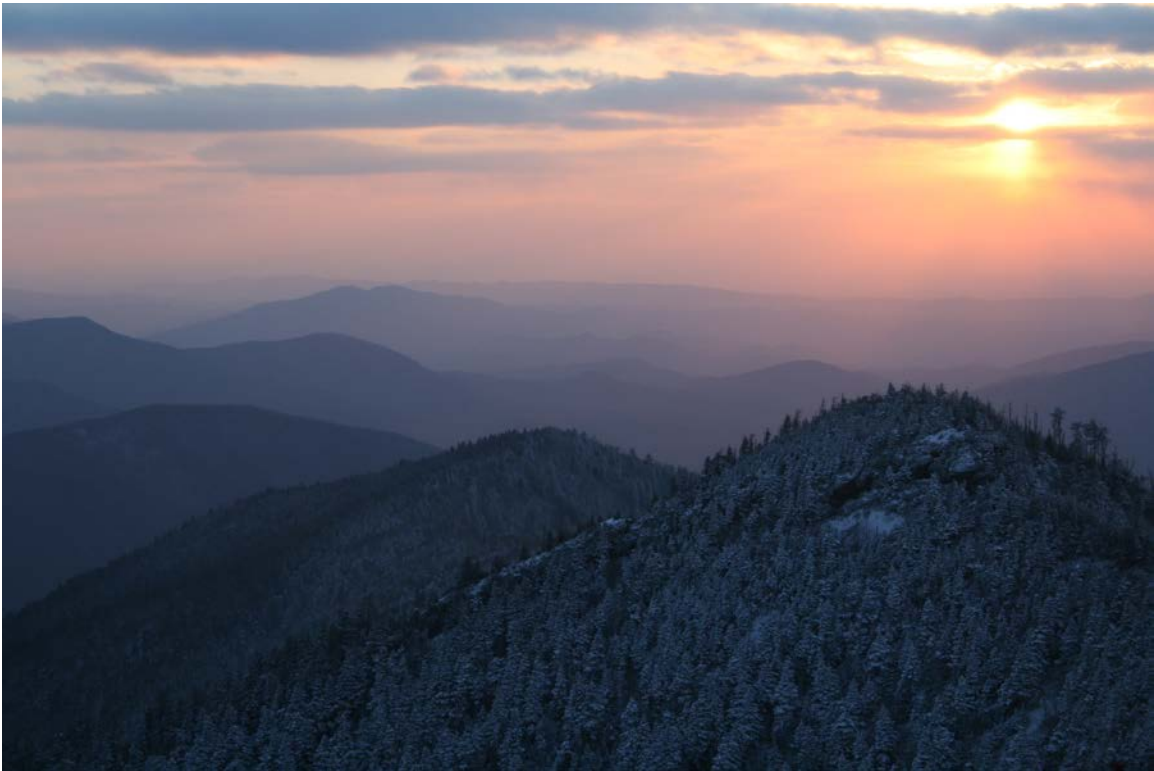


SCC THRIVE



Partnerships In Wellness with

HARRIS
REGIONAL HOSPITAL

SWAIN
COMMUNITY HOSPITAL

PROGRAM GUIDE & POINTS INFORMATION

The SCC Thrive Wellness Program is a coordinated and comprehensive set of health promotion strategies and activities designed to encourage all components of staff wellness.

The program would be on-going with point accumulation totaled each semester for incentives.

POINTS LEVELS:

Motivated 100-499 points

Engaged 500-999 points

Enthusiastic 1000 - 1499 points

Champion 1500 +

INCENTIVES:

Award Certificate

\$25 gift card

\$50 gift card

\$100 gift card

For Engaged, Enthusiastic and Champion categories names will be entered for a drawing for up to 20 prizes for the Engaged category, 15 prizes for the Enthusiastic category and up to 10 prizes for the Champion category.

WAYS TO EARN POINTS:

CATEGORY 1-PROVIDED BY HARRIS HOSPITAL @ SOUTHWESTERN COMMUNITY COLLEGE (SEE ATTACHED SCHEDULE):

Wellness Screening (to include cholesterol, blood glucose, blood pressure & HRA) 200 points

Wellness Education Sessions @ Southwestern Community College (monthly during each semester) 100 points

CATEGORY 2-PROVIDED BY HARRIS HOSPITAL @ HOSPITAL/WCU (CALL: 828-631-8823):

Harris Regional Hospital Tuesdays to Thrive(Limit one per semester) 200 points

Jackson County Get Fit Challenge or State Employee Team Challenge 200 points

Tobacco Cessation Program (sponsored by Jackson County Dept. of Public Health) 100 points

Nutrition Counseling (6 visits using BCBS State Health Plan at Harris Regional) 50 points

CATEGORY 3-PROVIDED BY SOUTHWESTERN COMMUNITY COLLEGE:

Participate in any SCC PED/Wellness/Personal Enrichment Class 200 points

Attend SCC Health Fair 50 points

Attend SCC student health clinic (Physical Therapy, Respiratory Therapy, Massage Therapy, Sonography, Radiology, etc.) 50 points each visit

CATEGORY 4-PARTICIPANT INITIATED:

Annual Wellness Exam, with primary care provider	300 points
Participate in any athletic team (softball league, volleyball league, etc.)	50 points
Blood Donation, Immunizations, Flu Shot, other immunizations	20 points each
Other Preventive Health (mammogram, colonoscopy, etc.)	20 points each
Self-led fitness activities or participation (gym visit or class, hiking, biking, yoga, etc.)	150 minutes/10,000 steps=50 points
Mental health activities (For example meditation, counseling, attending support group, etc.) (Minimum of 150 minutes/week for points) (Limit 1 per week)	50 points/week

HOW TO VERIFY PARTICIPATION IN EVENTS AND EARN POINTS:

An online self-reporting system maintained by Harris Regional/Swain Community Hospital will be used to monitor point accumulation. A challenge area on the Harris Regional website as well as link on the SCC wellness webpage will be available to register. For those who have previously participated in the wellness program in ChallengeRunner your log in information and password will be the same. *(If you need a password reset let us know)*

How do I sign up for the Challenge?

With the help of **CHALLENGERUNNER** we have made accountability and tracking for the wellness challenge easier than ever! Participants must go to the challenge page on the Harris Regional Hospital website to register <http://www.myharrisregional.com/thrive>

Direct registration link can also be found at: <https://www.challengerunner.com/home/harrisswain>

Once registered, a challenge participant is presented with one page that will allow enrolling in the challenge by clicking “Enroll” (to the right of the Challenge Name listed in “Available Challenges”)

For those who have previously participated in the wellness program in ChallengeRunner your login information and password will be the same. *(If you need a password reset let us know)* All you have to do after you click the “enroll” button next to the challenge is enter your previous log in information.

Challenge participants will then be able to enter and view their data through a standard browser, custom smartphone apps, fitness tracking devices including Fitbit, Jawbone, Misfit and the Moves App, or via texting data from any mobile phone. They will be able to view progress and current standings in the challenge.

Instruction and Support is available on the Harris website: www.myharrisregional.com/healthyjobs

IMPORTANT PROGRAM CONTACT INFORMATION:

For program questions: SCC Wellness Committee, Chair, Annette Kesgen, 339-4281, akesgen@southwesterncc.edu

For hospital sponsored events: Krystle Holt, 828-631-8823, krystle_holt@westcare.org