

Okemos Employee Wellness Committee

**Taking Care of the People
Who Care for our Children.**



Wellness

What is it? What can we do about it as an organization?

Environmental

Financial

Health Care

Intellectual

Mental

Movement/Exercise

Nutrition

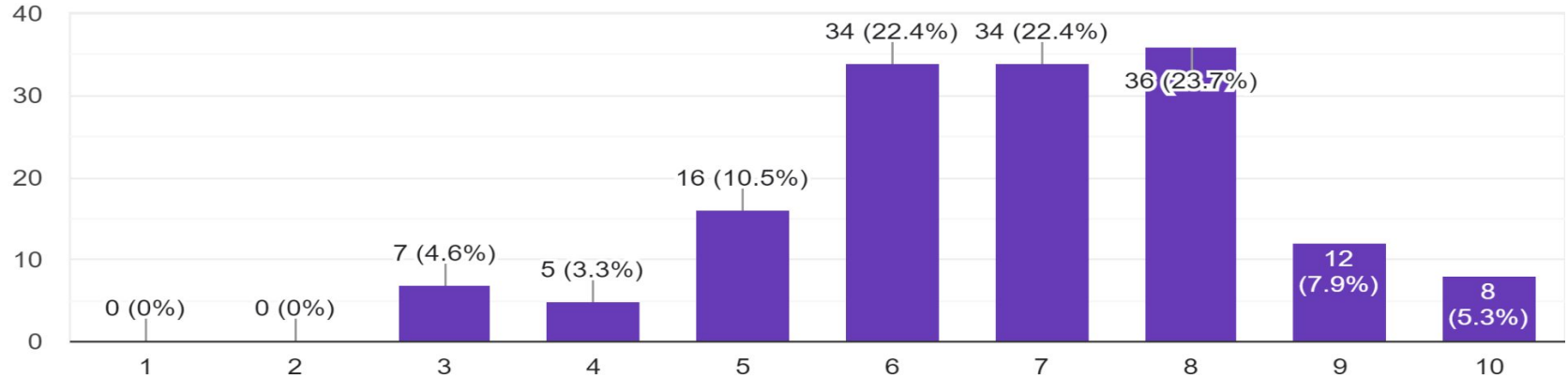
Social



Data

On a scale of 1-10 what would you rate your overall sense of wellness?

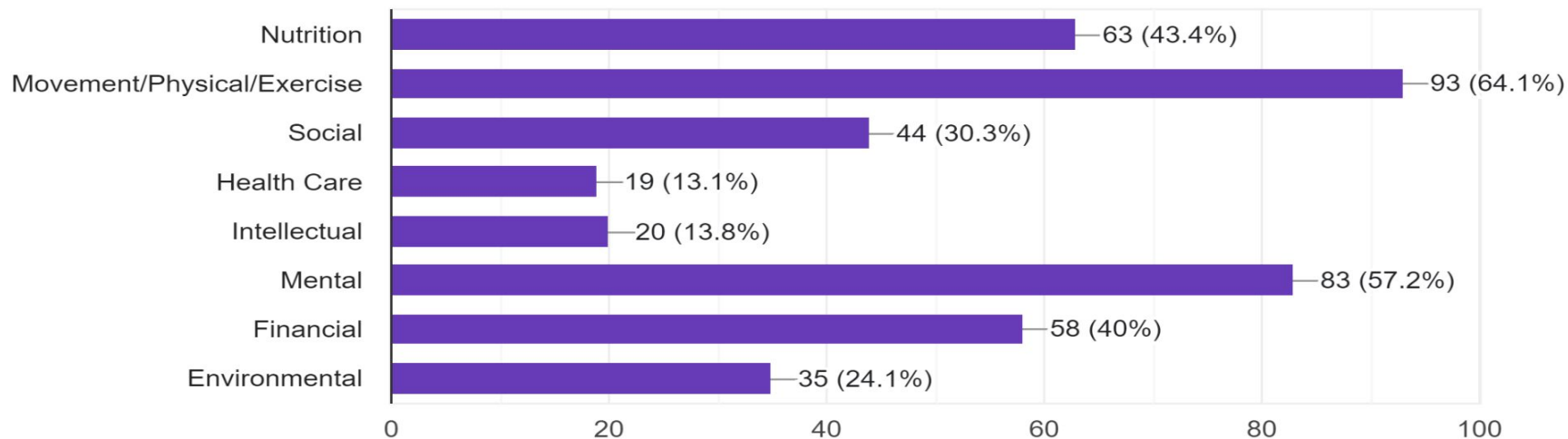
152 responses



Data

What is an area that you would like more resources to support your overall well being? (You may choose more than one.)

