



GPBCH Member Resources

Supporting Population Health Improvement

Why GPBCH Membership Matters: Video Series

“Employers have the power to make change happen in the healthcare system.”

- Neil Goldfarb
President & CEO, GPBCH



Choices in Healthcare Value: How Employers Benefit from GPBCH Expert Led Programs

<https://youtu.be/6Uuir0PDXGk>



The GPBCH Inter-Corporate Walking Challenge is underway with **609** participants across 14 teams!



DELAWARE VALLEY ACO
an accountable care organization





Monthly Health & Wellness Observances



September Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support their workforce education and communication activities. The spotlighted observances for September appear below and in the Members Only section at www.gpbch.org.

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

According to the [Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov), one in 5 children in the United States is considered **obese**. Childhood obesity puts kids at risk for developing asthma, sleep apnea, bone and joint problems, type 2 diabetes, as well as other health issues. While there is no simple solution, there are **many ways** parents and caregivers can help children reach a healthy weight!

Kid's Healthy Eating Plate

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both macronutrients (**carbohydrate, protein, and fat**) and micronutrients (**vitamins and minerals**). The Kid's Healthy Eating Plate, created by the Harvard School of Public Health, provides a blueprint to help us make the best eating choices. Along with filling half of our plate with colorful **vegetables and fruits** (and choosing them as snacks), split the other half between **whole grains and healthy protein**. This is a very useful resource as they break down each of the suggested food categories and provide great detail on WHY they're important for aiding children in staying healthy. <http://www.hsph.harvard.edu/nutritionresources/kids-healthy-eating-plate/>



There are many benefits to be had from **making changes to curb childhood obesity** and these changes start in the home. Here are some **simple steps you can take**: **Eat together as a family**. Be a role model. **Limit high fat and high sugar foods**. **Limit screen time to 2 hours or less** and **Promote physical activity**.

Physical Activity Basics – Children & Adolescents

The evidence is clear – physical activity can make you feel better, function better, and sleep better. Even one session of moderate-to-vigorous physical activity reduces anxiety, and even short bouts of physical activity are beneficial. Being physically active also fosters normal growth and development, improves overall health, can reduce the risk of various chronic diseases. Visit the CDC's page on [Physical Activity Basics](http://www.cdc.gov) to learn more about the following: **How much physical activity do children need**, **Making physical activity a part of a child's life**, and **Smiles, muscle, and bone-strengthening: what counts for school-age children and adolescents**.

Additional Resources:

- [About Child & Teen BMI](#)
- [Drinking Water & Intake](#)
- [Good Nutrition Starts Early](#)
- [NAEF Implementation Guide](#)

[Click here to access the update September Spotlighted Observance](#) – Kid's Healthy Eating Plate. This document is a ready-to-distribute flyer for your employees and colleagues.



May Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support workforce education and communication activities. The spotlighted observances for May appear below and, in the Members Only section at <http://www.gpbch.org>.

MENTAL HEALTH AWARENESS MONTH

Mental illnesses are common in the United States. Nearly **one in five** U.S. adults live with a mental illness (52.9 million in 2020). Mental illnesses include many different conditions that vary in degree of severity, ranging from mild to moderate, to severe. With 20% of the country's population struggling with a mental illness, it is more important than ever to raise awareness of the mental health issue here in America. Below are resources available to employers to help in this cause.



The Right Direction:

Right Direction is a free initiative designed to provide employers with tools and actionable strategies to raise awareness about depression and to improve workplace mental health for a happier, more engaged, and productive workforce. The program features **turnkey and customizable resources and materials** to increase awareness, reduce stigma, and encourage help-seeking behaviors. To learn more about this organization, [visit their website](#).

Depression & Bipolar Support Alliance (DBSA – Educational Materials)

Education is often the first step to understanding a diagnosis, symptoms and creating your path to wellness. Learn more about the educational materials that DBSA provides to people living with mood disorders, their friends and family, and mental health professionals. **Materials include: podcasts, videos, webinars, newsletters,** and more. [Click here](#) to access these resources.

