

“...every day, in every way, YOU come first!”

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Delivering to you!

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New ISEBA 2009-2010 Wellness Plan

Lynette Kooker, a Health Management Consultant, will work with ISEBA to ensure all locations have a designated wellness champion and are aware of all materials necessary to conduct a successful wellness program.

All wellness champions will be asked to attend an Employer Workshop, “Building a Healthy Workplace: Ready, Set, Go”. This will train the Wellness Champions on the best practices for starting a worksite wellness program at their location.

Those locations that have a Wellness Champion attend a workshop will be eligible to have up to two onsite wellness seminars, presented by a Community Wellness Coordinator. Seminar options include:

- Stress Management
- Weight Management
- Health Care Consumerism (Part 1)
- Health Care Consumerism (Part 2)

In addition to the workshops and seminars, the schools will also be equipped with two wellness campaigns:

- Walking Works Program
- Personal Health Assessment campaign

New On-Demand HealthMedia Library

MD On-Demand Wellness and Screening Video Series

The on-demand system of 50 videos allows a person to select from the menu of wellness, prevention, and self-care topics in addition to medical procedure overviews and synopsis of various diseases.

- 50 videos
- 7 minutes average length

Illume On-Demand Video Series and On-Demand Health Tip Series

The on-demand system of over 315 videos and 400 health tips allows a person to select from the menu of wellness, prevention, exercise, diet, mental health, dieting, pharmaceutical, senior care, workplace health, and many more topics.

- 315 Healthcare Videos – 3 minutes average length
- 400 health tips – 35 -60 seconds average length

ISEBA is the only employee benefit plan program endorsed, supported and managed by both the IASB and ISEA organizations