CHA Quarterly Well-being/Wellness Webinar



January 9, 2024

Be the Spark

Children's Hospital Association Meeting – January 9, 2024



Hi. We're Navigate.

Navigate is an employee engagement technology company helping organizations create more health and happiness in the employees, clients, and communities they serve.

At Navigate, our mission is to spark a cascade of positive change by applying our technological capabilities to the field that we believe enables us to make the most impact: health and wellbeing. We aim to grow our business by bettering the lives of our employees, customers, and communities, and through our efforts, inspire others to do the same.

Employee wellbeing programs can lead to a healthier workforce, which can reduce healthcare costs and increase productivity.

81% decrease in

20% Increase in

productivity

23%

absenteeism

More profitable than their less engaged counterparts



Program Design and Strategy

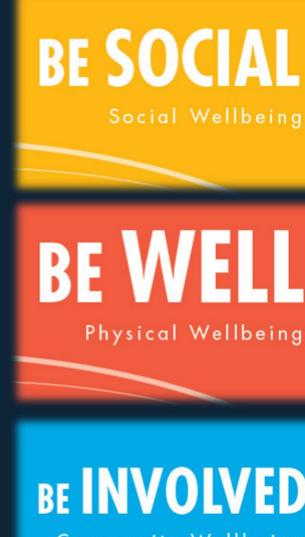


Program Objectives

Children's Nebraska recognizes 5 dimensions of wellbeing

Objectives of the program:

- Create a holistic approach to wellbeing
- Engage the entire workforce
- Make portal a hub for all things wellbeing and communication
- Infuse wellbeing into the culture



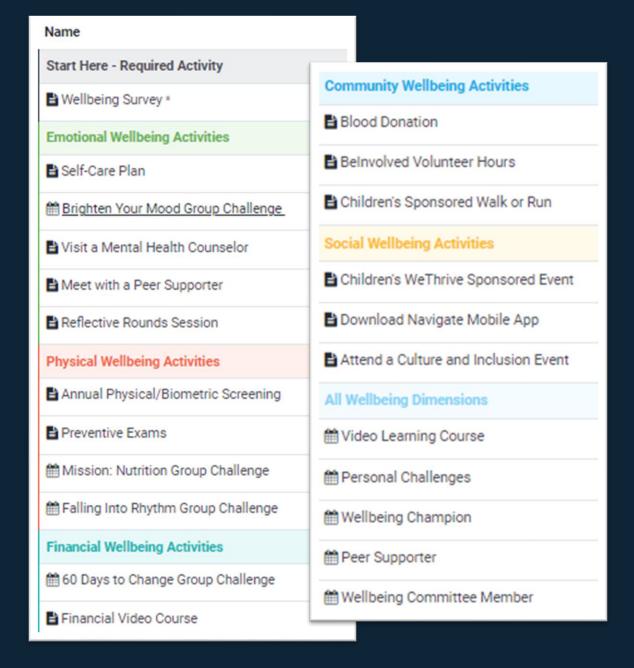
BE INVOLVED Community Wellbeing

EMPOWERED Financial Wellbeing

INTENTIONAL Emotional Wellbeing

Program Design & Strategy

- Wellbeing survey (HRA)
- Incentive
- Allow for team member choice
- FindHelp
- Utilize Resource Hub
 - Each wellbeing pillar has its own page
 - Added a physician specific resource page
- Mobile App
- Evaluation throughout the year
 - Data, challenges, what can we do now?
 - Utilizing adhoc communications



2023 Program Data



54% Registered Team Members



52% Registered earned the incentive



48% Completed Wellbeing Survey (HRA)



250+ Program evaluation responses



10% Those the pro

Those highly engaged in the program

A look ahead to 2024

Keep the program familiar to team members

Addition of spouses and health coaching program

Requiring more activity completions

Increasing group challenges

Thank You

#DoGoodThings



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