Mental Health First Aid:

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Why become a Mental Health First Aider?

- Be Prepared** - When a mental health crisis happens, know what to do
- You Can Help** - People with mental illnesses often suffer alone
- Mental illnesses are common** - 1 in 5 adults in any given year
- You Care** - Be there for a friend, family member, or colleague



To learn more about Mental Health First Aid and register for a course, [click here](#).

GPBCH Mental Health Resource Guide: Updated in September of 2022, this Guidebook offers a list of vendors which offer digital (web & app-based) services in the mental health space. [Click here](#) to access this resource.

Additional Resources: [Mental Health America](#), [Substance Abuse & Mental Health Services Administration](#), [National Alliance on Mental Illness](#), [National Council on Behavioral Health](#), [National Institute of Mental Health](#)



February Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support workforce education and communication activities. The spotlighted observances for February appear below and in the Members Only section at www.gpbch.org.

AMERICAN HEART MONTH

According to the [CDC](http://www.cdc.gov), **heart disease** remains the **leading cause of death** in the United States. The [American Heart Association \(AHA\)](http://www.heart.org) fights heart disease and stroke and offers many resources to help children, families and communities live heart-healthy lives. The AHA just announced a new checklist to measure cardiovascular health, which now includes healthy sleep – a response to the latest research showing that sleep impacts total health, and that people who get the recommended 7-9 hours of sleep per night tend to manage other health factors more effectively. To learn more about the other seven items on the list of **Life's Essential 8**, visit: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>



Following are some particular resources you can promote and share with your employees for American Heart Month.

Eat Smart

Make mealtime, together time for better mental and physical health. Dietary guidance emphasizes balance: It's not all or nothing. Visit the AHA's Eat Smart resource page to learn about the **Nutrition Basics, Fats, Sugar, Sodium**, and more! <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

Why Lose Weight?

The benefits of maintaining a healthy weight go far beyond improved energy and smaller clothing sizes. By losing weight or maintaining a healthy weight, you are also likely to enjoy a higher quality-of-life too. The AHA offers several resources (and more!) focused on ways to help lose weight: **5 Steps to Lose Weight & Keep It Off**, **Conquer Cravings w/These Healthy Substitutions**, and **Ready to Be Healthy For Good**. <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight>

National Wear Red Day - February 3rd, 2023: On the first Friday of every February, which is designated as American Heart Month, the nation comes together. Wear red to raise awareness about cardiovascular disease and save lives! <https://www.aredforwomen.org/en/get-involved/give-wear-red-and-save>

[Click here to access the February Spotlighted Observance](#) – Heart Health. This document is a ready-to-distribute flyer for your employees and colleagues.



Move More Together!

Every April, the [American Heart Association](#) (AHA) celebrates physical activity and encourages all Americans to **commit** to being more active on a regular basis as being active is a great way to maintain our physical and mental health. The AHA offers great resources and information on how to be active for a wide range of experience. These resources are completely free so there's no reason not to [check them out!](#) The AHA also invites you to join them for [fast & convenient breaks](#), workouts, streaming events, tips and activities that will motivate you to move more every day so you can Live Fierce.

We'd like to share these specific resources below to help you get started:

Check out these FREE Fitness Classes



Create a Workout Circuit



Move More Activation Guide



Staying Hydrated - Staying Healthy



Kid's Healthy Eating Plate

According to the [Centers for Disease Control and Prevention](#), one in 5 children in the United States is considered **obese**. Childhood obesity puts kids at risk for developing asthma, sleep apnea, bone and joint problems, type 2 diabetes, as well as other health issues. There is good news – childhood obesity is absolutely preventable! [Eating well](#) and [staying active](#) are the **keys to helping our children develop strong and healthy**.

