Be Well
Small Starts.
Big Change.
Small Starts. Big Change.
The Backstory

UT Knoxville
- Vol-Well Taskforce - 2012

State of TN
- 2013 – Governor Bill Haslam created Working for a Healthier Tennessee
  - Goal – encourage and enable state employees to lead healthier lives
- 3 Focus Areas of Working for a Healthier Tennessee
  - Physical Activity
  - Healthy Eating
  - Smoking Cessation
UT & Healthier Tennessee Partnership

UT was chosen as the higher education institution of to partner with Healthier Tennessee to provide a supportive health & wellness programs to staff.

- Resources and support were allocated through a Chancellor’s Initiative
- Be Well is housed in the Center for Health Education & Wellness (CHEW)
What is Be Well?

Mission

◦ Partnering with Healthier Tennessee, the Be Well initiative encourages community wellness through environmental and social support.

Vision

◦ To improve the overall wellness of UT Knoxville employees through health education and wellness activities that support positive lifestyle choices.

Goals

◦ Increase employee access to health and wellness related information.
◦ Increase employee opportunity for individual and group wellness activities.
◦ Increase support and networks for positive lifestyle change.
Be Well

Through a partnership with human resources and the Governor’s Foundation for Health and Wellness (Healthier Tennessee) Be Well offers:

- Resources
- Information
- Encouragement
- Social Support

...to employees who are looking to make Small Starts to Big Change on the path to health and wellness.
Be Well Focus Areas

Physical Activity
- Encourage increased physical activity for employees

Nutrition
- Encourage healthier nutrition decision making

Tobacco Cessation
- Decrease tobacco use & encourage a tobacco free initiative
Be Well Programming

**Move More Mondays**
- Each Monday, Thompson-Boling Arena, noon
- 1 mile walks while discussing health & wellness topics

**Wellness Wednesday**
- Every other Wednesday, Student Health Center, noon
- Bring your lunch and learn about health behaviors, increase your wellness knowledge, and meet like minded people

**Be Well Community Events**
- Join the Be Well team at events in the Knoxville community
- See calendar for event details
Be Well Online Tools

Be Well Website
  ◦ bewell.utk.edu

Streak for Small Starts App
  ◦ http://streaks.healthiertn.com/join/bewell

Healthier TN
  ◦ healthiertn.com

Be Well Twitter
  ◦ twitter.com/BeWellUTK

Be Well Facebook
  ◦ facebook.com/BeWell
Be Well
Involvement

How can you get Involved in Be Well?

1. Apply to become a Wellness Champion
2. Sign Up for the Small Starts app
3. Attend Be Well Events
   1. Move More Mondays
   2. Wellness Wednesdays
   3. Community Events
4. Tell your friends and colleagues about Be Well
Thank you for your time!
Questions?