

# WEEKLY

Featuring content from the  
channels of CHI St. Vincent

onespirit  
COMMUNICATION



**FEATURED PIC:** Heart Institute coworkers celebrated Christmas with a luncheon, Christmas floats, dancing with the doctors contest (Dr. Kossidas won the trophy), a kazoo band and other games. About 165 coworkers attended.

December 31, 2018

## Start Your New Year Off Right with These Health Tips

Did you know that almost 60 percent of people have a New Year's resolution of losing weight and eating better? And 25 percent of people have a goal of spending less and saving more. Below are a few common resolutions and how the 2019 Wellness Program and special wellness focused coworker perks can help:

### Lose Weight

Starting in January, coworkers and their eligible spouse will have discounted pricing on the WW (formerly WeightWatchers) offerings. Join WW to reach your wellness goals—to lose weight, eat healthier, move more, develop a more positive mindset or all of the above.

Visit [onespiritblog.com](http://onespiritblog.com) for details about how to save over 50 percent on WW plans.

### Workout with Consistency

When it comes to taking your health seriously in 2019, we don't want anything to stand in your way. That's why there will be local gyms on-site Wednesdays in January at hospitals to connect coworkers with awesome discounts.

View full list of local gym partners at [onespiritblog.com/gyms](http://onespiritblog.com/gyms).

### Reduce Stress

Did you know that mindfulness training is a proven way to keep you healthy? New to the 2019 wellness program is a mindfulness training program called Whil. This is a video program that makes mindfulness training simple and engaging.

Complete 10 Whil sessions in a month and earn \$10.



### Save More Money

While we may have goals to build a solid emergency fund, buy a home, retire early or pay off debt, we can all afford to make better financial decisions in 2019.

Check out our articles on the blog about 10 expensive habits to break.

### Volunteer More

Volunteering helps more than just your community, it also helps you through a sense of purpose. Our volunteer activity program offers you many different ways to give back.

You can earn \$20 per volunteer activity three times a year.

### Become Stronger Mentally

Take a moment to reflect on your life and the obstacles that may be keeping you from reaching your goals. Maybe you're having trouble paying off student loans or credit card debt, having relationship difficulties with a spouse or family member or dealing with high levels of stress. Whatever the challenge, our Employee Assistance Program (EAP) can help.

The first five counseling sessions are provided at no cost.

## Upcoming Events

Local Gym Partners On-Site  
Throughout January

WEDNESDAY, JAN. 2

Hot Springs – Profile (Weight-Loss Coaching)

Infirmary – Wow Fitness North – 10 Fitness

WEDNESDAY, JAN. 9

Hot Springs – YMCA

Infirmary – D1 Training

North – Profile

Morrilton – 10 Fitness

2019 Wellness Program Launch Date

Beginning Monday, Jan. 14

For details on all the new & easy way to redeem well-being cash, visit [onespiritblog.com/wellness](http://onespiritblog.com/wellness).

## Social Highlight

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





January 2019 | Volume 1

## 2019 Wellness Program

Your 2019 Wellness program offers you the opportunity to earn \$450 through a variety of programs. Begin earning on January 14! To get started, visit the *well-being* pages on InsideCHI.

### Get Started:

Did you know you can earn wellness dollars by just getting connected? Get started on earning your 2019 reward by downloading and logging into your mobile app, add 5 friends and connect an activity device (Apple watch, Fitbit, etc.).



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!

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. Visit [onespiritblog.com/ambassador](http://onespiritblog.com/ambassador) for instructions on how to sign up.

## Harvest of the Month:

**Grapefruit:** This tropical citrus may reduce your risk for heart disease and is also rich in antioxidants and fiber. Grapefruit has shown to aid weight loss by promoting appetite control and is low in calories but high in nutrients.



## WW

Catholic Health Initiatives is proud to announce a NEW partnership with WW, Weight Watchers Reimagined. WW's new mission is to inspire healthy habits for real life. Catholic Health Initiatives employees and their spouse can join the



**WW Freestyle™ program** at **over a 50% off** WW standard costs. For more information, please visit the *well-being* pages on InsideCHI.

## New! Whil Mind & Body Sessions

Stress is a leading cause of illness, but did you know that mindfulness training is a proven way to keep you healthy? Whil makes mindfulness training easy to access, simple to understand and engaging.

Whil is an on - demand video based program that focuses on mindfulness, yoga, and emotional intelligence. There are programs focused on Mindfulness, yoga and emotional intelligence, and you can earn \$10 in wellness dollars for each 10 sessions completed (per month).

