today!

THE  
**INNOVATION**  
AWARD GOES TO

**3<sup>rd</sup> District Court**  
**West Jordan**



# THE ENGAGEMENT AWARD GOES TO

## **Cleaning for a Cause**

Rescue Mission of Salt Lake

All women's, kids, & baby clothing

Hunter High's Hunter Den

Clothes & shoes for teens

Spartan Closet

Clothes, shoes, & coats for teens

The Road Home

Men's clothing & shoes, blankets

Primary Children's Hospital

Seven new baby quilts

First Steps Childcare & Preschool

Toys

Crossroads Urban Thrift

Clothes, shoes, hats, & misc. items



# MASOB (DEQ-DHHS)

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- 1) ToCo Monthly Wellness Tracker
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Along the way earn your Health Hero Figure and add Wellness Tokens to your base to show off your hard work!



# THE GREAT STRIDES AWARD GOES TO Tooele County

Earn your **Health Hero Figure**, then add Wellness Tokens to go with your Hero as you complete challenges!

Show off your wellness participation by earning and proudly displaying your poseable Health Hero. As you complete challenges, you can earn custom Wellness Tokens associated with the challenge and a prize.

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