

UAB Employee Wellness

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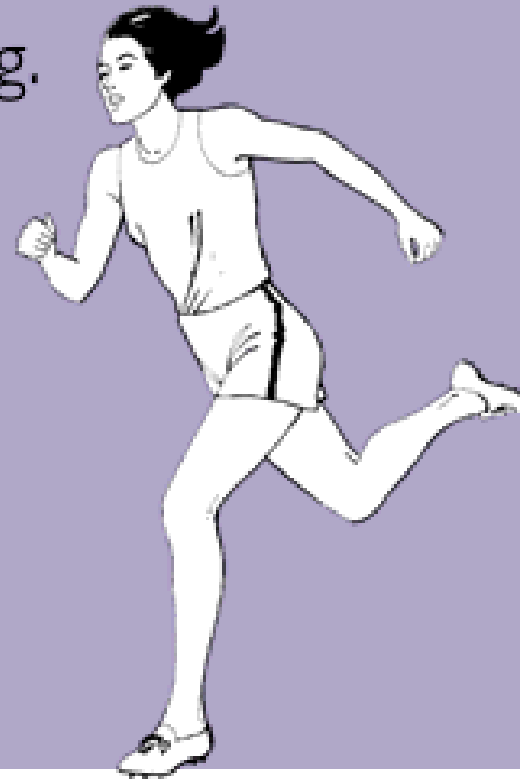


Disclosures

I just ran my first
marathon this morning.

Just kidding.

I'm on my
third cupcake.



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Why I chose the profession



- Food
- Lifelong application
- Helping profession

UAB/Alexandria University

Colorectal Cancer Prevention Research Project



My Professional Journey



What is UAB Employee Wellness?

Our Mission

UAB Employee Wellness strives to cultivate, innovate and nurture a collaborative approach for the individual and corporate health of UAB employees with a focus on five major areas:

- Nutrition
- Physical Activity & Recreation
- Prevention & Health Management
- Tobacco Cessation
- Overall well-being

UAB EMPLOYEE WELLNESS



Thursday, November 15

Inflatable Lung photo op • Healthy lung resources
Wheel of Wellness • Prize drawings
Dunkin Donuts Coffee Bar in the morning
Blaze Radio in the afternoon

TKC Corner, 7-9 a.m. | UAB Green, 11 a.m.-1 p.m.



Welcome to UAB Employee Wellness.
The UAB Employee Wellness program provides resources and opportunities to help employees live well — from a dynamic schedule of wellness programs and initiatives, to onsite health screens that empower employees to know their numbers and live well both in and out of the workplace.

Use the buttons to your right to learn how UAB Employee Wellness can help “UABe” your best self.





The FUN factor

February

Heart Month: Go Red for Women (AHA)

UAB is a proud supporter in the fight against heart disease.



UAB Hospital North Pavilion



UAB Medicine
Avondale 720
Business Center



The Kirklin Clinic of UAB Hospital



UAB Hospital-Highlands

UAB MEDICINE
Knowledge that will change your world

UAB THE UNIVERSITY OF
ALABAMA AT BIRMINGHAM
Knowledge that will change your world

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2018 WELLSCREENS (March – April)



- 3,352 employees screened (17% of eligible employees and an increase of 1,105 from 2017)
- \$50 incentive for eligible participants*
- \$138,730 awarded in incentives (\$90,620 savings from 2017)

March

National Colorectal Cancer Awareness Month

The Colorectal Cancer Conundrum



March is **Colorectal Cancer Awareness Month** *at UAB*

COLON ON THE GREEN

Friday, March 2, 11 a.m.-1 p.m. | UAB Green

Free T-shirts to the first 150, prize raffles, music from Blaze Radio & the 30-foot Inflatable Colon!

UAB.EDU/COLONMONTH





Fall of 2018



COLON on the CORNER *...with Coffee*

FRIDAY, SEPT. 14 | 7 a.m. to 2 p.m.
at The Kirklin Clinic corner (20th St.)

