A message from the Chair of the Employee Wellness Committee:

The NMU Employee Wellness Committee is committed to *CREATING & FOSTERING AN ENVIRONMENT DESIGNED TO PROMOTE BETTER EMPLOYEE HEALTH THROUGH EDUCATION, HEALTH SCREENING & ACCESS TO HEALTHY LIFESTYLE CHOICES*!

During the Early Spring of 2016, we conducted an online survey of our employees to help us determine the interests and needs of our people. We also looked at the data provided to us by our Blue Cross provider, which anonymously identified what wellness issues could be addressed based on the self-reporting of our employees from a Health Risk Appraisal done during the same period as our survey.

The survey had a fairly good response with 232 employees completing it, while the HRA had only 59 complete it…. ironic in that there were more incentives offered for the completion of the HRA!

According to the survey, the Dimensions of Wellness ranked # 1 and 2 respectively as the most important were Physical and Emotion. Specific topics of Physical Fitness, Mental Health, Stress Management and Nutrition were identified as major topics of interest.

Many useful comments were submitted in the survey, leading us to continue some of the initiatives such as the Active Workstation Program. We are continuing to explore possibilities for incentives for positive wellness choices. We would like to see more opportunities to engage in health-promoting activities and increased awareness of the myriad of resources that we are fortunate to have available to us here at NMU and in the surrounding community.

We appreciate your input and are constantly looking for ways to create a culture of wellness at NMU!