

EHA Wellness Bookkeeper's Meetings 2019

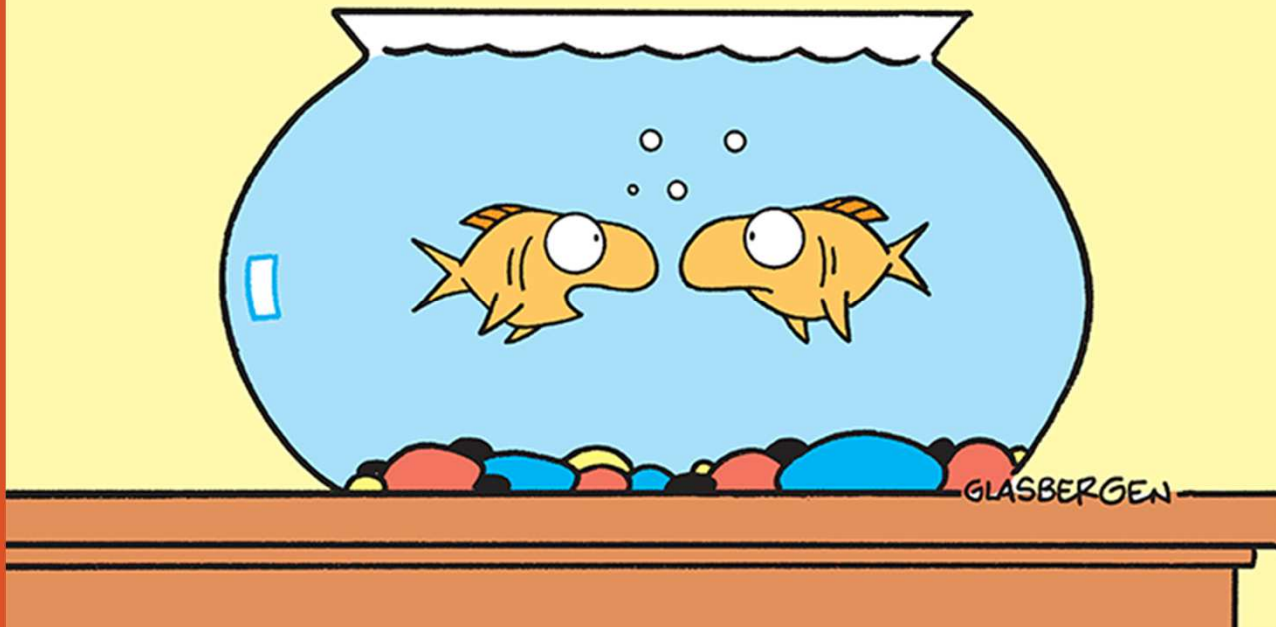


Weight Watchers & EHA Wellness

- WW launched in January to all EHA Wellness participants and spouses.
 - 1,214 registered (includes spouses)
- Additional registration times available based on availability



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**“You’ve been awfully tense lately. They say
petting a cat is a great way to relieve stress!”**

**BE
HERE
NOW**

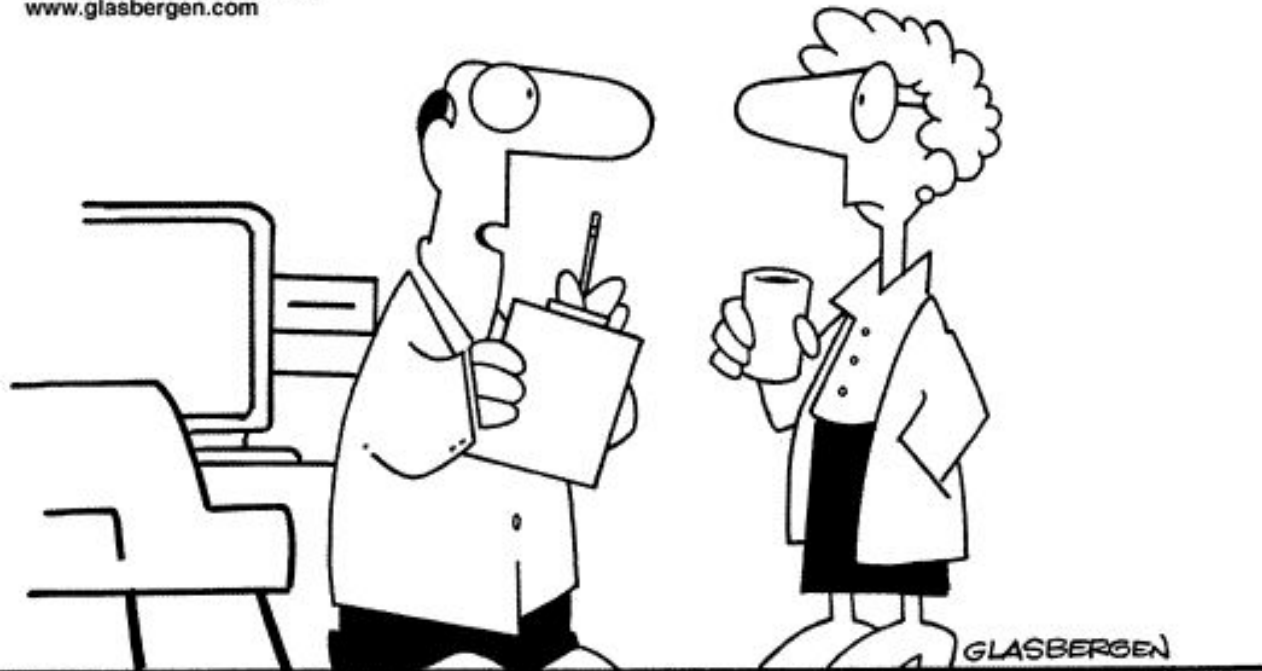


Headspace & EHA Wellness

- Pilot
 - Ended March 5
 - 100 Reps participating
 - 100% pre-pilot survey response
- 1,507 meditations completed
- 9,450 total minutes meditated



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“According to the latest research, the average human body is 20% water and 80% stress.”

Governor's Award

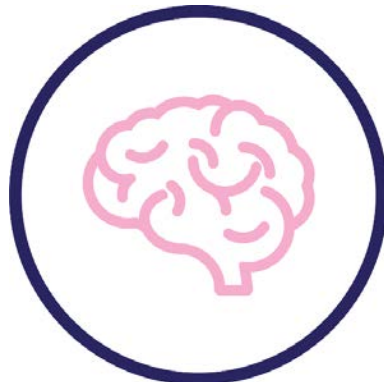
- Recognizes Nebraska organizations who have established evidence-based worksite wellness programs.
- 17 EHA Groups receiving the award in 2018
 - 47% of the total number of awards statewide
- 100 awards received to date by EHA Groups!



EHA Wellness



Emotional



Intellectual



Occupational



Physical



Social



Spiritual



SOOTHE YOUR SENSES

EHA WELLNESS
An Education Health Alliance Program

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FLAVOR YOUR SENSES

EHA WELLNESS
An Education Health Alliance Program

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TELL YOUR TALE

EHA WELLNESS
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HIT THE TRAIL

SIGN UP BY
MARCH 25

EHA WELLNESS
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VALUE YOUR VIEW

SIGN UP BY
MAY 31

EHA WELLNESS
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WELLNESS YOUR WAY

SIGN UP BY
JULY 31

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EHA Wellness

For more information about the EHA Wellness Program...

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