

CCS WELLNESS INITIATIVE

AUGUST 2019 - JULY 2020



participation

EMPLOYEE OVERVIEW

*Excludes flu shots, Lifecare diabetes support group



4044

Cumulative Participation



1256

Unique Participants*



675

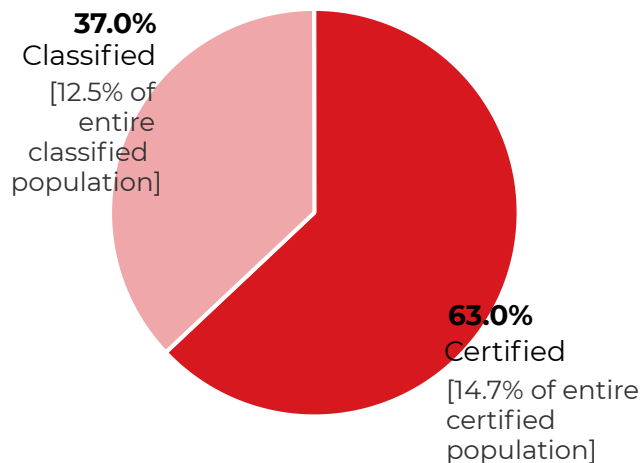
New Participants*



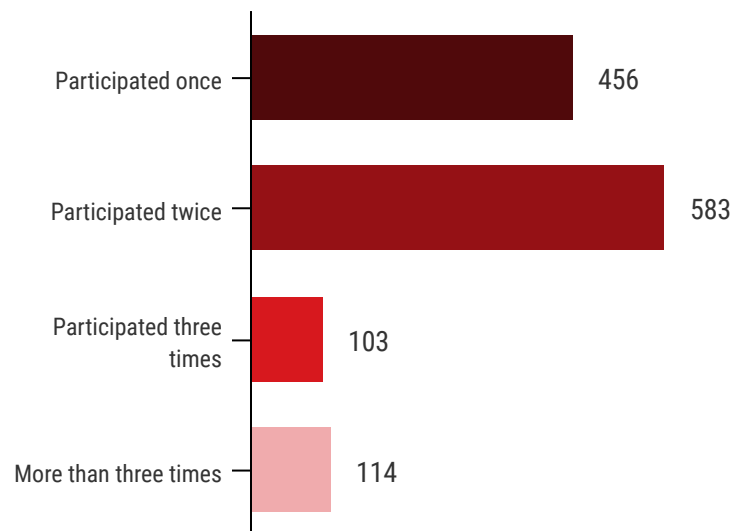
581

Returning Participants*

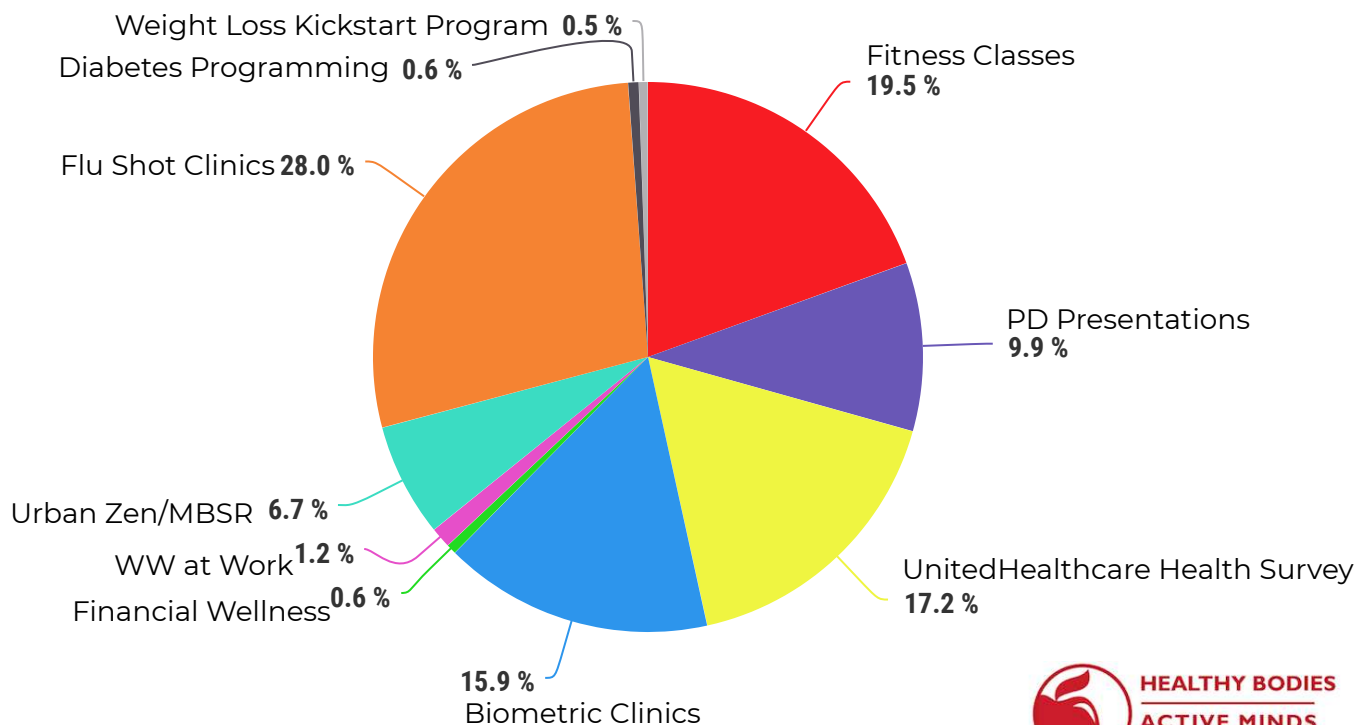
