

MCHS Wellness@Work

Health Educators
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MCHS commitment to wellness

Mission

We enrich lives

Wellness@Work provides holistic wellness services and programs to create a culture of health where employees feel empowered to achieve their personal health goals.

Vision

We will innovate and define the future of health care for generations.

Wellness@Work will invest in the health of our most important resource, our employees, to attract, engage, develop and retain the best and most healthy staff and providers.



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2024 Well-being opportunities – fitness

- Virtual fitness class recordings
- Perkspot
Health and Wellness category
at the bottom of the page
- HUSK
Available to all MCHS employees
<https://marketplace.huskwellness.com/mchsfitness>



2024 Well-being opportunities – quarterly programs

- Focused on healthy behaviors in the workplace including:
 - Mental and emotional well-being
 - Physical activity
 - Healthy eating
 - Stress management



MCHS recommended steps for good health

- Step 1: Complete the online WebMD health assessment
- Step 2: Complete a preventive exam with your primary care provider
- Step 3: Participate in one or more Wellness@Work programs or services



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2024 Well-being opportunities – weight management

- Diabetes Prevention Program
- DIET FREE
- Dietitian services
- Health coaching*
- Additional MCHS programs:
<https://www.marshfieldclinic.org/services/weight-management>

Webpage: <https://pulse.mfldclin.org/health-system/wellness/SitePages/WeightManagement.aspx>

* Security Administrative Services members



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Endocrinology Nurse Practitioner Karla Stumpp lost 40 pounds with DIET FREE. She no longer needs blood pressure medication and decreased her cholesterol medication significantly.

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2024 Well-being opportunities – onsite chair massage

Locations

- Marshfield Center campus
- Security Health Plan



<https://pulse.mfldclin.org/health-system/wellness/SitePages/Massage%20Therapy.aspx>

2024 Well-being opportunities – nicotine free

- Nicotine Free program
Security Administrative Services members
800-472-2363
- Tobacco QuitLine
National QuitLine
2-weeks free Nicotine Replacement Therapy (NRT)
800-QUIT-NOW (800-784-8669)



<https://pulse.mfldclin.org/health-system/wellness/SitePages/QuitTobacco.aspx>

2024 Well-being opportunities – SAS/SHP members Population Health Management programs

- **Freespira**
An at home medication-free digital therapeutic breathing solution to help reduce or eliminate symptoms of panic attacks and PTSD. This digital therapeutic is medication-free and can be used alongside your current medication and therapy program.
- **Omada for Diabetes Prevention/Weight Management**
A digital care platform that empowers people to achieve their health goals through sustainable lifestyle change. This is a digital CDC-recognized Diabetes Prevention Program helping participants lose weight, build strategies for healthy eating, activity, sleep, and stress management and reduce the risk of developing type 2 diabetes and cardiovascular disease.
- **Inspira Health**
holistic approach to partner with individuals that have multiple chronic conditions to transform their healthy by building a personalized plan supporting emotional, physical, financial, and mental health.
- **Rx Saving Solutions (RxSS)**
personalized member engagement with insight on how to best maximize prescription benefits; ultimately with the goal to reduce out of pocket costs for employees and reduce plan spend.

<https://www.marshfieldclinic.org/mCareers/Documents/2023/SHP%20Health%20Management%20Programs%20Final.pdf>



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Ambassadors



Go to <https://pulse.mfldclin.org/health-system/wellness>
to find the ambassador at your center



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Partnerships to advance employee well-being

- MCHS Fun Team events
- Volunteer Services and Pet Therapy
- Organization Development presentations/programs
- Creative Services team to produce cooking videos
- Human Resources to promote employee benefits



Stay informed

- Visit the wellness webpage:
<https://pulse.mfldclin.org/health-system/wellness>
- Join our Well@Work eNewsletter
[Sign up](#)
- Questions or suggestions:
Email mchswellness@marshfieldclinic.org

We look forward to working closely with
our coworkers by supporting their desire
to make healthy lifestyle choices.

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