In recognition of September being National Childhood Obesity Awareness Month, we'd like to share the [Kid's Healthy Eating Plate](#). This resource highlights how eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients – both macronutrients ([carbohydrate](#), [protein](#), and [fat](#)) and micronutrients ([vitamins](#) and [minerals](#)). It provides the blueprint to help us make the best eating choices. Along with filling half of our plate with colorful **vegetables and fruits** (and choosing them as snacks), split the other half between **whole grains and healthy protein**.



- The more veggies – and the greater the variety – the better.
Potatoes & French fries don't count as vegetables because of their **excess sugar & blood sugar**.
[More on vegetables >](#)



- Eat plenty of fruits of all colors.
- Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juices to one small glass per day).
[More on fruits >](#)



- Go for whole grains or foods made with minimally processed whole grains. The less processed, the better.
Whole grains have a gentler effect on blood sugar & insulin than white rice, bread, pizza crust, pasta, etc.
[More on whole grains >](#)



- Choose beans & peas, nuts, seeds, & other plant-based healthy protein options, as well as fish, [eggs](#), and [poultry](#).
- Limit red meat (beef, pork, lamb) & avoid processed meats (bacon, deli meats, hot dogs, sausage).
[More on healthy protein >](#)



- Use healthy oils from plants like extra virgin olive, avoc, sunflower, & peanut oil in cooking, on salads & vegetables, & at the table.
- Limit butter to occasional uses.
[More on healthy oils & healthy fats >](#)



- Choose unflavored [yogurt](#), plain [cottage cheese](#), & other unseasoned dairy foods.
- Milk & other dairy products are a convenient source of calcium & vitamin D.
[More on dairy >](#)



- **Water** is the **best choice** for quenching our thirst. It's sugar-free & easy to find at the nearest tap.
- Limit juice (often high in sugar) & avoid sugary drinks like sodas, fruit drinks, & sports drinks, which provide virtually no nutrients.
[More on water & healthy drinks >](#)



- Trade inactive "sit-time" for "to-time."
- Children & adolescents should aim for **at least one hour** of physical activity per day. Unstructured activities for children, such as playing tag-of-war, or having fun using playground equipment, are great ways to get active!
[More on staying active >](#)



You Are NOT Alone

Everyone experiences stress in life and the emotional strain that results from these difficult circumstances. Mental health conditions go beyond these emotional reactions and become longer-lasting. They are medical conditions that can cause changes in how we think and feel, and can greatly affect our mood. They are not the result of personal weakness, lack of character or poor upbringing. With proper treatment, however, people can realize their full potential, cope with the stresses of life, work productively and meaningfully contribute to the world. Without mental health we cannot be fully healthy.

View the links below for resources to support the mental health and well-being for you and your loved ones.

Types of Mental Health Professionals



Mental Health Resources



Looking for Help?



988 Suicide & Crisis Lifeline



2023 Healthy Lifestyle Tips & Recipes

The GPBCH Health & Well-being Interest Group is excited to provide you with the 2023 Healthy Lifestyle Tips! Each month we will share a new tip to help you achieve a healthier you!

www.gpbch.com



May 2023

Healthy Tip

Healthy Habits to Start Your Day



Start Your Day in a Great Way!

Creating a healthy morning routine sets up your day for success. Lots of successful and happy people have individualized morning routines. You don't have to do all of the healthy habits below to have a great start to your day, but trying a few of them together will make for an excellent start to your day. Just remember, your morning ritual doesn't have to look like everyone else's for it to be successful. Below are several suggested ways you can start your day to create healthy habits ([click here for the full list](#)):

- **Don't look at your phone or read the news right away.** Many of us use our phones as alarm clocks (pro-tip: buy a real alarm clock and keep your phone out of your bedroom), so the first thing we touch when we wake up is our phone. From there it's just an easy click into a news app or our email which can trigger stress. You don't need to be confronted with your to-do list immediately.
- **Eat a healthy breakfast.** Even the act of cooking or preparing yourself food in the morning will help you slow down and feel calmer. Make sure to wake up early enough that this isn't rushed, so you don't need to feel rushed and stressed. A bowl of oatmeal in the morning supports digestion, lowers blood sugar, and provides antioxidants.
- **Stretch your body.** A few minutes of stretching in the morning increases blood flow, improves your posture, and gives you more energy.
- **Drink lots of water.** Your body is slightly dehydrated in the morning and drinking a large glass of water will actually give you extra energy. We know, we already mentioned this tip for our February tip, but it is an **ESSENTIAL** healthy habit to create a healthy lifestyle.