CERTIFIED/CLASSIFIED PARTICIPATION



EMPLOYEE ENGAGEMENT



CUMULATIVE PARTICIPATION PER PROGRAMMING



**HEALTHY BODIES
ACTIVE MINDS**
COLUMBUS CITY SCHOOLS



225

Active Wellness
Champions



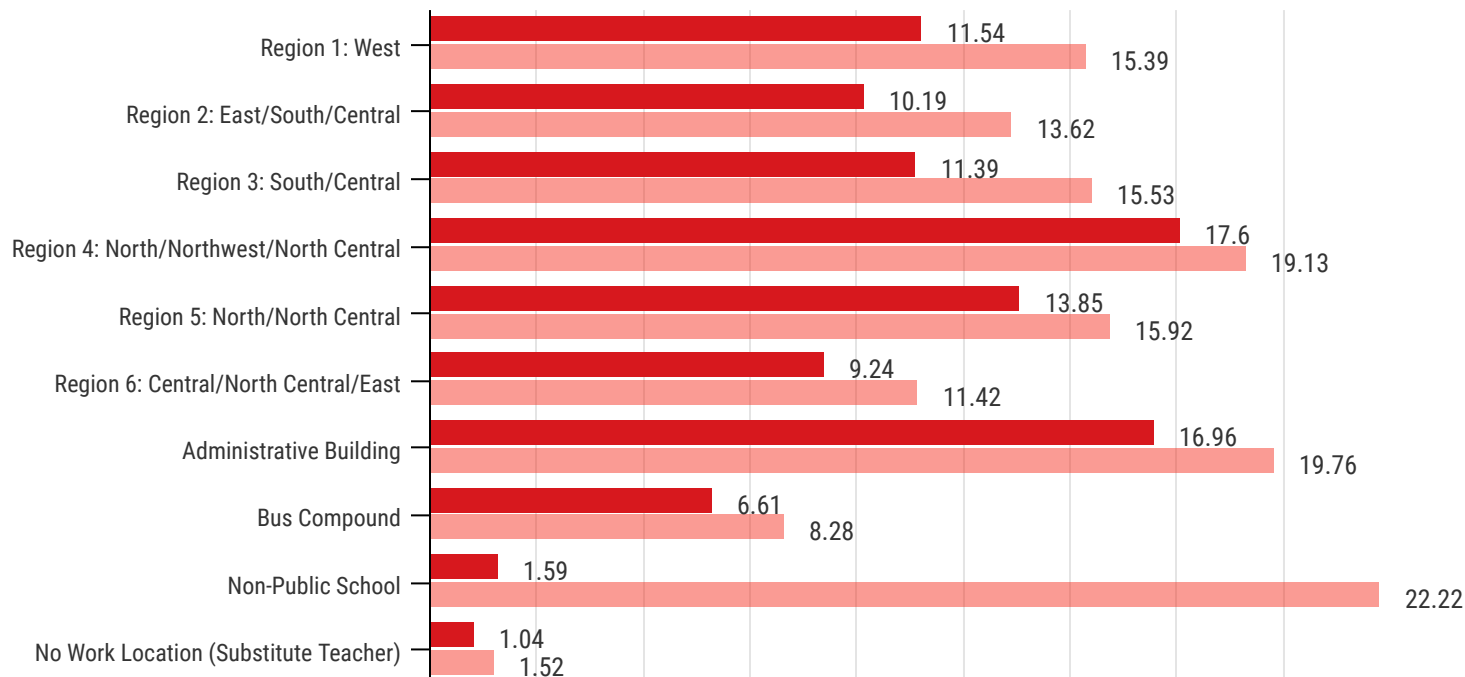
100%

of buildings had at
least 1 participant

WHERE DO EMPLOYEES WORK WHO PARTICIPATED IN WELLNESS PROGRAMMING?

