



# Eskenazi Health

August 25<sup>th</sup> 2020



# Eskenazi Health

The mission of Eskenazi Health is to Advocate, Care, Teach, Serve with special emphasis on the vulnerable populations of Marion County.



# Our employees

- 3,400 Employees
  - 1700 Clinical Care (Nurses, PA, MA, etc.)
  - 400 Primary Care
  - 400 IEMS
  - 400 Sandra Eskenazi Mental Health Centers
  - 500 Administrative



# Building Wellness

## Research

Books, mentors, organizations, other health care systems, CDC

## Attempting

Succeeding

Failing

## Being Innovative

## Partnerships

# Lifestyle Medicine



# Increase Physical Activity

- Fitness Center
- Streaming services
- Running Club
- IN Corporate Challenge
- Challenges
- Walking Trails
- Healthy Me



HealthyMe



# Healthful Eating

- Cafeteria
- Café Soleil
- Fresh for you Market
- Lifestyle Health and Wellness Center
  - Weight Loss
  - Functional Nutrition
  - Weight Loss
  - Cooking Classes
- Fresh Veggie Friday
- Farmer's Market
- Food as Medicine for Everyone



# Manage Stress

- Center of Mind-Body Medicine
  - Trainings
  - Adoptions of Modalities
- Skyfarm
- Marianne Tobias Music Program at Eskenazi Health
- Commonground
- Pet Therapy
- Ergonomics







# Form & Maintain Relationships

- Commonground
- Employee Appreciation Week
- IN Corporate Challenge
- Fun Committee
- Farmer's Market



# Improve Sleep

- Supporting lifestyle
  - Physical Activity
  - Healthful Eating
  - Stress
  - Relationships
  - Risky Substances



# Avoid Risky Substances

- Smoke Free Campus
- Tobacco Free Employee Premiums
- EAP
- Substance Abuse Centers



# Covid-19 Response

- Respite Rooms
- Streaming fitness to all employees
- Live virtual exercise classes
- Programs became virtual
- Calm App
- Video casting/Podcasting



# Measuring Success

- Participation
- Lifestyle Health and Wellness Center
  - Budget
  - Participation numbers
  - Programming
- Partnership Development



# Learning for the Future

- Nurture Relationships
- Lifestyle programming  
accessibility and sustainability
- Unified Long Term Strategy
- Employee Based Wellness  
Committee



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