Thank you to Kelly Yole, Businessolver, for submitting this month's healthy tip!

May 2023

Healthy Recipe

Turkey Bacon & Spinach Quiche w/Sweet Potato Crust

Ingredients

- Cooking spray
- 1 medium sweet potato, peeled
- 1 tsp. canola or corn oil
- 1 medium yellow onion, diced
- 6 slices uncured, nitrate-free turkey bacon, thinly sliced
- 10 ounces frozen chopped spinach, thawed
- 3/4 tsp. dried dillweed, crumbled
- 1/4 tsp. salt
- 1/4 tsp. pepper (freshly ground preferred)
- 4 large egg whites
- 2 large eggs
- 1/4 cup fat-free milk
- 1 1/2 Tbsp. fat-free feta cheese

Cooking Tip: Frozen spinach is usually easier to use in a quiche than fresh because most of the liquid had been cooked out before it was frozen. If you use fresh, be sure to squeeze out any liquid after the spinach is cooked and before adding it to the quiche.

Preparation Steps

- Preheat the oven to 400°F. Lightly spray a 9-inch pie pan with cooking spray.
- In a medium bowl, using a box grater, grate the sweet potato. Measure out 2 cups. Gently press the sweet potato on the bottom and up the sides of the pan, forming a crust. (The sweet potato will be loose but will hold together once cooked.)
- Bake for 20 minutes, or until the crust is cooked. Remove from the oven. Let stand to cool. Reduce the oven temperature to 350°F.
- Meanwhile, in a medium skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 minutes, or until almost translucent, stirring frequently. Add turkey bacon. Cook for 3 to 4 minutes, or until onion and bacon begin to brown, stirring frequently. Add the spinach, dillweed, salt, and pepper. Cook for 1 to 2 minutes, or until the water from the spinach is released. Remove from the heat. Transfer the mixture into the sweet potato crust.
- In a medium bowl, whisk together egg whites, eggs, and milk until combined. Pour over the mixture in the crust. Sprinkle the feta over the top.
- Bake for 35 to 40 minutes, or until a knife inserted into the center comes out clean. Transfer to a cooling rack. Let cool for 10 minutes before cutting.

**Thank you to Amy Colucci, SEPTA,
for submitting this recipe!**





Summer Fun Guide & Healthy Holiday Cookbook

2023 Summer Fun Guide

SUMMER IS HERE!

The 2023 Summer Fun Guide is our sixth edition and was organized by the GPBCH Health & Well-being Interest Group. We create this Guide each year to provide our member organizations & their employees with healthy recipes, summer activities, and summer safety tips. We encourage you to share this Guidebook openly with your colleagues, family, and friends. GPBCH would like to wish all of you a happy, safe summer!

PAGE 3 EVENTS OF SUMMER
 PAGE 5 SUMMER ACTIVITIES
 PAGE 9 HEALTH & SAFETY TIPS

GPBCH Greater Philadelphia Business Coalition on Health
 www.GPBCH.org
 JUNE 2023

GPBCH Greater Philadelphia Business Coalition on Health

2022 Healthy Holiday Cookbook

2022 SUMMER Fun Guide

LOOK INSIDE FOR THIS YEAR'S

- Healthy Recipes**
The healthy recipes are always a big hit among GPBCH members and we've added the "Toss & Grab" list of new and "faster" recipes that you MUST try!
- Summer Activities**
Summer is the perfect time to get outside and enjoy the warm weather. Inside, we've put together a list of suggested activities you can do if you're looking for fun or outdoor activities.
- Health & Safety Tips**
Sneaking time outdoors and getting some sunshine for your mental and physical health is important. We should be mindful of health and safety for ourselves and loved ones. Look inside for tips, facts & safety tips!