Regions are divided geographically and by feeder patterns
Excludes flu shots and Lifecare diabetes support group

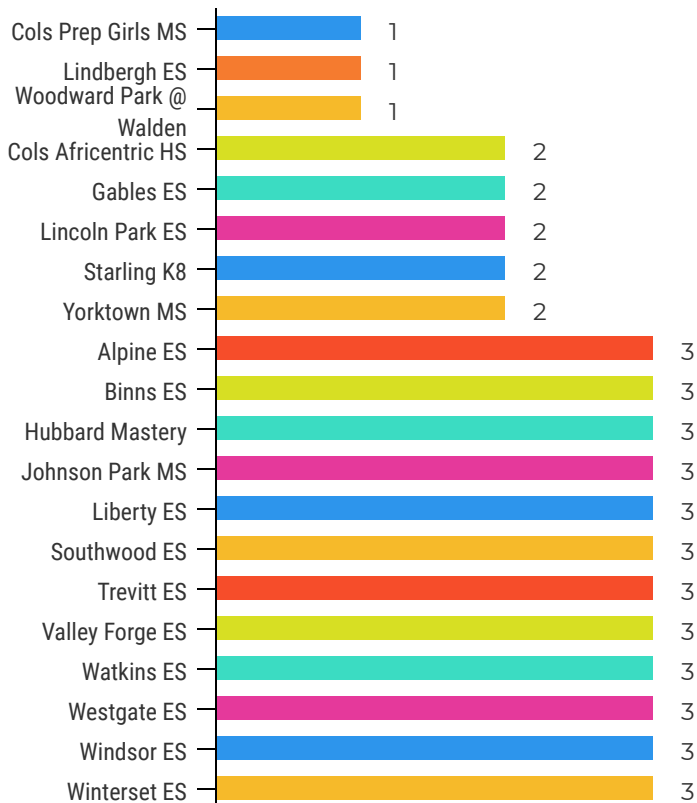
- Percentage of total wellness participants that participated in wellness programming
- Percentage of total region population that participated in wellness programming



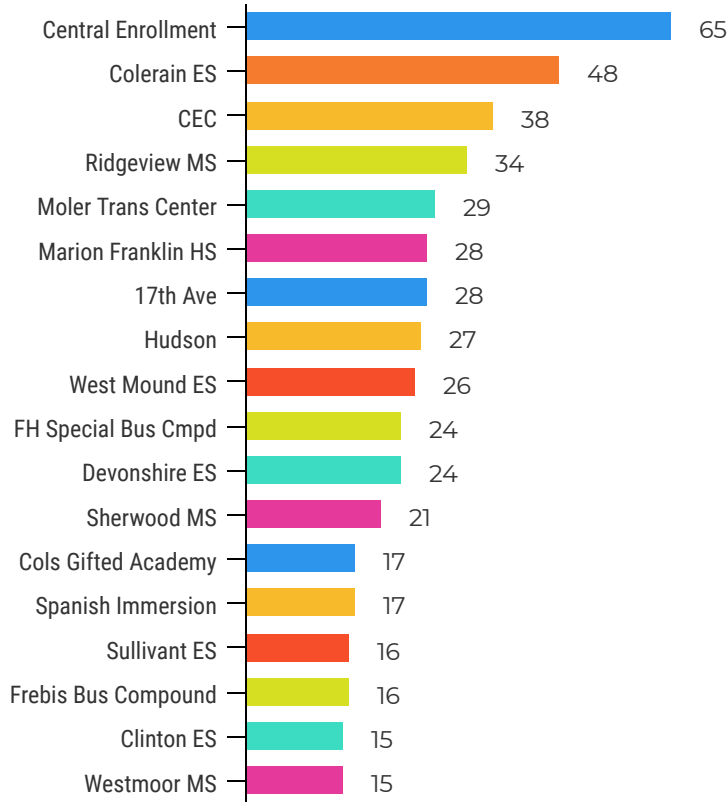
WHICH CCS LOCATION HAD THE LEAST AND GREATEST NUMBER OF PARTICIPANTS?

