A REVIEW OF LAST YEAR’S HEALTHY YOU PROGRAM

We again had a good turnout for our Healthy You programs in the last academic year – the following statistics highlight participation and what we have learned:

- 230 employees and spouses took the HPHC Health Questionnaire (HQ)
- 245 attended a biometrics screenings event
- We learned that the three top health risks of our population at the College continue to be body weight, stress, and high blood pressure
- Of those who engaged with a health coach, 96% achieved their goals in areas like exercise, weight, and stress management
- 198 watched videos on healthy living
- 232 employees earned the $150 incentive for completing the Healthy You activities
- People are feeling less stressed and have lower health risks than when the Healthy You initiative began in 2011, based on responses to the annual HPHC Health Questionnaire

Visit http://www.wellesley.edu/hr/benefits/healthyyou for more details on the program

The Active You Walking Challenge!

We had 437 participants in this year’s walking challenge. Our follow-up survey tells us that, while the free Fitbit encouraged participation, the most powerful motivator was the opportunity to get more exercise. The payoff to the College? We improved healthy behaviors, enhanced employee engagement and strengthened relationships across the College. People got to know each other, spent time outdoors walking together, and enjoyed the friendly competition! Stay tuned for details about this coming year’s Active You walking challenge.

For more details, visit: http://www.wellesley.edu/hr/benefits/healthyyou