



Dartmouth
Health

Office of Employee
Wellbeing

Lifestyle Improvement Program Schedule

Stress Management | Weight Management
Exercise & Physical Activity | Nutrition & Healthy Eating





WELLBEING

EAP | LIFESTYLE | ORGANIZATIONAL



FOR MORE INFORMATION AND TO REGISTER GO TO:
Wellness Programs | Benefits | DHMC and Clinics Careers
([dartmouth-hitchcock.org](https://careers.dartmouth-hitchcock.org))
<https://careers.dartmouth-hitchcock.org/benefits/wellness>

QUESTIONS? Call (603) 650-5950



September & October

Healthy Aging

Farm Stand at DHMC
Fridays ~ through October
 3 to 5:30 pm

Wellness Champion Meeting
Tuesday, September 6 and October 4
 11 to 11:45 am

Functional Fitness Series
Mondays, September 12, 19 and 26
 12 to 12:30 pm (3 classes)

Nutritional Education: Managing Emotional Eating
Tuesday, September 13
 12 to 12:30 pm

Living your Best Life
Friday, September 16
 12 to 12:30 pm

Mindfulness for Everyday Living
Tuesday, September 20
 12 to 1 pm

Apps & Web Resources for DH Wellness
Tuesday, September 27
 12 to 12:30 pm

**Well Talk: Karen Gray, Taming Your Inner Critic -
 Using Hypnosis to Stop Negative Thinking**
Friday, September 30
 12 to 1 pm (CME/CNE accredited)

Virtual Lunchtime Yoga Series
Mondays, October 3, 10, 17, 24 and 31
 12 to 12:30 pm (5 classes)

Stress Eating & Health Series
Wednesdays, October 5, 12, 19 and 26
 12 to 12:50 pm (4 classes) (CME/CNE accredited)

Healthy Habits | Small Group
Fridays, October 7, 14, 21 and 28
 12 to 12:30 pm (4 classes)

Hike The Vermont Long Trail Virtual Challenge
October 10 to 30 (3 weeks)
 Participate via ManageWell®

Health Coaching: What's in it for you?
Tuesday, October 11
 12 to 12:30 pm

 **ManageWell™ Mini-Challenges**
October 1 - December 16

Mini Challenge	Weeks	Points
Understand Why You Snack on Sweets	2 weeks	50
Reduce Added Sugars	2 weeks	50
Sit Less at Work	2 weeks	50
Communicate Clearly	2 weeks	50
Protect Your Time	2 weeks	50
Manage Worry to Sleep Better	2 weeks	50
Tech-Free Bedtime	2 weeks	50
Grateful Challenge	1 week	25





January & February

Healthy Lifestyle Strategies

Wellness Champion Meeting

Tuesdays, January 3 and February 7
11 to 11:45 am

2023 Walk-A-Rama Team Walking Challenge

January 9 to 29
Participate via ManageWell®

Create Your Wellness Vision

Tuesday, January 10
12 to 12:30 pm

Apps & Web Resources for DH Wellness

Thursday, January 12
12 to 12:30 pm

Better Eating for Life®

Tuesdays and Thursdays, January 12 to February 16
12 to 12:30 pm (10 classes)

Weight with Us Group

Mondays, starting February 13
12 to 12:45 pm (6 classes)

Berry Compote with Oh So Good Granola

Tuesday, February 14
12 to 12:30 pm

Introduction to Mindfulness for Stress

Management Thursday, February 9
12 to 12:50 pm

Sleep Well

Friday, January 20
12 to 12:30 pm

November & December

Healthy Holidays

Wellness Champion Meeting

Tuesday, November 1 and December 6
11 to 11:45 am

Hearty Harvest Soup

Tuesday, November 8
12 to 12:30 pm (virtual cooking demo)

ManageWell™: Your Portal to Wellness

Tuesday, November 15
12 to 12:30 pm

Well Talk: Medical Acupuncture for Primary Care

James E. Stahl, MD, MPH
Friday, December 9
12 to 1 pm (pending CME/CNE accreditation)