GPBCH Greater Philadelphia Business Coalition on Health
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HEALTHY HOLIDAY COOKBOOK

Take a look inside for recipes and healthy eating tips!

The 2019 Healthy Holiday Cookbook is composed of new recipes along with favorite recipes from previous cookbooks. The purpose of this cookbook is to provide alternative recipes to the more typical holiday foods & drinks that tend to be high in sugar and fat content.

November 2019

Healthy Employer Recognition Program

APPLY NOW FOR THE

GPBCH HEALTHY EMPLOYER RECOGNITION PROGRAM

Developed in partnership with the Philadelphia Department of Public Health's Get Healthy Philly initiative

The Recognition Program is built on four dimensions:

- Commitment to building a healthy workforce
- Commitment to supporting people with chronic conditions
- Commitment to building a healthier community
- Commitment to fostering healthcare quality and safety



HOW CAN THIS PROGRAM BENEFIT MY ORGANIZATION?

- Helps businesses assess and track progress toward implementing a comprehensive wellness program
- Positions you as an employer of choice
- Enhances the visibility of your well-being commitment to employees and potential hires
- Identifies you as an organization that cares about creating a healthier Greater Philadelphia region

WILL MY ORGANIZATION RECEIVE RECOGNITION?

- Once completed, you will receive a certificate of achievement recognizing each program dimension in which you receive at least bronze status
- Recognition will also be provided in the GPBCH newsletter, on the GPBCH website & social media accounts, at the GPBCH Annual Conference and in an annual press release

HOW CAN MY ORGANIZATION APPLY?

- For more information, or to request the application packet, contact Eric Croft, GPBCH Director of Operations (Ecroft@gpbch.org). The \$500 application fee is waived for GPBCH members. This certification is available to any employer within southeastern PA, southern NJ, and the entire state of DE.