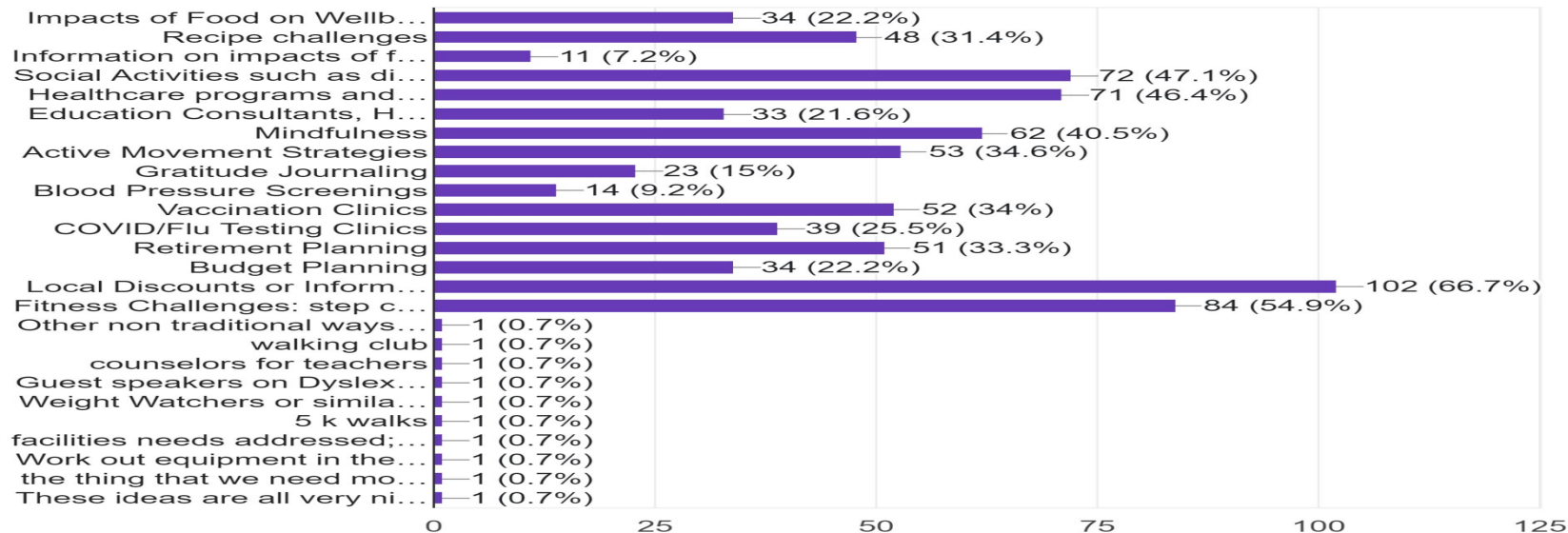
145 responses



Data

What kinds of activities would you be interested in the Wellness Committee providing?

153 responses



Wellness

What is it? What can we do about it as an organization?

November:

Communicate Insurance Resources:
Employee Assistance Program

Held Vaccination Clinics for Flu and
COVID-19.

Continue Testing for COVID-19



Wellness

What is it? What can we do about it as an organization?

December:

Information about: Pre-Diabetes Programs

Soliciting discounts for ALL employees for wellness activities

Organizing presenters for different areas of wellness and making presentations available after work hours via Zoom for those who would like to participate.



Wellness

What is it? What can we do about it as an organization?

January:

February: Financial Wellness
Workshop partnering with our 403b
and 457a plan providers



Partnerships

Who can we thank for their help?

Employee Leaders on the Committee

Blue Cross/Blue Shield of Michigan

WMHIP and MESSA

Gallagher

Local Businesses: MAC, Court 1

Our TSA

MDHHS

SHRM

