

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION

January 8, 2018



Featured Pic: The volunteers at Hot Springs donated 25 blankets to the Cooper-Anthony Mercy Child Advocacy Center.

Find more online!

Visit onespiritblog.com for
all coworker stories & photos.

Must-Know

Updated Weekly Design & Email Cadence Information

The Marketing Team has a resolution for 2018: to make it easier to find the information you need! Our communication will be in three categories:

Must-Know Mondays: Important news

Well-Being Wednesdays: Wellness incentives, how to find in-network providers and other health tips.

Facetime Fridays: Celebrating all the great things our coworkers are doing.

The best part? You'll get all this delivered to your email three times a week.

OTHER HEADLINES:

Infirmiry Tumor Board Begins Monthly Meetings on Jan. 10

February OneSpirit Forum Dates Set

CHI St. Vincent is Now A Tobacco-Free Campus

Well-Being

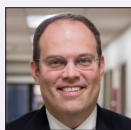
Register Today for the Step It Up Challenge! Challenge begins Jan 22.

Did you know that physical activity leads to a decreased risk for heart disease, high blood pressure, depression, and even certain cancers?

Join us for the Step It Up Challenge and start benefiting from walking. The goal is 45,000 steps a week for four weeks. Put your activity tracker on, lace up your sneakers, and improve your health. If you meet the goal of tracking at least 180,000 steps between January 22 and February 18, you will earn \$50 wellness dollars for participating. Interested in registering? Visit onespiritblog.com/wellness for information on how to sign up.



Facetime



Dr. Doug Ross Named Chief Medical Officer

Dr. Ross served as the Vice President of Medical Affairs in Hot Springs since the acquisition from Mercy in 2014. He was instrumental in the development of our integrated Emergency Medicine group that includes Hot Springs, Infirmiry, Morrilton, North and Conway Regional Health System. Dr. Ross also oversees the Hospitalist Program.

OTHER HEADLINES:

Brian Morgan Named Director of Facilities Management at Legacy Campuses

Events

2018 Martin Luther King, Jr. Day of Service

Date: Monday, Jan. 15 | 10am to 2pm

Location: Pulaski Heights United Methodist Church
4823 Woodlawn Drive

Contact: Tiffani Butler, 501.442.5523,
tbutler@stvincenthealth.com

COWORKER PERKS

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

Garvan Woodland Gardens (Hot Springs)

Free admission for coworkers, spouse & children under 18 years old. This offer is good all year. Please make sure to bring your coworker badge as proof of employment.

Social Highlight

We appreciate all likes (and especially shares) for Facebook posts. Help continue to get the word out about our ministry.



Share: Content for OneSpirit, including blog and photos can be submitted to: webmaster@stvincenthealth.com



2018 Wellness Program

Your all-new Wellness program helps encourage you to make the healthy choice, every day.
Visit your Wellness website to get started today!

This year you can earn up to \$450 in wellness dollars and your spouse can do the same!

Wellness dollars can be redeemed for gift cards* or a health account contribution. Only employees and spouses enrolled in the CHI medical plan for 2018 are eligible to participate in the Wellness program.

*Gift card rewards will be considered taxable income.

Program Runs: 1/8/2018 - 9/28/2018

You can earn wellness dollars by completing the following activities:

- \$75 - Personal Health Assessment
- \$75 - Lifestyle Coaching (for every three sessions)
- \$50 - Preventive Health Screenings (maximum of four screenings per year)
- \$50 - Challenges
- \$50 - Trackers
- \$50 - Journeys
- \$25 - Webinars
- \$25 - Volunteer Activity (maximum of two activities per year)



**Catholic Health
Initiatives**

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