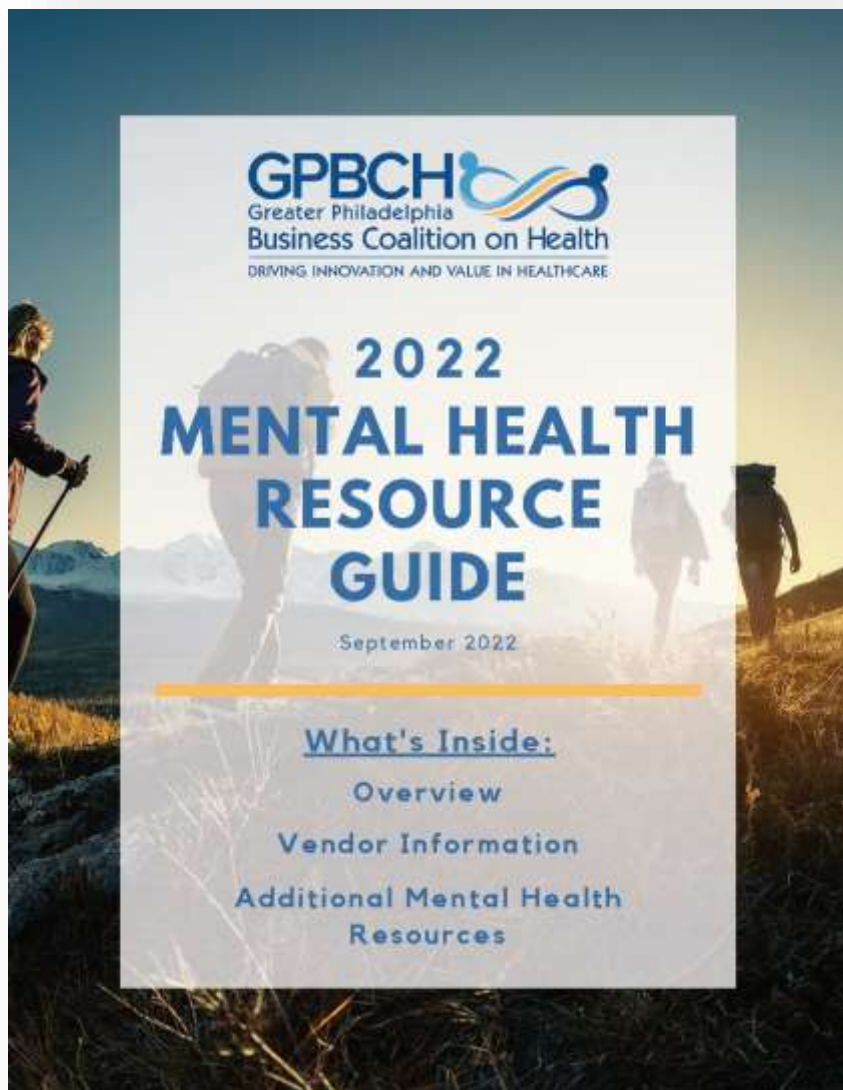


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- Health Policy
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- Obesity and Diabetes Prevention & Management
- Pharmacy
- Pharmacy Benefits Management
- Quality, Safety, and Cost Transparency
- Reducing Low Value Care
- Vision Benefits

Reach out to Ecroft@gpbch.org to reset your member login

Beyond Hospital Transparency

GETTING TO FAIR PRICE



Tools for employers to evaluate hospital quality, safety and cost

CALCULATOR RESULTS SUMMARY

Lives and Dollars Lost to Medical Errors

THE LEAPFROG GROUP

Upwards of 250,000 people die annually from preventable hospital errors. And when mistakes happen in the hospital, employers pay the price in lives and dollars.

Increasing employee enrollment at "A" hospitals can save lives and lower costs.

	National Estimate	Your Values
Your total number of inpatient admissions for a calendar year within the U.S.:	1,000	3,153
The total percent of admissions to hospitals with the following Leapfrog Hospital Safety Grade:		
A Hospitals	30%	49%
B Hospitals	25%	30%
C Hospitals	38%	18%
D Hospitals	7%	3%
The estimated percent of admissions that requires surgery or an ICU stay:		
Surgery	29%	21%
Intensive Care Unit (ICU)	10%	7%
How much you lose on employee productivity for every dollar spent on inpatient care:	\$1.00	\$1.00
Your company's annual total expenses for health care coverage:	\$150,000,000	\$68,340,000

YOUR BOTTOM LINE

Your Estimated Lost Dollars	Your Average Surcharge Per Admission Paid over directly number of inpatient admissions	Your Percentage of Total Health Care Expenses Lost to Medical Errors	Your Estimated Avoidable Deaths Among Your Covered Lives
\$21,010,347	\$6,664	30.74%	9

This annual estimate is based on the dollar value associated with different levels of avoidable error and the rate of harm of different hospitals. The resulting number is a hidden surcharge associated with every inpatient admission that is due to preventable medical errors.

This annual estimate is based on mortality rates associated with different levels of avoidable error and the rate of harm of different hospitals.

HOSPITAL SAFETY

How to protect yourself and your loved ones from medical errors

As many as 440,000 deaths happen every year as a result of hospital errors and injuries.

What is safe health care? Safe health care is care that helps, and does not hurt, the patient. Safe health care is delivered by high quality professionals who always strive to avoid surgical and medication errors, and to administer the right amount of treatment at the right time.

How safe is your hospital? Do you know if you or your family would receive safe care if admitted to the local hospital? Now, it's easy to find out. The Leapfrog Group, an employer-led nonprofit advocating for better hospital safety and quality, has publicly released a Leapfrog Hospital Safety Grade for over 2,600 general hospitals in the United States. Each letter grade—A, B, C, D or F—comes from expert analysis of the best and most up-to-date publicly available data on rates of errors, injuries, accidents, and infections. The Safety Grade is a consumer-friendly tool that can help you protect yourself and your family from harm during a hospital stay.

