

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit

COMMUNICATION



January 1, 2018

Calendar

Razorback Basketball Ticket Discounts

Dates: Jan. 20 in Fayetteville vs. Ole Miss
Feb. 17 in Fayetteville vs. Texas A&M

Discount code info: onespiritblog.com/perks

Freedom From Smoking Group Quit Program

Date: Jan. 10 @ 5:30 - 6:30pm

Contact: Call 501.552.6500 to register.

Tumor Board (Infirmar)

Date: Jan. 10 @ noon (Monthly Meeting)

Contact: Physicians interested in presenting, email **Gerri Ashley**, gashley@stvincenthealth.com

Coworker Spiritual Renewal (Hot Springs)

Date: 1st & 3rd Wednesdays, 12-12:15pm

Location: Hot Springs Chapel

Ongoing RN Opportunities

American Red Cross Blood Services

Contact: Annette Arthur, **501.614.4435** or
Tonya McNair, **501.614.4478**

Step It Up Challenge

Registration opens on 1/8/2018 and
Challenge begins on 1/22/2018

Log 180,000 steps
between Jan. 22-
Feb. 18 and earn
\$50 in wellness
rewards.



well-being

Formerly known as
Healthy Spirit

For an easy how-to guide on
participating in challenges, visit
onespiritblog.com/wellness/challenges

Share

Content for OneSpirit, including blog, photos and
weekly (this publication), can be submitted to:

webmaster@stvincenthealth.com

New on OneSpiritBlog.com

Introducing... Imagine Your Best Self: Together we can make what we imagine a reality

We are kicking off 2018 by encouraging
coworkers to imagine your Best Self.

This new approach reflects the partnership
between CHI and its coworkers: one that joins
you in pursuit of your whole best self, not just at work, but in life.

imagine your Best Self includes five key categories:

- **well-being**, which includes health, retirement and wellness. Well-being, which will replace Healthy Spirit, better aligns with the goal: to help employees realize their whole best self. While Healthy Spirit is being renamed, the programs are not changing.
- **growth**, which includes career development, training and tuition reimbursement.
- **rewards**, which includes pay, awards and recognition.
- **spirituality**, which includes living our sacred mission, sacred stories, feast days and volunteer opportunities.
- **CHI**, which includes achieving our mission, Living Our Mission Measures and more.

And a revamped InsideCHI homepage will debut Jan. 3.
The content won't change, but the links on the homepage
will move to align with the five new imagine your Best Self
content categories. Aligning InsideCHI's content with these
five categories will make it easier for you to find the information
you need to be your best in mind, body and spirit.



imagine
your **Best Self**

well-being
growth
rewards
spirituality
CHI

2018 Wellness Program Update

With our all-new Wellness
program you can earn up to
\$450 in wellness dollars and
your spouse can do the same!



We have made taking advantage of your wellness dollars easier.
Visit onespiritblog.com/wellness for easy-to-follow instructions
on how you can earn wellness rewards.



Imagine better health.SM



*Together we can make what
we imagine a reality...*

imagine your **Best Self**

CHI is introducing ***imagine your Best Self*** as a partnership – one that joins you in the pursuit of your whole, best self, not just at work, but in life. CHI supports you in this goal by providing information, guidance and programs that help you with:

well-being

(your health,
wellness and
financial
security)

growth

(your career
development
and training)

rewards

(your pay and
awards)

spirituality

(volunteer
opportunities, feast
days, etc.)

CHI

(our Vision
and goals)

For more information, visit onespiritblog.com/imagine



imagine
your **Best Self**