Calculated as number of unique participants from each CCS location

LEAST NUMBER OF PARTICIPANTS



GREATEST NUMBER OF PARTICIPANTS





location



23

CCS Buildings
Hosted Programming

5

Offsite
Programming Sites

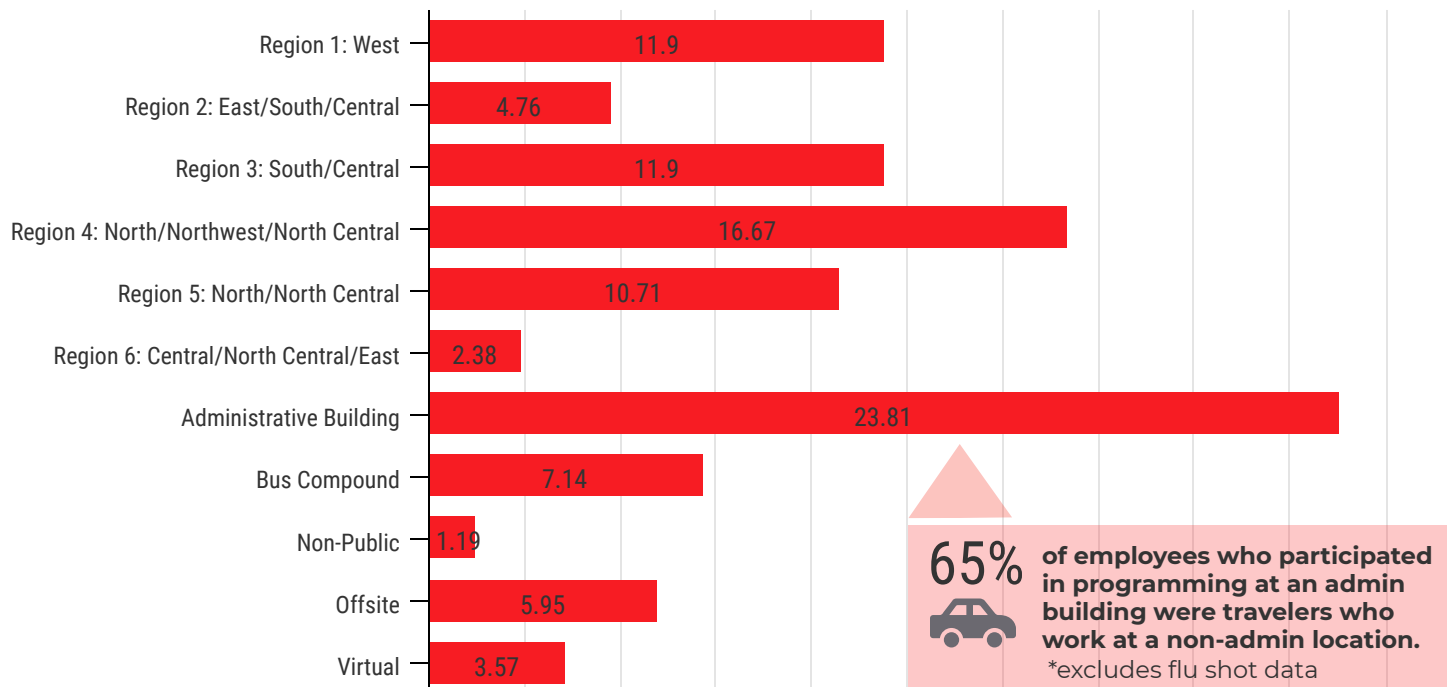
3

Programs
Held Virtually

LOCATION OF PROGRAMMING

Calculated as unique wellness programming located per region

● Percentage of wellness programming held at location



summary

OVERVIEW OF PROGRAMMING HELD

- 159 Onsite Fitness Classes
- 67 Urban Zen Integrative Therapy Classes
- 53 Flu Shot Clinics
- 21 Professional Development Sessions
- 17 Biometric Clinics
- 10 Wellness Rooms Awarded
- 8 Financial Wellness Classes
- 3 Weight Watchers at Work groups
- 2 Diabetes Support Groups
- 1 Mindfulness-Based Stress Reduction Series
- 1 Weightloss Kickstart Program

NEW THIS YEAR

- + Awarded funding to 10 CCS locations for the building of a wellness room in partnership with GetCr8v 
- + Completion of outdoor gym installation at Fort Hayes Campus as part of the Healthy Campus Initiative
- + Offered virtual UZIT classes and professional development via Zoom due to the coronavirus pandemic 
- + Welcomed UHC Nurse Liaison, Stacy Hohman as part of wellness team
- + Introduced new UHC offerings to staff including talkspace and Sanvello 
- + Partnered with WOWWI!Factor to bring 2-month weightloss kickstart program to staff 
- + Partnered with Lifecare Alliance in offering offsite diabetes support groups 
- + Partnered with Youth Yoga Project to bring onsite training and PD to staff