EHA Wellness
Bookkeeper’s Meetings
2019
Weight Watchers & EHA Wellness

• WW launched in January to all EHA Wellness participants and spouses.
  • 1,214 registered (includes spouses)
• Additional registration times available based on availability
“You’ve been awfully tense lately. They say petting a cat is a great way to relieve stress!”
BE HERE NOW
Headspace & EHA Wellness

- Pilot
  - Ended March 5
  - 100 Reps participating
  - 100% pre-pilot survey response
- 1,507 meditations completed
- 9,450 total minutes meditated
“According to the latest research, the average human body is 20% water and 80% stress.”
Governor’s Award

• Recognizes Nebraska organizations who have established evidence-based worksite wellness programs.
• 17 EHA Groups receiving the award in 2018
  • 47% of the total number of awards statewide
• 100 awards received to date by EHA Groups!
EHA Wellness

- Emotional
- Intellectual
- Occupational
- Physical
- Social
- Spiritual
EHA Wellness
For more information about the EHA Wellness Program...

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