Holiday Lunchtime Stretch

Mondays, December 5, 12 and 19
12:15 to 12:30 pm (3 classes)

12 Days of Fitness Challenge

December 1 to 16
Register in ManageWell®

Intuitive Eating: A non-diet approach

Tuesday, December 13
12 to 12:30 pm

Insight Timer @ Work: What is it and how can you use it

Thursday, December 8
12 to 12:30 pm

Enhancing your Health through Weight Inclusivity

Friday, December 16
12 to 12:30 pm



ManageWell™ Mini-Challenges

January 1 - February 28

Mini Challenge	Weeks	Points
Bring Your Lunch to Work	2	50
Tame Your Sweet Tooth with Fruit	2	50
Commercial Break Challenge	1	25
Plank 101	2	50
Four A's: Take Control of Stress	1	25
Increase Happiness with Gratitude	2	50
Learn to Appreciate Your Body	2	50
Sleep as a Status Symbol	1	25
Limit Negative News	2	50

March & April

Nutrition, Sleep & Mental Health

Wellness Champion Meeting

Tuesday, March 7
11 to 11:45 am

Celebrate National Nutrition Month®

Tuesday, March 14
12 to 12:30 pm

Well Talk: Sleep

Adam J. Sorscher, MD
Friday, March 24
12 to 1 pm (pending CME/CNE accreditation)

Celebrate Wellbeing with us in April!

Plant Powered 30 Challenge

April 1 to 30 (Participate via ManageWell®)

Champion and Be An All-Star Celebration 2022

Tuesday, April 4
11:30 am to 1:30 pm

The Secret Power of Stress

Thursdays, April 6, 13, 20, and 27
12 to 12:50 pm (4 classes)

Healthy Habits | Small Group

Fridays, April 7, 14, 21, and 28
12 to 12:30 pm (4 classes)

Farm Stand at DHMC

Starts in May (sign up for your CSA)



ManageWell™ Mini-Challenges March 1 - April 30

Mini Challenge	Weeks	Points
Fruit & Veggie Challenge	1	25
Kick the Soda Habit	2	50
Plank Master Challenge	1	25
Maintain Perspective During Stressful Times	2	50
Manage Stress in the Moment	1	25
Increase Happiness with Kindness	2	50
Why Sleep Matters	1	25
Booze-Free Bedtime	2	50
Reduce Alcohol to Stop Snoring	2	50



May & June

Employee Health & Fitness

Wellness Champion Meeting

Tuesdays, May 2 and June 6

11 to 11:45 am

Plant-Based Burgers

Tuesday, May 9

12 to 12:30 pm (virtual cooking demo)

Bike and Walk to Work Week

Monday, May 15 to Sunday, May 21

Register in ManageWell®

Farm Stand at DHMC

Fridays, through October

3 to 5:30 pm

Free Hand Drawing

(No artistic ability required)

Friday, June 23

12 to 12:30 pm

Fueling for Fitness

Tuesday, June 13

12 to 12:30 pm

Well Talk: Wilderness Medicine

Sarah C. Crockett, MD

Friday, TBD

12 to 1 pm (pending CME/CNE accreditation)



ManageWell™ Mini-Challenges
May 1 - June 30

Mini Challenge	Weeks	Points
Eat More Fish	1	25
Burn calories! (No gym needed)	2	50
Improve Your Running Form	2	50
Create Lasting Gratitude	2	50
Reduce Stress with Acceptance	2	50



We are OEWB | Lifestyle Improvement Program

As our work culture shifts and changes, the Live Well/Work Well (LWWW) program has also changed. Over time, and as the program has evolved, we realize the work environment and culture, along with employee mental health and wellbeing strongly influences an employee's satisfaction and retention. We focus our efforts and our upcoming programs with this in mind, providing a menu of programs and services for the coming year, focusing on identified key areas including stress management, exercise and movement, nutrition and healthy eating, and weight management.