In case of inclement weather, event will be in the TKC lobby

- Free Dunkin Donuts coffee 7 a.m.-noon
- Snap a pic with the 30-foot inflatable colon
- Meet & greet with James Spann at 1:45 p.m.

uab.edu/loveyourbum



LOVE YOUR BUM

Love your bum? Get it screened!

Colorectal cancer is one of the most preventable and treatable cancers with early detection and UAB is committed to raising awareness about screening on time. If you're 45 or older, talk with your doctor to discuss what screening option is right for you.

[Colon Questions](#)

[Past Events](#)

Colon Questions

Click on the handouts below to get answers to questions including...

- What screening option is right for me?
- When should I get my colorectal cancer screening done?
- What is a colonoscopy?
- How often do I need to be screened?

The handouts provide detailed information on colorectal cancer screening. The first, titled '7 THINGS to KNOW ABOUT GETTING a COLONOSCOPY', lists key facts such as the fact that colorectal cancer is preventable and that early detection leads to better outcomes. The second, 'What's the Deal? Colon & Rectum', explains the anatomy and common symptoms. The third, 'LOVE YOUR BUM: Screening for Colorectal Cancer', offers a checklist of screening options and emphasizes the importance of regular screening.



UAB Health System CEO Dr. William Ferniany urges employees to get screened for colorectal cancer.

Find a Provider



Leadership Support



From left to right: UAB Cancer Center Director, UAB President,
UAB Chief Human Resource Officer, UAB CEO



Corporate wellness must be verifiable

In God We Trust...

(but everyone else better bring data)

February 4, 2019

My Health Rewards: Sweepstakes model for all benefit eligible employees now transitioning to a claims based/outcomes driven wellness platform

MY HEALTH REWARDS

Learn more about how to earn incentives for being a healthier you.

[LEARN MORE](#)

2000 Points



2 Key Behaviors



Retinal Eye Exam

Protect your vision!

Can you SEE how easy it is to prevent vision complications? Getting a retinal eye exam is an important

[Learn More](#)

earn 1000 points

Know Your Numbers

130 mmHg



Systolic BP

Diastolic BP

Body Mass Index

Glucose

Triglycerides

[CLICK TO VIEW ALL BIOMETRICS](#)



Watch a short video to learn how you can improve your health.

[WATCH NOW](#)



UAB eMedicine is an easy way to be treated for common conditions.

[LEARN MORE](#)

[View the UAB Wellness Calendar](#)

[VIEW](#)

Ways to Earn

Check out all of your opportunities to earn below.

2000 Points



2 Key Behaviors



Category: All



Emmi Videos

Learn about important health topics!

Understand your health and earn points every month by watching a variety of videos focusing on current health

earn
100
points

Watch Now



UAB Wellscreen

Know your numbers with an on-site Wellscreen!

Visit one of multiple locations across UAB for an on-site Wellscreen offered by UAB Employee Wellness. This free

earn
1500
points

Learn More



Colorectal Cancer Screening

Early detection saves lives!

Earn 1,000 points when you have a Colorectal Cancer Screening as covered under your UAB medical plan. Talk

earn
1000
points

Learn More



HbA1c Test

Know your numbers!

HbA1c is your average blood sugar level over a 3 month period. It's important to measure this in addition to your

earn
1000
points!

Learn More



Prostate Exam

Early detection saves lives!

Early detection usually allows for more treatment options. Some early cancers may have signs and

earn
1000
points

Learn More



Pack Health

Enroll. Engage. Complete!

Earn up to 2,000 points and achieve your wellness goals through one-on-one coaching with experts in the health

earn
2000
points

Learn More

Get Active!

Earn up to 10 points per day when you get active by participating in one of the activities below.

2000 Points



2 Key Behaviors



earn
10
points

Track Your Steps

Connect to Earn!

Use your physical activity tracking device (Fitbit, Garmin or Misfit) and earn 1 point for every 1,000 steps you take



Connect



earn
10
points

Report Your Physical Activity

Stay active this week doing things you enjoy!

