



Quarterly Forum

November 16, 2021



Mayor's Fitness Council
City of San Antonio

SABGH WELCOME

Buck Brockman

Director-Employee Benefits, Southwest Research Institute

Education Committee Chair, San Antonio Business Group on Health

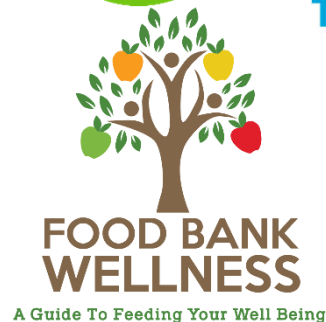
2021 HEALTHY WORKPLACE RECOGNITION PROGRAM (HWRP)

Marissa Scheffler

Human Resources Manager, Generations Federal Credit Union

Healthy Workplace Recognition Program Chair,
San Antonio Business Group on Health

Healthy Workplace Recognition Program: Top 20 of 2020



Healthy Workplace Recognition Program: Top 20 of 2020

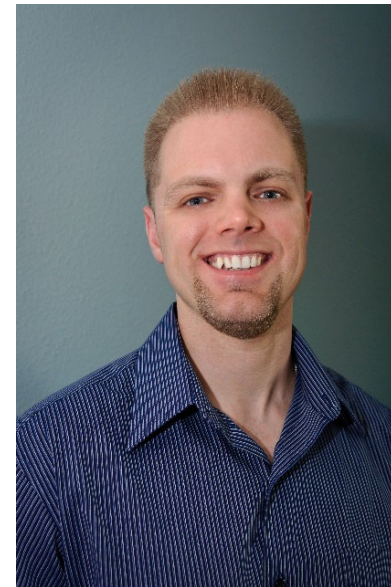
[Recognition Video](#)



James Williamson- UHC Health Coach

About James Williamson

James has a B.S. in Kinesiology from the University of Texas at San Antonio, is a *Certified Personal Trainer* and has over 20 years working in the health and wellness industry. James has experience in health coaching, weight management counseling, personal training, and wellness program support. He has been with UnitedHealthcare for 9 years and is passionate about helping individuals reach personal health goals and encouraging those around him to live a healthy lifestyle.



Wellness in 2022: Back to Basics

Three building blocks for a
successful wellness program

- ✓ Biometric Screenings
- ✓ Incentives
- ✓ Educational support



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Wellness Fundamentals

- **Biometric screenings**

- PCP visits decreased during COVID
- 4 in 10 adults avoided medical care
- Multiple biometric screening options

- **Wellness incentives**

- Participation incentives
- Outcome based incentives
- Combination participation/outcome
- Incentives may lead to better health outcomes



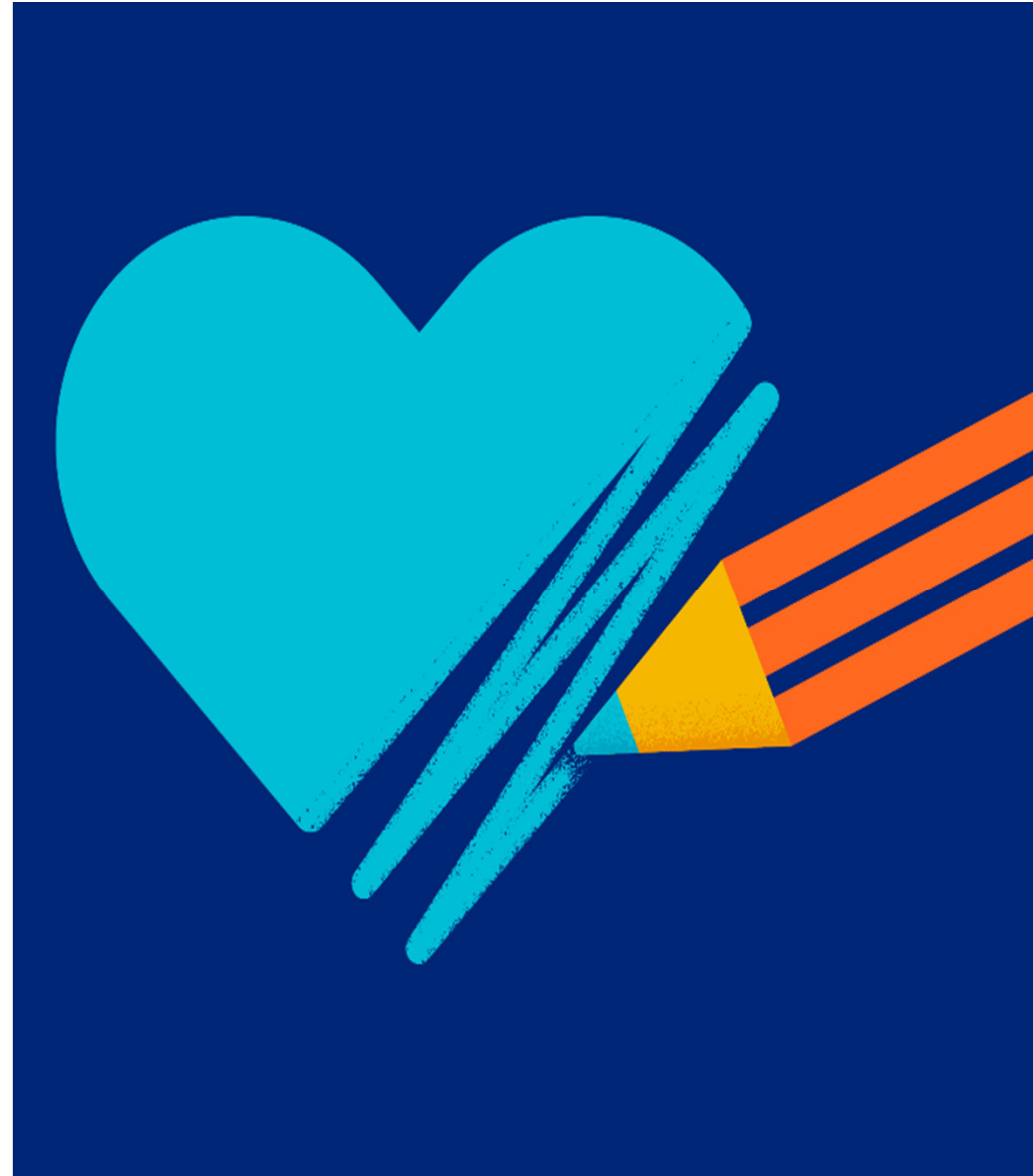
Fundamentals cont.

- **Educational support**
 - Helps create a supportive wellness culture
 - Mental health topics are as important as weight management, exercise, nutrition, etc.
 - Quarterly/Monthly educational sessions
 - Monthly newsletters



Sources

- <https://www.cdc.gov/mmwr/volumes/69/wr/mm6936a4.htm>
- <https://www.mdpi.com/2072-6643/13/10/3359/htm>
- <https://www.bravowell.com/resources/wellness-incentives-improve-participation-employee-health>
- <https://www.theguardian.com/world/2021/oct/08/covid-crisis-dramatically-worsened-global-mental-health-study-finds>



CLOSING REMARKS

Thank you for joining us!



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