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Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!



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# WORKING FOR A HEALTHIER TENNESSEE

June 2020 Wellness Council Webinar



**WORKING** FOR A  
**HEALTHIER** **TN**

In collaboration with the ParTNers for Health Wellness Program

# Today's Agenda

- **Fun Fact Challenge**
- **Q4 June Activity Planner**
- **Wellness Council Spotlight**
- **June Health Observances & Holidays**
- **Upcoming Schedule**
- **Roll Call & Sharing**

# Fun Fact Challenge



Lindsey Joe

# May Fun Fact Challenge

Congratulations to  
**Amber Jackson**  
*Health*



# Fun Fact Challenge Rules

- The first Wellness Council representative to get two out of the three answers correct using the **chat** feature will be crowned this month's Fun Fact Champion.
- In the event of a tie, a fourth question will be used as a tie breaker.
- You **MUST** type out the complete answer. (A, B or C is not acceptable.)

# Fun Fact Question #1:

1 in \_\_\_ U.S. adults experience  
mental illness each year.

–3

–4

–5

## Fun Fact Question #2:

Which of the following is NOT a mental health resource for State of TN employees?

- Help Me
- Here4TN
- ActiveHealth

## Fun Fact Question #3:

**Symptoms from e-cigarette use do NOT include:**

- Cough**
- Trouble breathing**
- Decrease in addiction**

# Tie-Breaker Fun Fact Question:

All state employees access have to the ActiveHealth website.

– True

– False

**PARTNERS FOR HEALTH** **ActiveHealth** MANAGEMENT

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## Discover a Healthier You!

Inside you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight but we'll help you start down the path to a healthier lifestyle today.

### Begin Your Registration Below

Step 1 Step 2 Step 3

\*Required Field

Password must be between 6-20 characters, contain 1 upper case, 1 lower case and 1 number.  
Password is case sensitive, cannot contain spaces and must be different from user name and your secret answer.

User Name\* Password\* Confirm Password\*

Email Address\* Secret Question\* Secret Answer\*

Back Continue

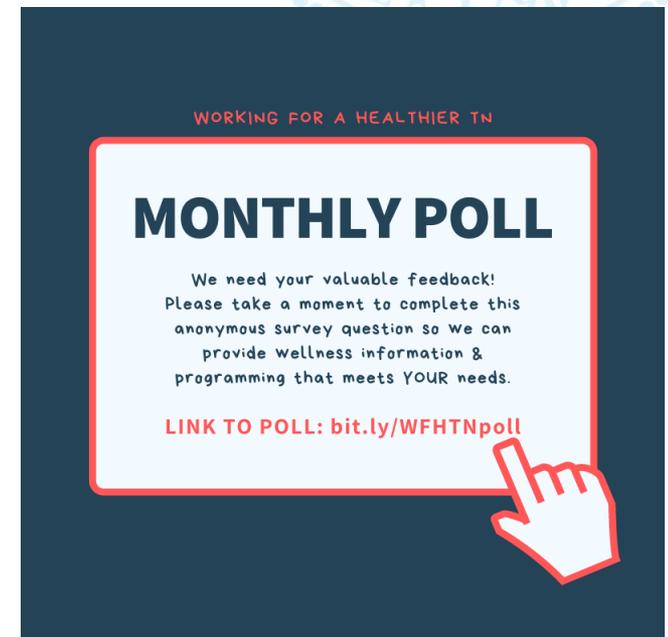
[Cancel](#)



# Q4 JUNE ACTIVITY PLANNER

# NEW WFHTN Monthly Poll

- June: **What monthly handout topics are you most interested in?**
- Link:  
[forms.gle/KC3wLKKPpKfgfFCm7](https://forms.gle/KC3wLKKPpKfgfFCm7)



# Great Outdoors Month

- Move more outdoors!
- Submit photo(s) (with permission) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)
- Additional Resources:
  - [tnstateparks.com](http://tnstateparks.com)
  - [healthyparkstn.com](http://healthyparkstn.com)



# 5-a-Day Challenge

- **Celebrate National Fresh Fruits & Vegetables Month!**
- **Directions:**
  - Track your typical fruit and veggie intake for a one-week period.
  - After figuring out your baseline fruit and veggie intake, set a new goal for yourself.
  - Each week of the challenge strive to meet your new goal.
- **Access at**  
[tn.gov/wfhtn/challenges.html](http://tn.gov/wfhtn/challenges.html)



# #4Mind4Body Lunch & Learns

- From our partners ActiveHealth and Here4TN
- Tuesday, June 16, 11:30 a.m. to 12:30 p.m. CT
- **Healthy Mind, Healthy Body**
  - *This session will explore the mind body connection. And how stress affects your body. Then, you'll learn about mindfulness and other strategies to reframe your thoughts.*
- Visit [tn.gov/partnersforhealth/other-benefits/eap.html](https://tn.gov/partnersforhealth/other-benefits/eap.html) for webinar registration details.

# Coming in FY 2021!



**NEW**

We're releasing a new (more consolidated)  
Monthly Activity Planner starting August 2020!

# FY 2021 WFHTN Overall Award

- Recognize the agency with the highest efforts of increasing awareness and engagement for health & wellness across our state.
- Consistency is key!
- More information coming in July.