Access these resources and tools to help you and your loved ones make decisions on choosing a safe hospital and how to stay safe as a patient in the hospital.

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Visit www.hospitalofthegrade.org to view videos about patient safety, your hospital's safety grade, and how to stay safe in the hospital.
- 

Visit www.leapfroggroup.org to see which hospitals disclose quality and safety information and to access information for measures for Inpatient Care Management, Medication Safety, Maternity Care, and Infections and Injuries.
- 

Visit <http://www.hospitalofthegrade.org/what-you-can-do-to-stay-safe/prepare-for-your-hospital-stay> to prepare for your hospital stay. Visit your hospital's website to learn about its patient safety protocols.
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Visit <http://www.hospitalofthegrade.org/what-you-can-do-to-stay-safe/prepare-for-your-hospital-stay> to prepare for your hospital stay. Visit your hospital's website to learn about its patient safety protocols.

Obesity & Diabetes Prevention & Management



NATIONAL DIABETES PREVENTION PROGRAM

Working Together to Prevent Type 2 Diabetes



SAVE LIVES, SAVE MONEY
THE IMPACT OF DIABETES AND OBESITY IN THE WORKFORCE
A Call to Action for Employers

Health Care & Insurance



Preventing Diabetes in the Workforce
A call to action for employers. BY JILL DE WIT

NEW YORK (BUSINESSWIRE) — The National Diabetes Prevention Program (DPP) is a landmark initiative that will help prevent or delay the onset of type 2 diabetes in high-risk individuals. The program is a collaboration between the U.S. Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC). The program is designed to help individuals at high risk of developing type 2 diabetes lose weight and improve their diet and physical activity. The program is a key component of the U.S. Department of Health and Human Services' (HHS) strategy to reduce the burden of chronic diseases and improve the health of the nation. The program is a key component of the U.S. Department of Health and Human Services' (HHS) strategy to reduce the burden of chronic diseases and improve the health of the nation. The program is a key component of the U.S. Department of Health and Human Services' (HHS) strategy to reduce the burden of chronic diseases and improve the health of the nation.

"The National DPP lifestyle change program generates a high return on investment. Financially, the program is a no-brainer. However, if you think about reducing pay loss due to absenteeism, the return is even higher."

Arthritis Foundation

Walk With Ease

Say Yes to Your Health!



Sign up for the employee Walk With Ease in the Worksite Program – it's the first step toward a better life filled with more energy, less pain and more opportunities to say Yes to what you love in life!

Say Yes to:

- Stretching and Strengthening Exercises
- Tips for making physical activity part of your everyday routine
- Expert health advice from the Arthritis Foundation
- Personalized, safe walking routines
- Support and encouragement from your employer
- Camaraderie and fun among co-workers!
- Great prizes and incentives!

Fun & Easy 6-Week Employee Walking Program Includes:

- Certified Walking Leader
- Walking Guidebook
- FREE Mobile App



GPBCH
Greater Philadelphia
Business Coalition on Health
DRIVING INNOVATION AND VALUE IN HEALTHCARE

Comprehensive Benefit Design for Managing Obesity



Access GPBCH Member Resources!

Visit www.gpbch.org and log into Members Only to access the library of resources and event presentations.

Reach out to Ecroft@gpbch.org if you need to reset your member login

Best practices for promoting healthy lifestyles and engagement

- Each table is asked to discuss innovative and best practices for promoting healthy lifestyles and engaging the workforce in using available programs and resources.
- List up to three best practices that your table would like to share with the broader GPBCH membership. Then vote on which of these is the most important, and circle that item's number on the form.
- Each table will report out to the Wellness Summit audience on their #1 item starting at 12:45. These forms will be collected by GPBCH staff and the top three items will be summarized in the October GPBCH member newsletter.