Many programs are available to access through the **ManageWell® portal**. In addition to these programs and challenges, we offer **health coaching**, **Insight Timer @Work**, and a bi-monthly newsletter with wellbeing tips.

For questions about the programs, to invite our team to share with your group or for assistance with registration, contact (603) 650-5950 or lifestyleimprovement@hitchcock.org.

Wellbeing Tips Newsletter

Our team creates a newsletter to share wellbeing tips that you can easily apply to reinforce your self-care efforts.

By registering in the ManageWell® activity, you will receive the link to the bi-monthly newsletter.

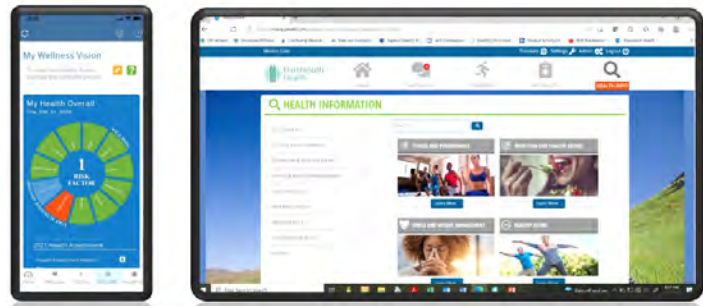
Once registered you will automatically be assigned points and the next edition of the Employee Wellbeing Tips newsletter will be delivered to your email.

Newsletter Themes for the Year

July & August	Leisure & Recreation
September & October	Healthy Aging
November & December	Healthy Holidays
January & February	Healthy Lifestyle Strategies
March & April	Nutrition, Sleep & Mental Health
May & June	Employee Health & Fitness



[View the November/December Employee Wellbeing Tips Newsletter](#)



ManageWell®

The gateway to wellbeing activities and resources for Dartmouth Health employees and significant others. Explore the possibilities!

The online portal, ManageWell®, is currently available for DH employees and their significant other for those working at DHMC and the DH Clinics, Bennington, Alice Peck Day, Cheshire Medical Center and New London Hospital. The current plan is to include Mt Ascutney January 1, 2023.

Offering a variety of resources to support your personal health goals, when and where you want them. Use these resources to establish your vision and goals. Take charge of your wellbeing.

- Expert resources
- Link your phone—there's an App!
- On-demand webinars and videos
- Sync your activity tracker
- Participate in challenges
- Register for programs
- Utilize built-in lifestyle trackers
- And more!

To Sign-Up

Single sign-on and first time registration access is available by using your computer and starting here: ManageWell.

To sign-up you will need your employee ID number (HRID), which is found on your paycheck stub. Enter your HRID number in the registration system, use DH as a prefix. If your HRID number is 012345 your entry will look like this: DH012345.

There's an app! Download the MW 2.0 app to your apple or android phone.

For registration or all other MW questions please contact the **Lifestyle Improvement Program.**

ManageWell® Points Quarterly Challenge

Earn points and badges throughout the year when you participate in the DH employee wellbeing programs and services.

As you earn points you can achieve All-Star levels and earn 'badges':

Bronze	500
Silver	1,250
Gold	2,500
Platinum	3,500
Diamond	5,000

Each quarter that you earn 500 points, you will be eligible for the randomized quarterly drawing. The prize is considered a 'bonus' and taxable under federal laws.

Quarterly drawings are awarded via DH Payroll to randomly selected individuals based on work alignment.

Qualified participants are identified following the end of each quarter. The quarters are:

Summer	July - September
Fall	October - December
Winter	January - March
Spring	April - June

InsightTimer @Work

Insight Timer @Work is a meditation app that you can use to decompress.