Earn up to 10 points per day when you self-report your physical activity. Points vary depending on duration of



Report Here



earn
10
points

Visit the Recreation Center

Getting active is a great way to improve your health!

Regular exercise will increase your energy, help you lose weight and have fun. And what better place is there to



Learn More

I didn't make it to the gym
today.

That makes
5 years in a row.



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Question...

How do we, who live **EXTREMELY** hectic lives, take care of our **own** health and still get everything accomplished on our to-do list?



Barriers to living well

- **Time-** never enough
- **N.T.T.P. Syndrome-** no time to potty
- **Energy-** constantly need more
- **Culture...**

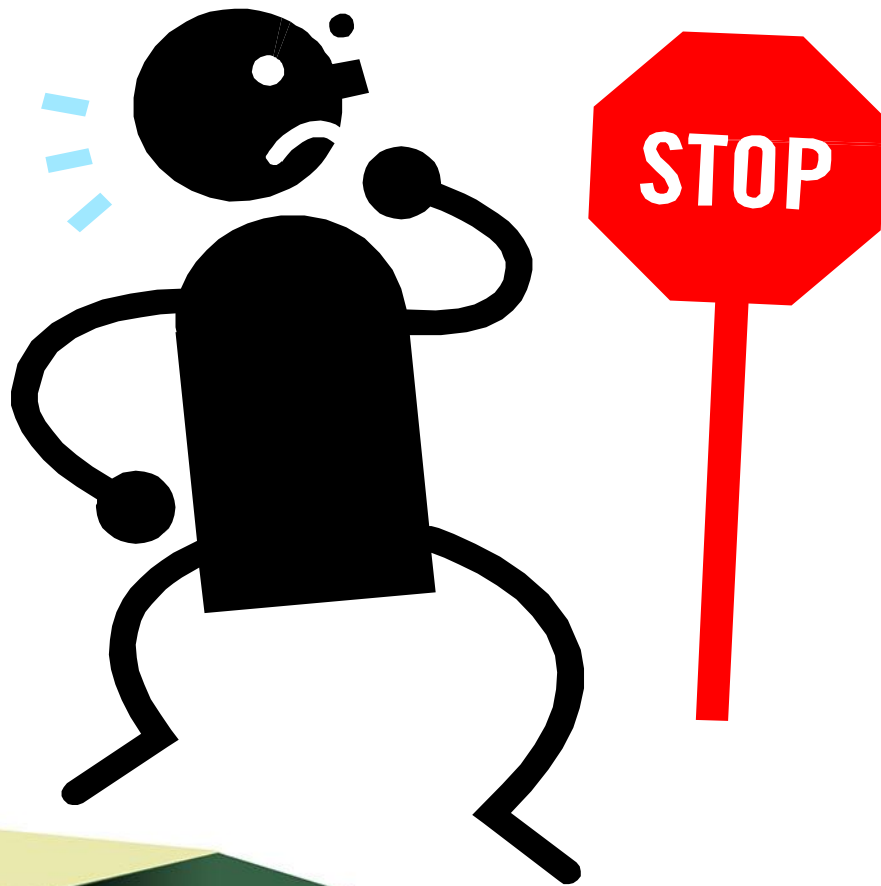
An old school favorite



- Barbie would not menstruate
- She would walk on all fours
- She would fit the BMI criteria of anorexia

To see any change from the neck down, it has to start from the neck up...

H.A.L.T. Principle



H. _____
A. _____
L. _____
T. _____



FOOD

**NEGATIVE
EMOTIONS:**

- Guilt
- Regret
- Frustration
- Self criticism



NEGATIVE EMOTIONS



ALTERNATIVES

- Brush Teeth
- Work on a craft
- Take a bath
- Call a friend
- Check e-mail
- Put a penny in a jar



- Guilt
- Regret
- Frustration
- Self-criticism

Next Steps...



CONNECT



UAB Employee Wellness



@uab_employee_wellness

www.uab.edu/wellness



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