Wellness Event Floor Plan

How to Coordinate Health Fairs & Lunch and Learns

Presented by Biral Patel, TAC Wellness Consultant
Objectives

- Participants in this session will learn how to:
  - Set a theme for the event
  - Reach out to potential vendors and volunteers
  - Create a schedule and booth layout
  - Promote the event to employees
Health Fairs

Drafting a planning strategy that yields success
Health Fair Planning Timeline

3-6 months in advance:
- Set a date
- Propose date to commissioners court for approval

2-3 months in advance:
- Reach out to vendors
- Reserve event space
- Start communicating upcoming event to employees

1 month in advance:
- Follow up with vendors who have not RSVP'd
- Send out Vendor Needs forms
- Notify maintenance of set up
Health Fair Planning Timeline

1 week in advance:
• Confirm with vendors and volunteers
• Print out floor plan
• Remind maintenance of set up

1 day in advance:
• Set up vendor tables and chairs and registration table

After the health fair:
• Send thank you letters to volunteers and vendors
• Determine potential improvements for upcoming health fairs
• Report results to commissioner’s court
Set a Goal and Theme

• Decide on a goal –
  What do you want the health fair to accomplish?
  • Example: “Promote health by providing immunizations, screenings, resources and education.”

• Choose a catchy theme – Entice employees to attend!
  • Example: Wellness Works
Select and Contact Vendors

• Agriculture Extension Agent
• Local gyms
• Immunization providers (Walgreens, H-E-B mobile clinic)
• Catapult health screenings

• Airrosti
• TAC Wellness and Benefits Consultants
• Alternative providers: nutritionist, chiropractor, massage therapist
Local hospitals and clinics
(verify in network before inviting)

Healthy restaurants
Assign Volunteer Duties

- Set up and tear down
- Registration booth
- Door prizes
- Worksite preventive checkups
- In network with BCBSTX
- Filed as a preventive care claim
- Finger stick blood tests and depression screening
- Video chat consultation with Nurse Practitioner
Plan a Catapult Clinic Day

- Phone call with Catapult representative
- Draft and sign a service agreement
- Set a date and begin implementation process
- 60-90 day implementation timeframe
- 25 participant minimum
Create a Schedule

- Accommodate employees’ work schedules
  - For example, road and bridge employees tend to start early in the morning

- If Catapult will be there, allow enough time for employee appointments
Determine Location and Booth Layout

- Choose a space large enough to accommodate vendors
- Consider employee accessibility and parking
- Plan for vendors’ electrical needs
- If Catapult will be there, reserve a small consultation room
Promote the Event to Employees

- E-blasts
- Flyers
- Reminder in commissioners court
- Personal visits to elected officials
Provide Incentives

Raffle Items and Healthy Snacks

• Reach out to local organizations (H-E-B, library) for donations

Complete “punch card” with booth names/numbers.

Health puzzle in county newsletter
Aransas County
Jasper County
Lunch and Learns
Exploring Wellness Topics | Shifting Employee Mindsets
### Wellness Workshops

Request a Healthy County Workshop at your work!

**4 Keys to Nourishing Your Body for Health & Vitality**

**5 Keys to Effective Weight Loss**

**7 Investments for Better Health**

**Boost Your Metabolism**

**Fitness Formula: Discover the Cure-All**

**Healthy County 101**

**Musculoskeletal**

**Rebalance Your Brain**

**Sleep Education 101**

**Stressed is Desserts Spelled Backwards**

**Tobacco Cessation**

**What Are Macronutrients?**
Plan a Wellness Workshop

Choose a topic that would most interest/benefit employees

Consider using Employer Rewards earnings to purchase food or prizes

Consider including games or fitness activities
Trinity County Wellness Workshop
MEASURING PATIENT OUTCOMES

572 PATIENT CASES

3.0 AVERAGE NUMBER OF VISITS

18 PHYSICIAN RECOMMENDED SURGERIES AVOIDED

87.1% REPORT FULL RECOVERY

99.6% OF PATIENTS WOULD RECOMMEND AIRROSTI TO FRIENDS & FAMILY

65% of all cases found Airrosti after seeking unsuccessful care first, including:

- 67% Received Imaging
- 36% Referred To A Specialist
- 52% Received Prior PT or Chiro Care
Airrosti Lunch and Learn

• Catered lunch followed by 45-minute presentation on services, benefit and strengthening exercises

• Presentation topics include:
  • Tech Neck
  • Health On The Move (Lower Extremity Pain)
  • Best Foot Forward: Avoiding Plantar Fasciitis
Cherokee County
Plan an Airrosti Lunch and Learn

Reach out to your Wellness Consultant, who will connect you with an Airrosti representative

Coordinate a date/time/place with Airrosti representative and send out sign up sheet
Thank you for attending!