

Wellness Programs That Help Employees Bring Their Best Self to Work

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The Miller Group



Risk Experts. Trusted Partners. Caring People.

SELF CHECK-IN

Take a moment to take inventory on how you are feeling.

Did you have a rough start to your morning?

Maybe you had extra time for you this morning?

Drank a little too much coffee?

THINK-PAIR-SHARE



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ABOUT ME

- Help in client wellness services in Employee Benefits division
- Previous teacher and head coach for 9 years.
- Happily married to a teacher and coach. Three young children.
- Camping, playing games, being outside, and spending time with family.
- I fill my cup by being in nature.



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A WELLNESS CULTURE WHERE EMPLOYEES THRIVE

The Miller Group's customizable roadmap can help you get there



A WELLNESS PARTNER

One sure way to lower the cost of healthcare is to be healthier. While companies can't stop cancer or other tragic health events, companies can provide opportunities to their employees to improve their own wellbeing.

Start small. Get help. Stay committed.

As a partner working with you to achieve your goals, The Miller Group can help you jump start your wellness.

Contact us today to get the conversation and motivation started.

THE RESOURCES YOU NEED

- Dedicated wellness specialist
- Wellness questionnaires and surveys
- Menu of suggested wellness activities
- Compliance assistance
- Structuring of allowable wellness incentives
- Vendor selection process
- Employee communications
- Results tracking and analysis
- Whole employee wellness assistance (financial, social, occupational)

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WHAT DOES WELLNESS MEAN TO YOU?



- Scan the QR code.
- In 1-2 words, say what wellness means to you.

8 AREAS OF HOLISTIC WELLNESS

1. Emotional
2. Spiritual
3. Environmental
4. Physical
5. Occupational
6. Intellectual
7. Financial
8. Social



8 AREAS OF HOLISTIC WELLNESS

Emotional

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life

8 AREAS OF HOLISTIC WELLNESS

Spiritual

- Finding purpose, value, and meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values

8 AREAS OF HOLISTIC WELLNESS

Environmental

- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet

8 AREAS OF HOLISTIC WELLNESS

Physical

- Caring for your body, staying healthy now and in the future.

8 AREAS OF HOLISTIC WELLNESS

Occupational

- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

8 AREAS OF HOLISTIC WELLNESS

Intellectual

- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others

8 AREAS OF HOLISTIC WELLNESS

Financial

- Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies
- Being aware that everyone's financial values, needs, and circumstances are unique

8 AREAS OF HOLISTIC WELLNESS

Social

- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community

WHERE IS YOUR FOCUS?



WHAT WE'VE SEEN MOST

- Medical premium incentive
- Biometric screenings
- Flu clinics
- Tobacco cessation



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WHAT IT CAN BE

Medical premium incentive

Biometric screenings

Flu clinics

Tobacco cessation

Reimbursements

(Gym memberships, races, etc.)

Mental health offerings

Ergonomics

Wellness platforms

Lunches

Presentations

Family events

Financial wellness courses

Interoffice clubs/activities

Gratitudes

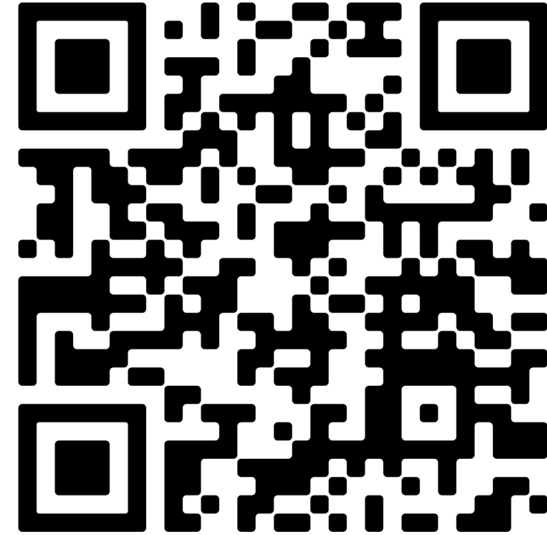
Newsletters



FIRST STEP- GET A PULSE

- C-Suite Survey
- Employee Survey

*Scan to get a
free employee
survey template*



LEARN MORE

- Socialize– What are employees doing?
 - 5Ks, Softball leagues, etc.
- Human Resources
 - What is HR team hearing from employees?
 - Are your co-worker's needs being met?
 - How can we improve from here?
- Get employees onboard.
 - May lend itself to a wellness committee or it might fall on one person's plate to begin.
- Cyclical
 - Employee wellness is ever-evolving.
 - Players in the space are ever-changing and the depth of the whole person continues to develop.
- There is no “one size fits all” cookie-cutter approach.

THANK YOU!

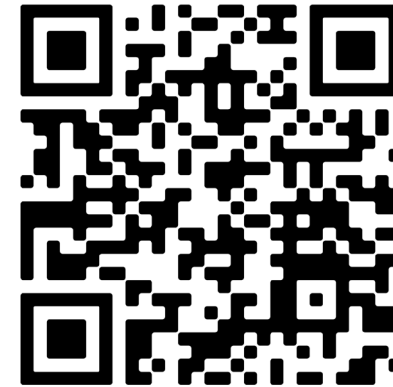
Reach Out

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Connect



The Robert E. Miller Group
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