

We have so many supports, I am going to tell you what's up.

But we're going to rhyme the list, like pouring water from a cup.

Please hear our rhymes, take it all in, share with others and pay respect,
because life sometimes throws a curve ball that no one could expect.

First, our wellbeing page on the intranet - called MyAsanteNET,
has resilience supports and tools that you can go and get.

Supplemental info: <https://myasantenet.ahs.asante.org/departments/asante/asante-wellbeing/>

Also, you can educate yourself with articles and self-assess,
so you can be your best self and reduce your level of stress.

Supplemental info: <https://myasantenet.ahs.asante.org/departments/asante/asante-wellbeing/healthy-coping-strategies/>

Tap into external programs like Oregon Wellness Program or the AMA website,
It doesn't have to be an Asante program, to serve you just right.

Supplemental info: https://www.ama-assn.org/practice-management/physician-health/virtual-resilience-rounds-help-physicians-navigate-moral?utm_source=BulletinHealthCare&utm_medium=email&utm_term=062720&utm_content=physicians&utm_campaign=article_alert-morning_rounds_weekend

&

<https://oregonwellnessprogram.org/>

and/or

<https://myasantenet.ahs.asante.org/app/files/secure/WellnessResources.pdf>

Learn what our Workplace Violence Prevention Program workgroups are up to,
Building a culture of safety, they work hard to find many ways to protect you.

Supplemental info: <https://myasantenet.ahs.asante.org/departments/asante/asante-wellbeing/workplace-violence/>

Physician coaching of many kinds to increase important skills,
Step into more and watch how opportunity unfolds and spills.

Supplemental info: <https://oregonphysiciancoaches.org/>

Asante Chaplain Services are around to help anyone in need,
a trusty group with soulful ways, they let you take the lead.

Supplemental info: To reach a chaplain, call (541) 789-3780 in Jackson County and (541) 472-7234 in Josephine County.

Several local and national hotlines, available day or night

You'll never feel alone, they will make sure you're alright.

Supplemental info:

Jackson County Mental Health Crisis 541-774-8201

Josephine Crisis Line: 541-474-5360

Suicide Prevention Resource Center Crisis Line: 1-800-273-TALK (8255) for Spanish speaking patients: 1-888-628-9454. Deaf or hearing impaired should call: 1-800-799-4889. For text support, text "MHFA" to 741741 for 24/7 crisis counseling

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline 1-800-662-HELP

The Trevor Project suicide prevention services LGBTQ+ young people under 25. Call 1-866-488-7386 or text "START" to 678678

The National Domestic Violence Hotline, call 1-800-799-SAFE (7233)

The National Sexual Assault Hotline, call 1-800-656-HOPE (4673)

Care sessions are an outlet for processing emotion,

a fellow Asante colleague will listen with devotion.

Supplemental info: <https://news.asante.org/caregiver-support-sessions/>

Or

<https://myasantenet.ahs.asante.org/app/files/secure/CARESessionFlyer.pdf>

Meditation and mindfulness practices ground you where you're at

take a deep breath anywhere, settle for a few, and see what comes from that.

Supplemental info: Meditation

- [Breathing in Peace, Breathing Out Love](#)
- [Brief Body Scan](#)
- [Eye of Eagle](#)
- [Gratitude Practice](#)
- [Grounding as You Walk](#)
- [Loving Kindness](#)
- [Mantra Practice](#)
- [Mindful Medicine Practices](#)
- [The Five-Seven-Eight Breath](#)

Alec is our learning portal, dynamic and bursting full

choose a topic to learn and put some knowledge in your skull.

Supplemental info: not sure how you want to plug this one, maybe a screenshot? Or a scrolling thumbnail?

Fitness challenges like “Prove You Move” are happening year ‘round

You can make your body stronger, faster, fitter - in ways that are profound.

Supplemental info: <https://myasantenet.ahs.asante.org/app/files/secure/MindBodySupport-ProveYouMoveFallintoFitnessChallenge.pdf>

Also, personal betterment challenges like “Show You Grow”,

It takes work – but the sky’s the limit, you reap just what you sow.