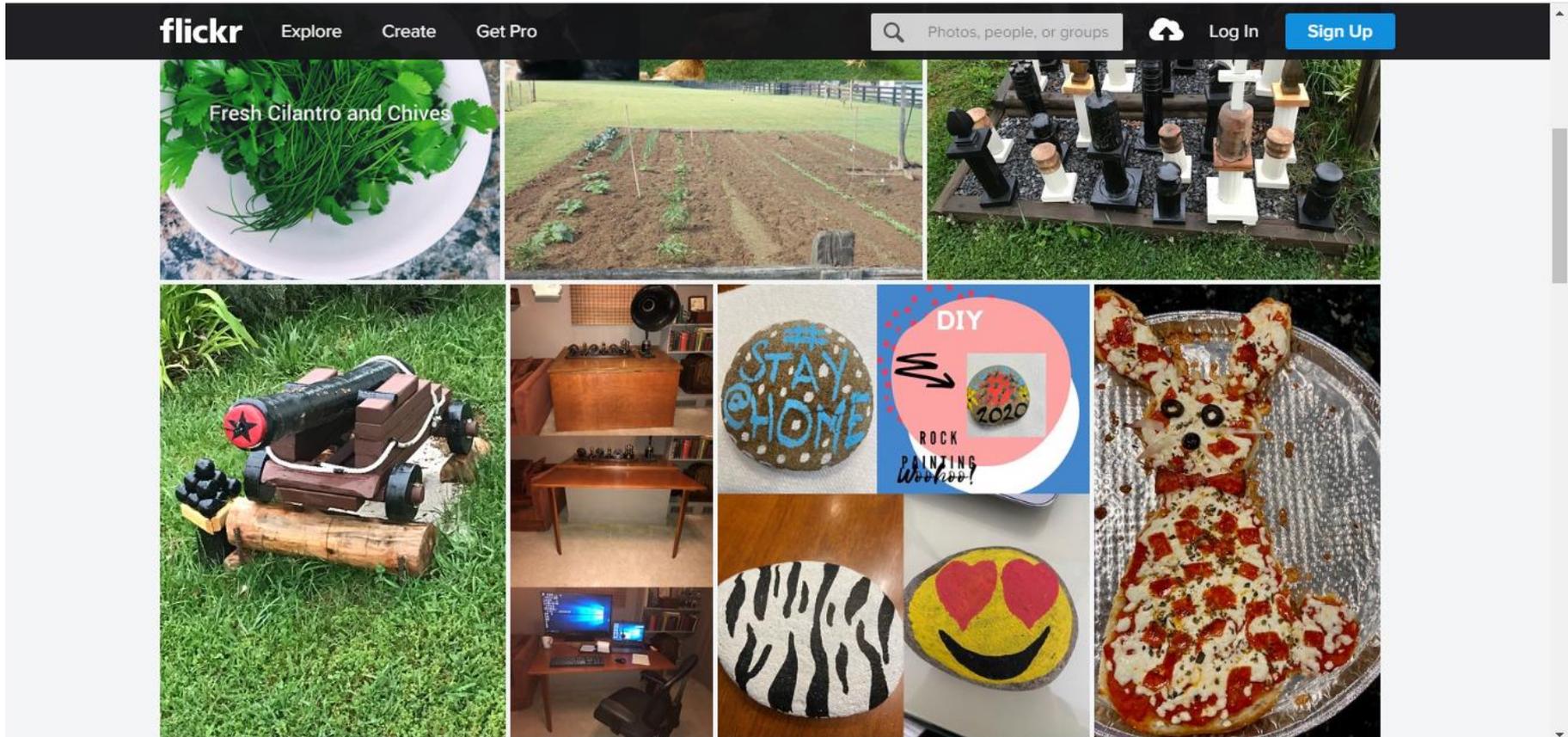
# WELLNESS COUNCIL SPOTLIGHT

# 2020 Top 6 Tournament



The Overall Award Winner will be announced during our Annual Awards Celebration!

# TDCI Online Creativity Gallery



# New TDH Webpage



**TDH WELLNESS COUNCIL**  
supported by Working for a Healthier TN

Workplace Wellness Program for the State of TN

**PARTNERS FOR HEALTHY**  
**CORONAVIRUS PUBLIC INFORMATION**

Coronavirus Benefits Info from ParTNers for Health

Go to the TDH COVID-19 Check-Ins for Public Health

## Wellness Updates from the TDH Wellness Council



# Wellness Council Spotlights

*Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!*



[facebook.com/WFHTN](https://facebook.com/WFHTN)

To tag, use @WFHTN



[twitter.com/WFHTN](https://twitter.com/WFHTN)

To tag, use @WFHTN



[instagram.com/workingforahealthiertn](https://instagram.com/workingforahealthiertn)

To tag, use @workingforahealthiertn

# June Holidays & Health Observances

- Alzheimer's & Brain Awareness Month
- Great Outdoors Month
- Men's Health Month
- National Fresh Fruit and Vegetable Month
- National Safety Month
- Men's Health Week (June 10<sup>th</sup>-16<sup>th</sup>)
- National Garden Week (June 7-13, 2020)
- **National Herbs & Spices Day** (June 10, 2020)
- Family Health & Fitness Day USA® (June 13, 2020)
- National Eat Your Vegetables Day (June 17<sup>th</sup>)

# Upcoming WFHTN Schedule

- **Q4 June Activity Planner**
  - Due Tuesday, June 30<sup>th</sup>
- **July Wellness Council Webinar**
  - Thursday, July 9<sup>th</sup> @ 9:00 a.m. Central
- **2020 WFHTN Annual Awards Celebration**
  - Virtual
  - Wednesday, July 29<sup>th</sup>



# Roll Call & Sharing



# Questions



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