

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION

June 11, 2018



FEATURED PIC: Our Hot Springs team had great success at the 2018 Garland County Relay for Life! For the year, they have raised almost \$13,000 to help in the fight against cancer.

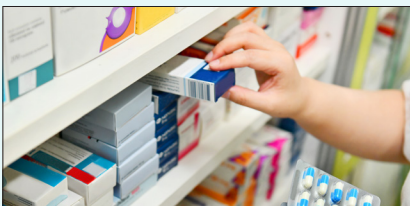
Find more online!

Visit onespiritblog.com for coworker stories & photos.

Must-Know

Pharmacy Refills Made Easy

There are a number of reasons to use the coworker pharmacy to get your prescriptions filled. Two of the main reasons are it's convenient and it's cheaper. If that alone wasn't reason enough, now there's even another reason. Prescription refills have never been easier. Now you can order prescription refills online or right from your smartphone. Signing up is easy too! You can do it through the Insider or our main website (coworker tab).



OTHER HEADLINES:

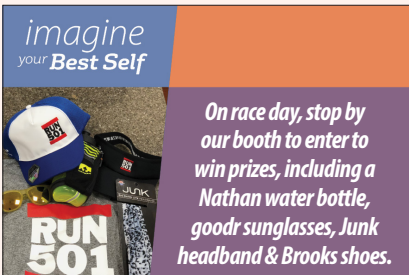
[Kronos Upgrade June 15](#)

[Workday Self-Evaluations Due June 29](#)

Well-Being

Sign Up Now for the 2018 Go! Mile Walk/Run

Join us on June 16 at 8:40am to run/walk a mile alongside other CHI St. Vincent coworkers at the CHI St. Vincent Go! Mile, at the Clinton Center. All registrations include: 1 free mini mile sign-up, a free t-shirt, victory lap pass for discounted downtown attractions, entry into pre-race and race day prize drawings. Sign up for the event at onespiritblog.com/2018gomile.



OTHER HEADLINES:

[Snap Pea Recipes That Will Surely Surprise You](#)

Facetime

Eddie Davis Named to Arkansas Business 40 Under 40 2018

Each year, Arkansas Business presents its 40 Under 40 list to recognize intriguing business and political leaders under 40 years old. Eddie oversees compliance for the system and implemented the compliance program here at CHI St. Vincent by himself when he arrived in Little Rock. By integrating CHI's organizational framework and adhering to the mission of the ministry, he successfully strengthened the compliance program into a high-performing position.

Eddie recently participated in Leadership Little Rock, an extensive year-long program of the Little Rock Chamber of Commerce intended to provide support and encouragement to the next generation of civic leaders in central Arkansas.



Events

Upcoming Blood Drives (Infirmiry)

June 11 | 10am – 3pm | Terrace Room
June 12 | 10am – 3pm | Terrace Room

Values In Action Pack Shack Parties

Tues., June 12 | 11am – 2pm | Hot Springs
Mon., June 18 | 11am – 2pm | Morrilton
Thurs., June 21 | 11am – 2pm | Infirmiry

Walks/Runs

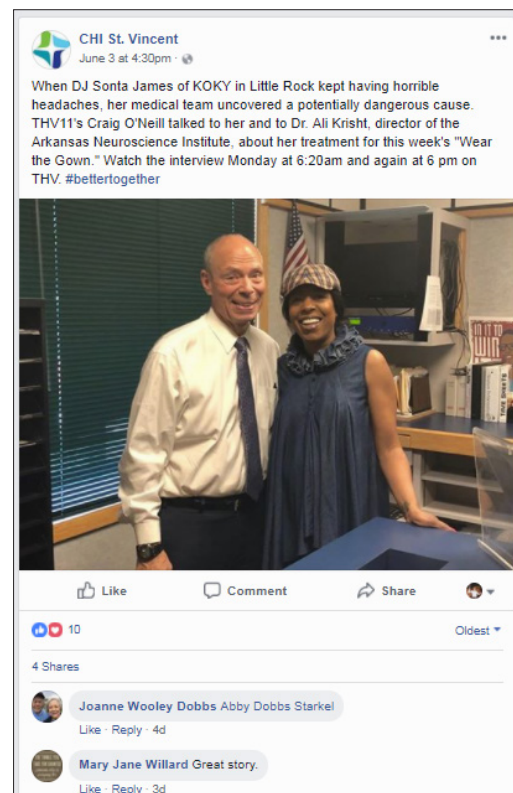
Visit onespiritblog.com/walks-runs for info on how to register for an event.

Final week to register!

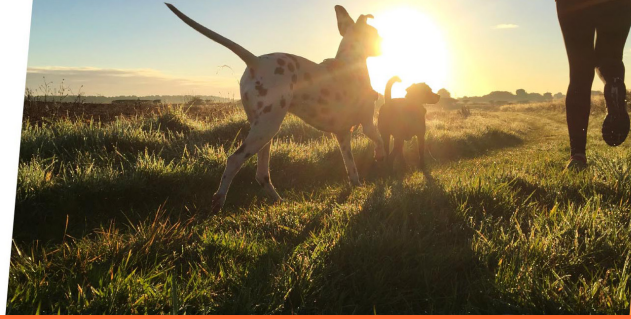
Go! Mile Walk and Run
Sat., June 16 | 8:40am | Clinton Presidential Center

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



Well-Being Trackers:

You can earn \$50 when you complete any of the five incentivized wellness trackers between January 8, 2018 – September 28, 2018. Don't forget to sync your wearable device if you have one! The wellness website currently syncs the following activities noted below with an asterisk.

Sleep*

- Log 16,800 minutes

Water

- Log 320 glasses

Steps*

- Log 400,000 steps

Mindful Minutes

- Log 400 minutes

Fruit and Vegetables

- Log 200 servings



Webinar: "9 Elements to Longevity"

Discover lifestyle habits and practices that contribute most to living a long, healthy life.

Harvest of the Month:

Sugar Snap Peas: Try these sweet, tender vegetables in a salad, a side dish, or a stir-fry, or eat them raw as a snack. A cross between snow peas and English (regular) peas, sugar snaps have a pod that contains small peas. The entire pea is edible, including the pod.



Well-being Ambassador Program:

Do you see yourself as a role model for health and wellness within your department? If so, then apply to become a Well-being Ambassador!

Well-being Ambassadors promote Imagine Your Best Self programs and activities that encourage good health and improve the quality of life, while serving as a liaison between departments/facilities and the Well-being Champions Team.

Increasing engagement can be done by expressing wellness opportunities to your departmental coworkers, sharing ideas for new opportunities and being available for any questions coworkers may have concerning their participation in programs.



well-being
AMBASSADOR