Supplemental info:

<https://myasantenet.ahs.asante.org/app/files/secure/ShowYouGrowIntroandInstructionsPACKET.pdf>

The beWell webinars page has tons of recordings, available on demand

click play and enjoy, we have such a wealth of great information on hand.

Supplemental info: [BeWell Webinars Page](#)

We have a list of where you can get a community fitness center discount,

Stay fit, pinch pennies and your wins will surely pile up and mount.

Supplemental info: [https://www.asante.org/app/files/public/8abfe34b-af18-49c2-ad39-519fbf4960f6/Fitness-Center-Offers_v2%20\(1\)%20-%20Final%201.2.23.pdf](https://www.asante.org/app/files/public/8abfe34b-af18-49c2-ad39-519fbf4960f6/Fitness-Center-Offers_v2%20(1)%20-%20Final%201.2.23.pdf)

Heart Walk maps for all three beautiful Asante sites,

walk a mile on your break, it's well within your rights.

Supplemental info:

[AACH - Heart Walk Map](#)

[ARRMC - Heart Walk Map](#)

[ATRC - Heart Walk Map](#)

A database of healthy recipes, they are super yummy.

Whip something nutritious up and put it in your tummy.

Supplemental info: <https://myasantenet.ahs.asante.org/departments/app/work-health/health-promo/bewell-webinars/>

Watch Preventing Snaccidents demos to learn about healthy food prep,

glean nutrition tips and tricks – they walk you through each step.

Supplemental info:

<https://myasantenet.ahs.asante.org/app/files/secure/PreventingSnaccidentsWorldTourFlyer.pdf>

Health Coaching is available for free, you can get 10 sessions,

Meet with a certified health coach and enjoy the lessons.

Supplemental info: <https://myasantenet.ahs.asante.org/app/files/secure/1on1CoachingFlyer.pdf>

Care of the Caregiver offers 20-minute sessions at no cost to you,

Energy medicine practitioners help relax you through and through.

Supplemental info: <https://myasantenet.ahs.asante.org/app/files/secure/ReikiFlyer.pdf>

This was a lot of info to take in, so please don't feel distress,

send your questions and comments to the wellbeing e-mail address.

Supplemental info: Wellbeing@asante.org

For any Wellbeing requests, reach out to Dr. Barry Egener or Shea Quinn,

they will help you best they can, always looking for a win/win.

Supplemental info: [Barry Egener, MD](#), provider professional wellness lead and retired internal medicine physician, APP

&

[Shea Quinn](#), Patient experience & provider wellness program manager, APP

Have suggestions for the Wellbeing Program going Asante-system-wide?

contact Dr. Barry Egener or Anne Hansen, they're excited to turn the tide.

Supplemental info: [Barry Egener, MD](#), provider professional wellness lead and retired internal medicine physician, APP

&

[Anne Hansen](#), Director professional development, Asante nursing professional development

Suggestions for the APP Wellbeing Program, or have a question?

Contact Dr. Gary McCalla, he is the best one.

Supplemental info: [Gary McCalla, MD](#), medical director of Wellness Program and AACH Emergency Department

Benefits:

(please call out that these are only available to those who are "benefits eligible")

Shea, Barb and Nathan asked us to direct people to the benefits team for questions/comments, so please embed this highlighted info somewhere? See below.

If you have any questions, you can email the [Asante Benefits department](#) or call (541) 789-4551. You can also submit a case in the Ask HR section of *myHR*.

To learn about all the benefits available to you, you can visit this page.

There are so many things to see, like a bird flying high without a cage.

Supplemental info: <https://www.asante.org/employee-benefits/>

We have a huge list of perks and discounts, they spread far and wide,

It's awesome how much we can save, as if fantasy and reality collide.

Supplemental info: <https://www.asante.org/employee-benefits/perks-and-discounts/>.

The employee assistance program now offered by SupportLinc

for work like balance, counseling, and more – it's better than you think.

Supplemental info: <https://www.asante.org/app/files/public/542b13d4-7ce2-4e11-805a-f44ee6c912ca/2023%20EAP%20Overview.pdf>

We have a chatbot names Tess, built by mental health pros...

