

# Meet Today's Webinar Team



**Presenter: Ashley Mikytuck**

Ashley is a technical writer for Texas Mutual's safety services department. She joined the safety services support center in early 2015 as a safety representative and is now assisting the department with written safety content. Ashley holds a bachelors degree in Urban Studies from the University of Texas.



**Presenter: Laurelle Bednar**

Laurelle is a training consultant for Texas Mutual's safety services department. She conducts webinars, presentations and creates e-Learning content for our policyholders and internal departments. Laurelle holds a bachelors and masters degree in Anthropology from California State University Fullerton.



**Moderator: Hannah Bolton**

Hannah is a safety services representative for Texas Mutual's safety services support center. She provides internal support for the safety services department, and provides policyholder support by answering questions through our worksafe number. Hannah has a degree in Communications from Texas A & M University, Corpus Christi.

# Wellness at Work

**Texas**Mutual<sup>®</sup>  
WORKERS' COMPENSATION INSURANCE  
WORK SAFE, TEXAS<sup>SM</sup>



# Agenda

**1 Relationship Between Work, Life, & Health**

**2 H-E-B Case Study**

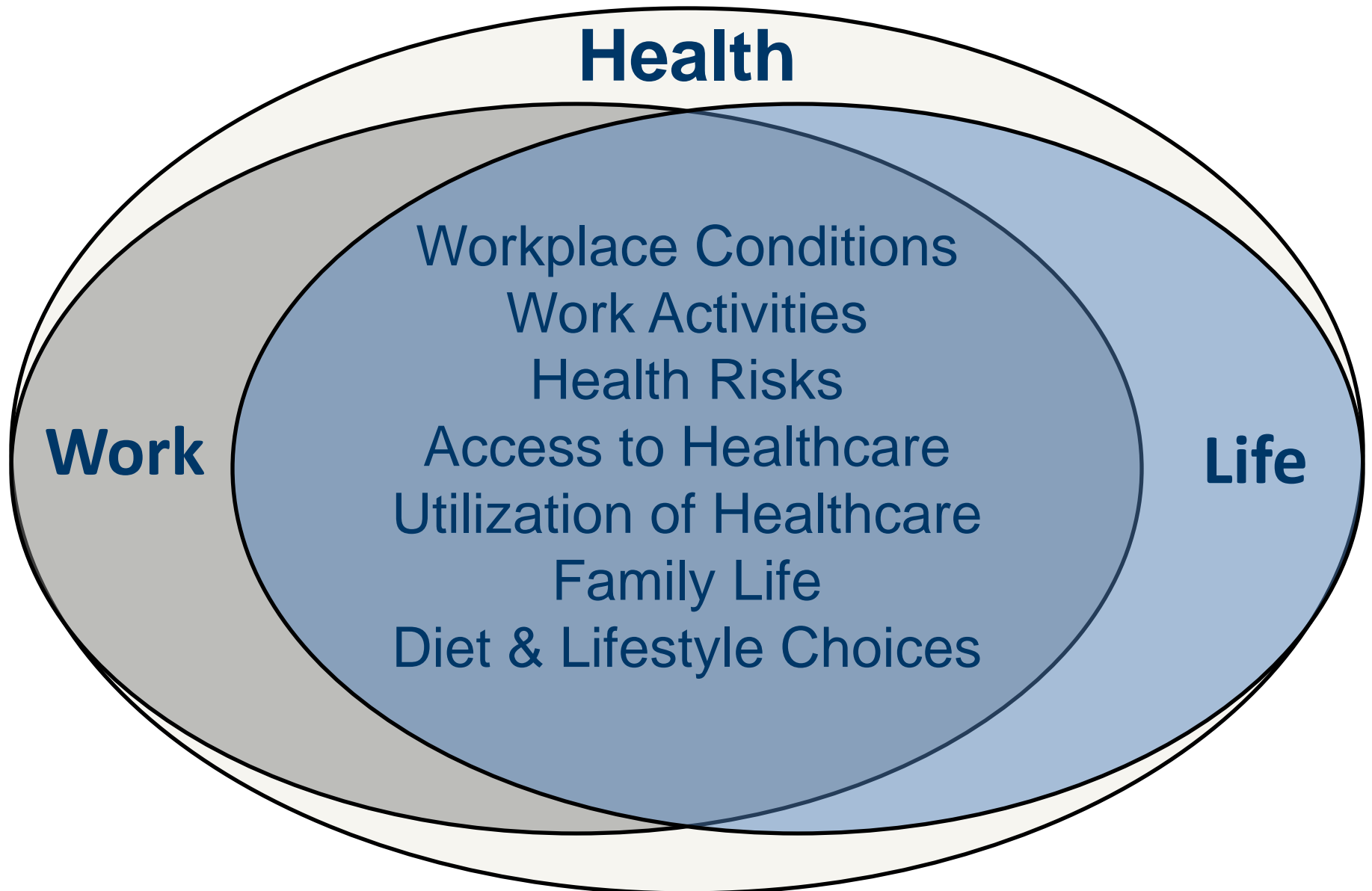


# Relationship Between Work, Life & Health

**Texas**Mutual<sup>®</sup>  
WORKERS' COMPENSATION INSURANCE  
WORK SAFE, TEXAS<sup>SM</sup>



# Work, Life, and Health



# Wellness Programs

Health-Related  
Policies

Health  
Benefits

Environmental  
Supports

Health-Related  
Programs



# Case Study

**Texas**Mutual<sup>®</sup>  
WORKERS' COMPENSATION INSURANCE  
WORK SAFE, TEXAS<sup>SM</sup>



# Special guest Bobbi Frieda



**Bobbi Frieda**  
**HR Manager, H-E-B**



# Introduction to wellness

**When did H-E-B implement a wellness program? Why?**



**Primary goals?**

**How did you roll out the program?**

**What were employees' initial reactions to the program?**

# Programs



**Health screen**

**Food, Body and Life  
badge program**

**Tobacco cessation**

**Slim down show down**

# Success of Programs



**Outcomes**

**Biggest success**

**Partners' Reaction**

# Challenges



**What challenges were there?**

**Any struggles?**

# Wellness resources

CDC resource center:

<https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/index.html>

The Whole Worker

<http://lohp.org/wpcontent/uploads/2013/10/thewholeworker.pdf>

AHA workplace health resources

[https://www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/Employer-Resources-for-Success\\_UCM\\_460461\\_SubHomePage.js](https://www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/Employer-Resources-for-Success_UCM_460461_SubHomePage.js)

# Coming soon...

## 2017 safety and wellness grant program

**Safety grant** – reimbursement for the purchase of safety equipment that will help prevent accidents

**Wellness grant** – assistance in setting up a wellness program at your company

Applications to open in late summer– look for more details in July!



**Texas**Mutual<sup>®</sup>  
WORKERS' COMPENSATION INSURANCE  
WORK SAFE, TEXAS<sup>SM</sup>



# Thank you

**Texas**Mutual<sup>®</sup>  
WORKERS' COMPENSATION INSURANCE  
WORK SAFE, TEXAS<sup>SM</sup>

