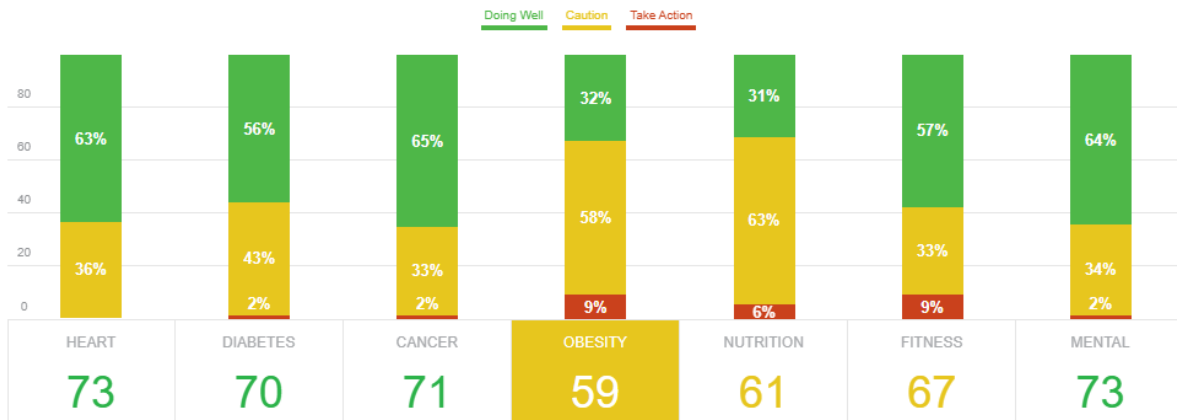


## March Well-Being Activity

Thank you to all of you that completed the HRA in January! This information will help to guide the well-being team this year! Below are the results for the different categories. As you can see, the areas we are most at risk are obesity, nutrition, and fitness.



The top three areas people are most ready to change are weight, nutrition, and stress. Now that we know our highest risk areas and areas where people are most ready to change, we will focus these areas this year through our education and activities.

It is time to start making improvements in our well-being! We understand how difficult it is to make changes and improvements to any area of well-being. It is difficult to know how to get started, but we are here to help! We are looking at education opportunities as well as activities that will help you. We also are offering a one on one health coaching session with Andy Saul, our community health and wellness coordinator. If you are interested in setting up a session with Andy, you can e-mail him at [asaul@stoughtonhealth.com](mailto:asaul@stoughtonhealth.com).

### March Activity:

Now that you have completed screenings and the HRA, now is the time to find just one thing you want to focus on to improve your well-being. It can be any area of well-being that you chose to work on. If you feel comfortable, share the area you want to focus on and a goal that you have, you may email it to [well-being@stoughtonhealth.com](mailto:well-being@stoughtonhealth.com). If you prefer to keep your response anonymous, complete the survey below. Once you have completed the survey with what area you plan to work on and the goal you would like to achieve, email [well-being@stoughtonhealth.com](mailto:well-being@stoughtonhealth.com). When writing your goal, use SMART goal format. SMART Goals are specific, measureable, achievable, relevant and time-bound.

Here is an example for writing a goal with an objective and a process:

Focus area: weight

Goal: lose 5 pounds in the next 6 months by exercising three times per week for 45 minutes.

(Survey Link)

The well-being team will be positing educational materials on the intranet based on all your responses. The education materials will be based on what areas you are interested in changing and based on your goals. We will provide information on how to get started towards you goal.

**Remember, we are here to help and support your well-being! We are a team and are here to support one another. Now is the time to make a change for your well-being, if you need support, please email Andy to set up a one on one coaching session at [asaul@stoughtonhealth.com](mailto:asaul@stoughtonhealth.com)**