She gives non-judgmental aide to lower your stress and woes.

Supplemental info: <https://myasantenet.ahs.asante.org/app/files/secure/WhoisTess.pdf>

We also have MyStrength, which is a really cool app.

A hub for mental Wellness ideas, you can access in a snap.

Supplemental info: <https://myasantenet.ahs.asante.org/app/files/secure/MyStrength-Flyer.pdf>

Money doesn't grow on trees, so for our financial wellbeing needs,

we have Fidelity for fiscal expertise and to plant investment seeds.

Supplemental info: <https://nb.fidelity.com/public/nb/atwork/home>

Tobacco cessation programming to help you finally quit,

the help is free and the effectiveness is really quite legit.

Supplemental info: <https://myasantenet.ahs.asante.org/app/files/secure/2017-Tobacco-Cessation-benefit-handout.pdf>

Get your healthy living rewards, don't leave money on the table,

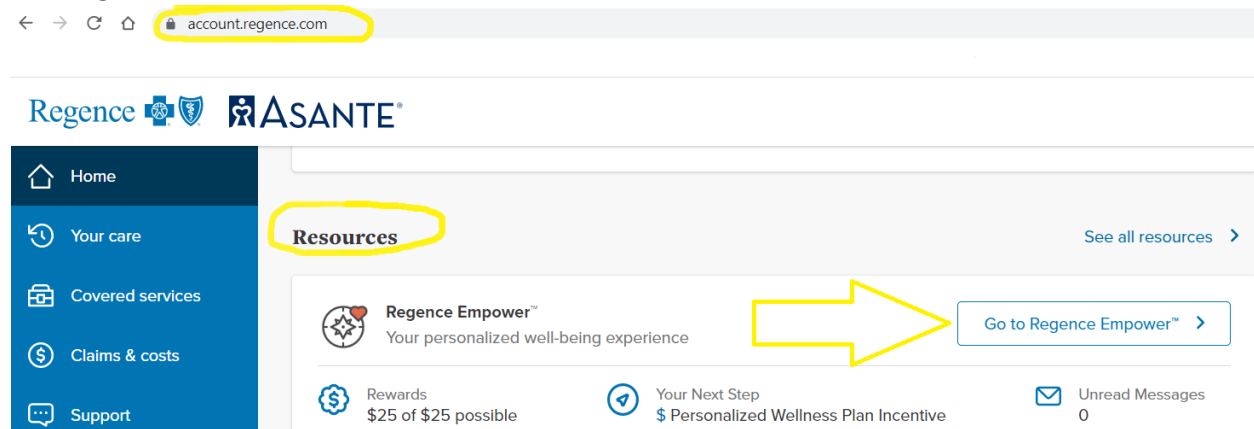
Yes, it's true! Asante gives us hundreds annually, it is not a fable.

Supplemental info: <https://www.asante.org/app/files/public/d7bfdada-650c-4a39-960a-0e4a02880252/2023%20Wellness%20Incentive%20Program.pdf>

Complete the activities listed in Regence Empower to earn your full rewards,

Which go into your Health Equity account, upping your tax-free hoards.

Supplemental info: I had to log into my Regene.com account to get the screenshot, if you need a better one... you can login. People historically don't know how to find Regence Empower, so maybe add something like this? With instructions to log-in and scroll down to the Resources section. Perhaps a scrolling thumbnail instead of a screenshot?



Regence Empower interactive programming has 12 options you can choose,

It takes 6 weeks, work on the healthy habits you want, and follow all the cues.

Supplemental info: (I had to log into my Regene.com account to get these... not sure how you want to capture this... maybe a scrolling thumbnail in your own account? Anyway... I put the info here for ya)

Interactive Programs

Interactive programs take six weeks to complete. You will set a goal and create “healthy habits” that will help you establish behaviors to achieve your goal. Progress will be measured with an optional assessment halfway through the program, as well as a required final assessment to complete the program.

Achieving Your Healthy Weight

Learn healthy habits to help you achieve your weight goals and address behavioral and environmental factors that contribute to unhealthy weight gain.