There are many features and uses:

- Guided meditations, music for meditation, meditation timer, etc.
- Sleep aids
- Guidance on how to prevent burnout, compassion fatigue, etc.
- Tools for supervisors leading teams
- Ability to create and join groups
- Challenges
- Daily live yoga classes, meditations and workshops
- Access to 1000+ expert-led courses
- Offline listening

Employee registration can be completed by creating an Insight Timer account either on the Insight Timer app or website. You will need to have access to your work email for the two-factor authentication. It is ok if you have a free personal account already, you can simply link to the work group. This link will tell you briefly about the signing on process: **step-by-step instructions**.

How to get started:

- Step 1:** Download the app
- Step 2:** Create an account (with your work email)
- Step 3:** Add Workplace by opening the Work tab located at the top left corner of the app.
- Step 4:** Join the Dartmouth Health Group

Open to Dartmouth Health system members with the email domains:

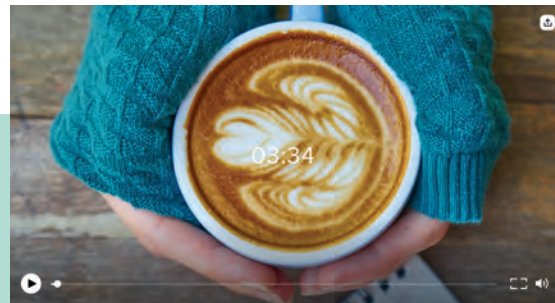
- @apdmh.org
- @cheshire-med.com
- @hitchcock.org
- @mahhc.org
- @newlondonhospital.org
- @phin.org
- @vnhcare.org

For questions, contact lifestyleimprovement@hitchcock.org.

Mindful Coffee Break

Check out this guided meditation:

<https://insig.ht/D1Vxwn1xhnb>



Health Coaching

Where change happens.

What Health Coaching is:

- An expert, professional service for the employees of Dartmouth Hitchcock Medical Center and Clinics and their immediate family members. APD also has a Certified Health Coach available for their staff.
- A partnership that offers guidance, tools and support to implement lasting, personal health behavior change.
- A cornerstone of the Lifestyle Improvement Program at Dartmouth Health, serving to support individuals at a personal level and connecting them with at-work and external resources.
- Offered by appointment in-person, via telehealth or by phone.
- Offered free-of-charge for those eligible. In the community, health and wellness coaching services are valued at \$100-\$150 per hour.
- Currently, we have a plan to broaden the access to all Dartmouth Health staff with access to **ManageWell®** starting January 2023.
- Coaches also provide education activities upon request for workgroups, departments and divisions.
- Common topic areas for coaching and education sessions include:
 - Exercise (fitness and movement)
 - Health Screenings and Assessments
 - Nutrition (healthy eating)
 - Quitting (tobacco and vaping)
 - Sleep Health
 - Stress Management and Self-Care for Resilience and Decompression
 - Weight Management (non-diet approach)

How does coaching work?

Most of our clients self-refer. A medical referral is not necessary. After completing the **intake form**, clients are matched with one of the coaches and a short 'discovery' session (15-20 minutes) is scheduled. During this session, coaching services, personal interests and needs and other wellness resources are explored. A plan of action is determined based on clients' wants, needs and the best resources to support the process.

Health Coaching services include:

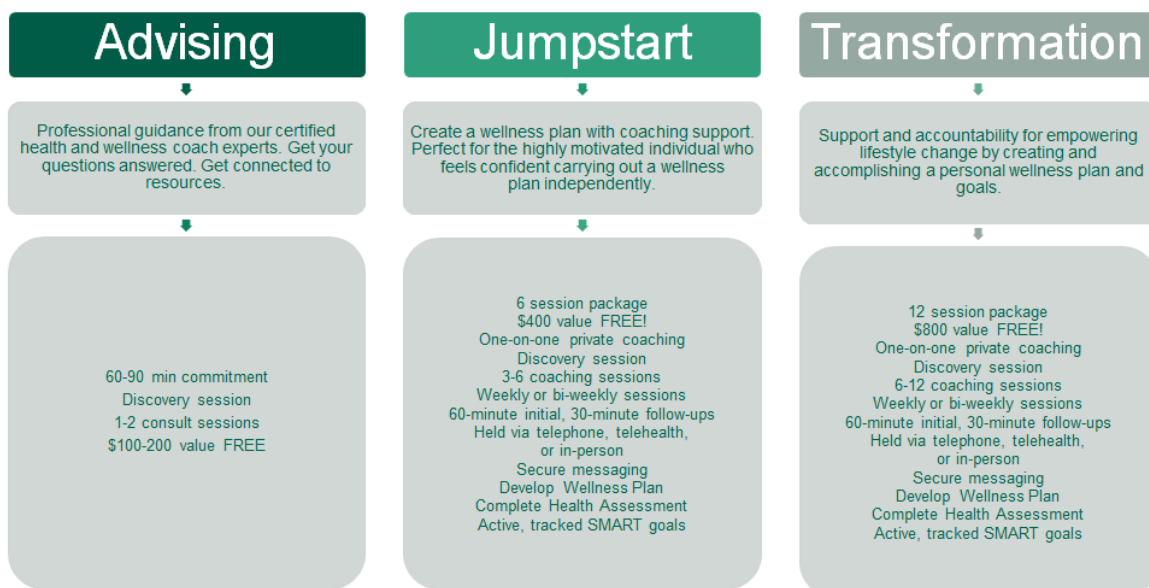
Advising (Market value \$100-\$300) One to two sessions with a Coach who has expertise in the health and wellness area(s) of focus. A client's questions are answered regarding their healthy lifestyle concerns in this consultative relationship.

Jumpstart (Market value \$600-\$900) This package is perfect for the highly-motivated individual who feels confident carrying out a wellness plan independently. Generally done in weekly or bi-weekly sessions, the package includes developing and reaching SMART goals for a focused target area.

Transformation (Market value \$1,200-\$1,800) A longer-term, more intensive 7-12 session package. Accountability and support are provided over the course of more interactions, solidly empowering the client to set and reach their personal wellness plan, while navigating the achievement of multiple, smaller goals to support the plan.

Health Screening (Market value \$150-\$300) This is an in-person-only service provided at DHMC by appointment. Appointments generally take 20-30 minutes and clients are provided with in-office results. No fasting is required. This point-of-care screening includes measuring blood pressure, total cholesterol, HDL, blood glucose, and if desired, height, weight, and waist circumference.

Staff can engage with a coach to create a plan and implement desired, healthy lifestyle changes. **Interested in Coaching?**



OEWB | Employee Assistance Program

Free, confidential, short-term counseling and consultation services for staff members, and their immediate household members.

Experienced, licensed mental health clinicians are available to meet in-person or virtually.

Your EAP can also assist you in accessing needed work-life services, such as legal consultation, eldercare or childcare resources.

To access these services at your location:

Dartmouth Hitchcock Medical Center and Clinics

- **DH EAP**
Call (603) 650-5819 or email **DH EAP** (dh.eap@hitchcock.org)
For the after-hours crisis line, call KGA: (800) 648-9557
For online resources visit **KGA.com** (my.kgalifeservices.com/)

Mt. Ascutney Hospital and Health Center

- **EAP Essential Anytime** - Call (800) 460-4374 until 12/31/22
- Starting January 1, 2023 please contact KGA.

KGA provides EAP services to the following system members

Alice Peck Day Memorial Hospital

Cheshire Medical Center

New London Hospital

Visiting Nurse and Hospice for Vermont and New Hampshire

- For information or services call (800) 648-9557
- For online resources visit **KGA.com** (my.kgalifeservices.com/)





Dartmouth
Health

Office of Employee Wellbeing
Lifestyle Improvement Program
(603) 650-5950
lifestyleimprovement@hitchcock.org