

CHA Quarterly Well-being/Wellness Webinar

January 9, 2024



Navigate

Be the Spark

Children's Hospital Association Meeting – January 9, 2024



Hi. We're Navigate.

Navigate is an employee engagement technology company helping organizations create more health and happiness in the employees, clients, and communities they serve.

At Navigate, our mission is to spark a cascade of positive change by applying our technological capabilities to the field that we believe enables us to make the most **impact: health and wellbeing**. We aim to grow our business by bettering the lives of our employees, customers, and communities, and through our efforts, inspire others to do the same.

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Employee wellbeing programs can lead to a healthier workforce, which can reduce healthcare costs and increase productivity.

81%

decrease in absenteeism

20%

Increase in productivity

23%

More profitable than their less engaged counterparts



Program Design and Strategy



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Program Objectives

Children's Nebraska recognizes 5 dimensions of wellbeing

Objectives of the program:

- Create a holistic approach to wellbeing
- Engage the entire workforce
- Make portal a hub for all things wellbeing and communication
- Infuse wellbeing into the culture



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Program Design & Strategy

- Wellbeing survey (HRA)
- Incentive
- Allow for team member choice
- FindHelp
- Utilize Resource Hub
 - Each wellbeing pillar has its own page
 - Added a physician specific resource page
- Mobile App
- Evaluation throughout the year
 - Data, challenges, what can we do now?
 - Utilizing adhoc communications

Name
Start Here - Required Activity
📄 Wellbeing Survey *
Emotional Wellbeing Activities
📄 Self-Care Plan
📅 <u>Brighten Your Mood Group Challenge</u>
📄 Visit a Mental Health Counselor
📄 Meet with a Peer Supporter
📄 Reflective Rounds Session
Physical Wellbeing Activities
📄 Annual Physical/Biometric Screening
📄 Preventive Exams
📅 Mission: Nutrition Group Challenge
📅 Falling Into Rhythm Group Challenge
Financial Wellbeing Activities
📅 60 Days to Change Group Challenge
📄 Financial Video Course

Community Wellbeing Activities
📄 Blood Donation
📄 BeInvolved Volunteer Hours
📄 Children's Sponsored Walk or Run
Social Wellbeing Activities
📄 Children's WeThrive Sponsored Event
📄 Download Navigate Mobile App
📄 Attend a Culture and Inclusion Event
All Wellbeing Dimensions
📅 Video Learning Course
📅 Personal Challenges
📅 Wellbeing Champion
📅 Peer Supporter
📅 Wellbeing Committee Member

2023 Program Data



54% Registered
Team Members



52% Registered earned
the incentive



48% Completed Wellbeing
Survey (HRA)



250+ Program evaluation
responses



10% ↑ Those highly engaged in
the program

A look ahead to 2024

Keep the program familiar to team members



Addition of spouses and health coaching program



Requiring more activity completions



Increasing group challenges

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Thank You

#DoGoodThings



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