

HIGH ACHIEVERS

ACHIEVEWELL SUCCESS STORIES // 5 STAR // 2018

BUTLER

ABOUT

Health. Finance. Work-Life Balance. Because of You, We Are BU.

The Healthy Horizons program at Butler University promotes healthy living by providing an on-site comprehensive wellness package at no charge to Butler University faculty and staff. The program assists employees with improving their health, provides ongoing information and health education programs, and helps identify health risks and ways to reduce those risks. The program is conducted by clinical pharmacists at Butler University in the Health and Wellness Center, part of the College of Pharmacy and Health Sciences.

COLLABORATIVE UNIVERSITY WELLNESS



- Laboratory draws on campus with real time results
- Flu vaccines on campus for employees
- Fitness assessments and discounted personal training
- Physical therapy, massage therapy and dietary counseling
- Fitness classes and indoor walking track
- Indoor and outdoor walking routes on campus
- Lunch and learn programming with a variety of topics
- Weekly fresh produce stand late spring to early fall
- Tuition remission and tuition exchange
- Weekly events/games in the summer to build community spirit
- Discounted tickets to athletic and cultural events
- Daily blog posting focused on health, wellness, and external community events
- Reflection, meditation, and prayer rooms as well as meditation instruction
- Annual wellness consults, health coaching appointments, health and medication consults

OVERVIEW

COMPANY

Butler University

ACHIEVEWELL RANK

5 Star

HEADQUARTERED

Indianapolis, Indiana

NUMBER OF LOCATIONS

One

INDUSTRY

Education

EMPLOYEE COUNT

1,926



INNOVATION

What is the most innovative health and well-being feature of your efforts at the workplace?

Our wellness services are unique with a focus on utilizing internal resources and fully staffing the clinic by pharmacists. The clinical pharmacists provide a variety of services including annual wellness consults, health coaching appointments, medication consults, blood pressure and weight monitoring, and laboratory draws. Patients receive immediate results, education and counseling on their health numbers, and preventive health screening recommendations all in a supportive environment for ongoing improvements with individual goal-setting and wellness follow-up. Healthy Horizons and the team of clinical pharmacists help employees start their own success story.



"TAKE IT FROM ME"

Success is not only measured by "big wins." Small successes/baby steps that lead individuals toward a healthier lifestyle and overall wellness are just as important.

PAY IT FORWARD

What's some advice you'd give to someone who works in health and wellness?

Remember – each and every employee is an individual, with hopes and dreams and needs that don't always fit into the same mold as everyone else. Do not try to guess what employees want or need from a wellness program – ask them what they want and adjust your programs and offerings to meet their needs.

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