**Employee Wellness – Transportation and Maintenance Wellness**

**Education Sessions**

Employee Wellness and UnitedHealthcare regularly participate in all Transportation In-Services and New Driver Orientations once per year and Maintenance staff meetings at various times throughout the year. Support is provided as well to the Wellness Champions to help staff focus on their health. For our drivers, poor lifestyles affect health and safety so there is a heavy focus on conditions such as high blood pressure, high cholesterol, high blood sugar, sleep apnea, stress, and obesity which all can affect the driver’s annul physical exams and dexterity tests. The goal is to promote positive behavior changes that can make a difference.

**Fit in 5 Maintenance Challenge**

Employee Wellness created the Fit in 5 challenge in 2015, in an attempt to give our Maintenance staff attention to their health during the slower summer months. This program is five weeks in length, and focuses on improving and focusing on five health goals (i.e. portion control, physical activity, stress management, tobacco cessation, water intake, etc.). Lectures are provided each week during the challenge that help to educate staff on keeping themselves healthy and achieving their goals. This program has been successful for two years in a row, and will continue to grow and improve each year.

**Nurse at Work**

UnitedHealthcare Nurse Liaison **Gail Diedrick, RN** works with Employees at the Transportation and Maintenance sites, Facilities and Schools. She provides ongoing support, education and onsite programs, and assists members with free resources and programs that are available to members and their families. UnitedHealthcare has programs that provide support and resources for specific conditions such as diabetes mellitus, coronary artery disease, congestive heart failure, and asthma. The program offers personal support in dealing with these chronic conditions and ensures that the employee is seeing the right provider to appropriately manage the disease. Here are some of the programs and testimonials that UnitedHealthcare Nurse Liaison Gail Diedrick, RN has facilitated at Transportation and Maintenance Facilities.

* ***Diabetes & You***
* ***Nutrition Workshops***

*“Thank you for taking the time to explain Diabetes to me.”*

*“Now I know there’s hope living with Diabetes.”*

*“Honestly, I’m going to try to do better managing my Diabetes”*

* ***Mini Health Fairs including Certified Diabetes and Nutrition Educators***
* ***Onsite Transportation Sites for Biometric Screenings***
* ***Onsite Staff Meetings***

***“****Thank you for helping us and explaining “the next steps”*

* **Diabetes Health Plan**

*“Thank you for helping me to save money, now I can afford my medications.”*

*“Thank you for helping me to find a MD, my copays are now half the cost under the Diabetes Health Plan.”*

*“Thank you for referring me to the RN Case Manager I can call her for support and information, she provides tips and calls me to monitor my blood pressure.”*

*“Thank you for the free Blood Glucose Monitor, I can finally afford the test strips under the Diabetes Health Plan.”*

* **MammoVan**

*“This is my first Mammogram; it wasn’t as bad as I thought”*

***“****Thank you for scheduling the MammoVan onsite. This is convenient”*

* **Education and Individual Support on Condition Management including, Diabetes, Heart Condition. Coronary Artery Condition, High Blood Pressure, Asthma, Cancer, pregnancy and other conditions.**

*“Thank you for helping me manage my condition and save money.”*

*“Thank you for helping me enroll in Diabetes Health PLan.”*

*“ I speak to the Case Manager every week for support”*

Employee Wellness looks forward to incorporating each facility’s ideas at all Transportation and Maintenance locations in the coming school year so employees can keep up the good work.

**Thanks to all the employees at the Transportation and Maintenance Facilities for making these programs successful!**