[Achieving Your Healthy Weight Get Started!](#)

Achieving Your Healthy Weight [See Detailed Overview](#)

Enhancing Your Physical Activity

Whether you're a seasoned pro or someone who's never exercised, this program gives you the knowledge and motivation you need to get moving.

[Enhancing Your Physical Activity Get Started!](#)

Nutrition For Better Health

Good nutrition equals good health. This program gives you information, tools, and tips to improve your health by improving your diet.

[Nutrition For Better Health Get Started!](#)

Nutrition For Better Health [See Detailed Overview](#)

Improving Your Blood Pressure

In this program, you'll learn ways to lower and manage your blood pressure. It starts with exercising more, eating healthier, and self-monitoring.

[Improving Your Blood Pressure Get Started!](#)

Improving Your Blood Pressure [See Detailed Overview](#)

Managing Your Stress

Too much stress, for too long, can harm your health. In this program, you'll learn how you can manage your stress in a healthy way.

[Managing Your Stress Get Started!](#)

Managing Your Stress [See Detailed Overview](#)

Improving Your Sleep

How did you sleep last night? If you're not sleeping as well as possible, this program can help. Get started now!

[Improving Your Sleep Get Started!](#)

Improving Your Sleep [See Detailed Overview](#)

Maintaining Your Healthy Weight

Maintaining a healthy weight is important for your overall health. This program provides helpful information to keep you and your weight on track.

[Maintaining Your Healthy Weight Get Started!](#)

Maintaining Your Healthy Weight [See Detailed Overview](#)

Quitting Tobacco

Congratulations on your decision to quit tobacco! This program gives you the information and support you need to live a tobacco-free life.

Quitting Tobacco Get Started!

Quitting Tobacco [See Detailed Overview](#)

Staying Tobacco Free

Congratulations on quitting tobacco! This program gives you daily information and support to keep you on track. Here's to your life WITHOUT TOBACCO!

Staying Tobacco Free Get Started!

Staying Tobacco Free [See Detailed Overview](#)

Improving Your Oral Health

The health of your mouth is related to your overall health. In this course, you'll learn more about what you can do to improve your oral health.

Improving Your Oral Health Get Started!

Improving Your Oral Health [See Detailed Overview](#)

Financially Fit

Question: How do you feel when you think about savings, expenses, debt, retirement? If your answer is STRESSED OUT, this program is just for you!

Financially Fit Get Started!

Financially Fit [See Detailed Overview](#)

Building Resilience

Learn how becoming more resilient can benefit you in all areas of life, and help you thrive in the face of challenges.

Building Resilience Get Started!

Building Resilience [See Detailed Overview](#)

A Personalized Wellness Plan visit is an encouraging 15-minute phone call,
Schedule via MyChart and an Asante health coach will talk you through it all.

Supplemental info:

<https://myasantenet.ahs.asante.org/app/files/secure/PersonalizedWellnessPlanFlyer.pdf>

Get a preventative exam with your PCP each year and enjoy the peace of mind,
complete your age-appropriate cancer screenings - if you feel so inclined.

Supplemental info: nothing, maybe just add stock photo imagery of a check-up?

What “counts” as a preventive exam for the incentive? ESTABLISHING CARE VISITS and DENTAL or VISION check-ups now count! It’s triggered by the billing,

So you don’t have to do anything except schedule and complete the visit, go and do it if you’re willing!

Supplemental info: nothing, maybe just imagery that emphasizes “NEW!” because this is a change that happened for 2023 and HR is really excited about it.

For mamas-to-be, the Regence Pregnancy program supports your full-term goal,

There’s also an extra incentive, which can help with diaper costs, so you should enroll!

Supplemental info: **REGENCE PREGNANCY PROGRAM**

Regence Pregnancy Program 1 (888) JOY-BABY (1-888-569-2229)

When you’re expecting, your main goal is to have a healthy, full-term baby. This program gives you prenatal education and support to increase your chances of doing just that. The program also offers a 24/7 nurse advice line. Asante is offering an incentive for joining Regence Pregnancy Program, contact us. The money earned will be deposited into your HRA or HSA.

Regence empower educational programs aren’t incentivized, but are still a great tool

We have ten choices to learn new stuff on interesting topics, it’s really super cool.

Supplemental info:

Educational Programs

Educational programs are completed at your own pace. You’ll review lessons with information and resources specific to your program topic. Just read each lesson to complete the program.

Managing Your Metabolic Syndrome

In this program, you’ll learn about the risk factors for metabolic syndrome, along with tips to prevent or manage each factor.

Managing Your Metabolic Syndrome Get Started!

Managing Your Metabolic Syndrome [See Detailed Overview](#)

Improving Your Cholesterol

Take this journey and learn what cholesterol is, how it affects your body, and what you can do about it.

Improving Your Cholesterol Get Started!

Improving Your Cholesterol [See Detailed Overview](#)

Preventing Diabetes

In this program, you'll learn what you can do to lower your risk of developing diabetes and become a healthier person in the process.

Preventing Diabetes Get Started!

Preventing Diabetes [See Detailed Overview](#)

Healthy Bones and Joints

This program promotes an understanding of the basic structure and function of our bones, as well as how to support bone and joint health.

Healthy Bones And Joints Get Started!

Healthy Bones And Joints [See Detailed Overview](#)

Preventive Health - Reducing Your Risks

Learn how to prevent chronic diseases with regular screenings, immunizations, and lifestyle changes. You can take an active role in staying healthy.

Preventive Health - Reducing Your Risks Get Started!

Preventive Health - Reducing Your Risks [See Detailed Overview](#)

Boosting Your Biome

Select this program to learn about the importance of gut health and how to improve your gut biome to enhance well-being.

Boosting Your Biome Get Started!

Boosting Your Biome [See Detailed Overview](#)

Healthy Eating on a Budget

Choose this program to learn how you and your family can eat healthy and stay within your budget.

Healthy Eating on a Budget Get Started!

Healthy Eating on a Budget [See Detailed Overview](#)

Caregiver Stress

Choose this program to learn about caregiving and how you can stay healthy so you can take care of those you love.

Caregiver Stress Get Started!

Caregiver Stress [See Detailed Overview](#)

Mindfulness With a Meaning

This program is designed to give you the tools you need to become mindful of your actions so that you can truly focus on the present.

Mindfulness With a Meaning Get Started!

Mindfulness With a Meaning [See Detailed Overview](#)

Environmental Sustainability

Learn all about environmental sustainability and what you can do to help support a healthy Earth.

Environmental Sustainability Get Started!

Environmental Sustainability [See Detailed Overview](#)

With Livongo medical weight management, get a free smartscale and app

A good program to lose some pounds and feel great in a snap.

Supplemental info: <https://welcome.livongo.com/?ccid=DPPWM#/>

With Livongo diabetic maintenance, you get your free supplies,

They help you track, plan and do your best to control the lows and highs.

Supplemental info: <https://www.asante.org/app/files/public/233ce1d6-0a21-4c91-9625-3cb081b09924/2023%20Livongo%20Program.pdf>

With Livongo hypertension program, you get a coach and a free cuff

monitoring your blood pressure doesn't have to be so tough.

Supplemental info: <https://www.asante.org/app/files/public/233ce1d6-0a21-4c91-9625-3cb081b09924/2023%20Livongo%20Program.pdf>

Finally, there's Livongo healthy living and diabetes prevention,

Good for lowering elevated glucose with exercise & nutrition with intention.

Supplemental info: <https://www.asante.org/app/files/public/233ce1d6-0a21-4c91-9625-3cb081b09924/2023%20Livongo%20Program.pdf>

FOR ALL LIVONGO PROGRAMS, YOU CAN ALSO SHARE THIS:

To get started, visit [Livongo Health](#) or call Livongo member support at (800) 945-4355. If asked for a registration code, use ASANTE.

Hinge Health gives free access to digital physical therapy to help your joints,

80,000 members have already cut their pain by over 60%. That's a lot of points!

Supplemental info: https://www.asante.org/app/files/public/ccd6c99a-e25e-45ed-a4e8-944096c0b921/Hinge_Health_Back_and_Joint_Pain_Program.pdf