

Welcome



2005 Annual Meeting



Welcome

Todd Cipriani

President, WWCRI

Only 3% of U.S. Adults Report Having a Healthy Lifestyle

- According to a study in the Archives of Internal Medicine, (April 2005) only 3% of American adults follow four common characteristics of a healthy lifestyle;
 - Don't smoke
 - Maintain a healthy weight
 - Eat five fruits and vegetables or more per day
 - Get regular physical activity
- “This data.....supports the need for comprehensive primary prevention activities to increase healthy lifestyles and to reduce the prevalence of chronic disease factors at the population level” the author concluded.





Greetings

First Lady of Rhode Island
Sue Carcieri



Support of the Governor and First Lady



- Introduction of First Lady to the Council
- Private meeting with the Governor (October 2003)
- State of the State address (March 2004)
- Commitment of the Governor to become a well workplace (May 2004)
- Meeting with the Governor's cabinet (June 2004)
- Attendance at WWCRI annual meeting to show support (June 2004)
- Establishment of State Wellness Team (February 2005)
- Personal letters to major organizations congratulating or encouraging to join the cause (March 2005)
- Rally/walk at the State House (May 2005)
- Press Release (June 2005)



Wellness Council

Welcomes

Cheryl Martone

Chair of the Wellness Steering Committee

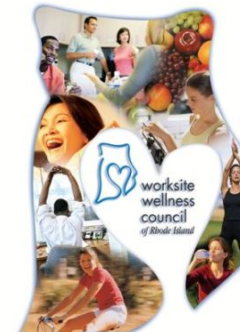
State of Rhode Island



2005 Year in Review

Retreat at Alton Jones in June of 2004

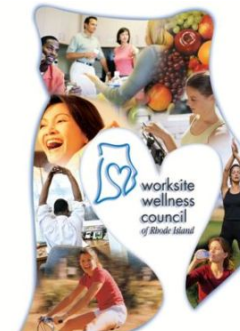
- Revisited goal of Well State by 2006
- We rolled up our sleeves, look at all the organizations we needed to attain our goal:
 - Awards
 - Those in the pipeline
 - Targeted members
 - Targeted non-members
- Recommitted to reach Well State by end of 2006



2005 Year in Review

Initiated several plans to assure our success

- Assist the State of RI in becoming a Well Workplace
- Edna Poulin, Mark Converse and Marie Kessler
- Maximize our new relationship with Leadership RI
- Jeff will update later – great start with great results
- Provide application assistance for members
 - Preparation of CD template
 - New service providing direct assistance



2005 Year in Review

Initiated several plans to assure our success

- Provide a monitoring and management tool to guide and measure success toward our goal
 - New tool used at all Board meetings
- A marketing plan to support these goals and maximize our new relationship with the Governor's office
 - Scott Young - > Heather Provino



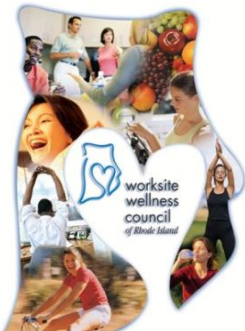
2005 Well Workplace Awards

New Well Workplaces

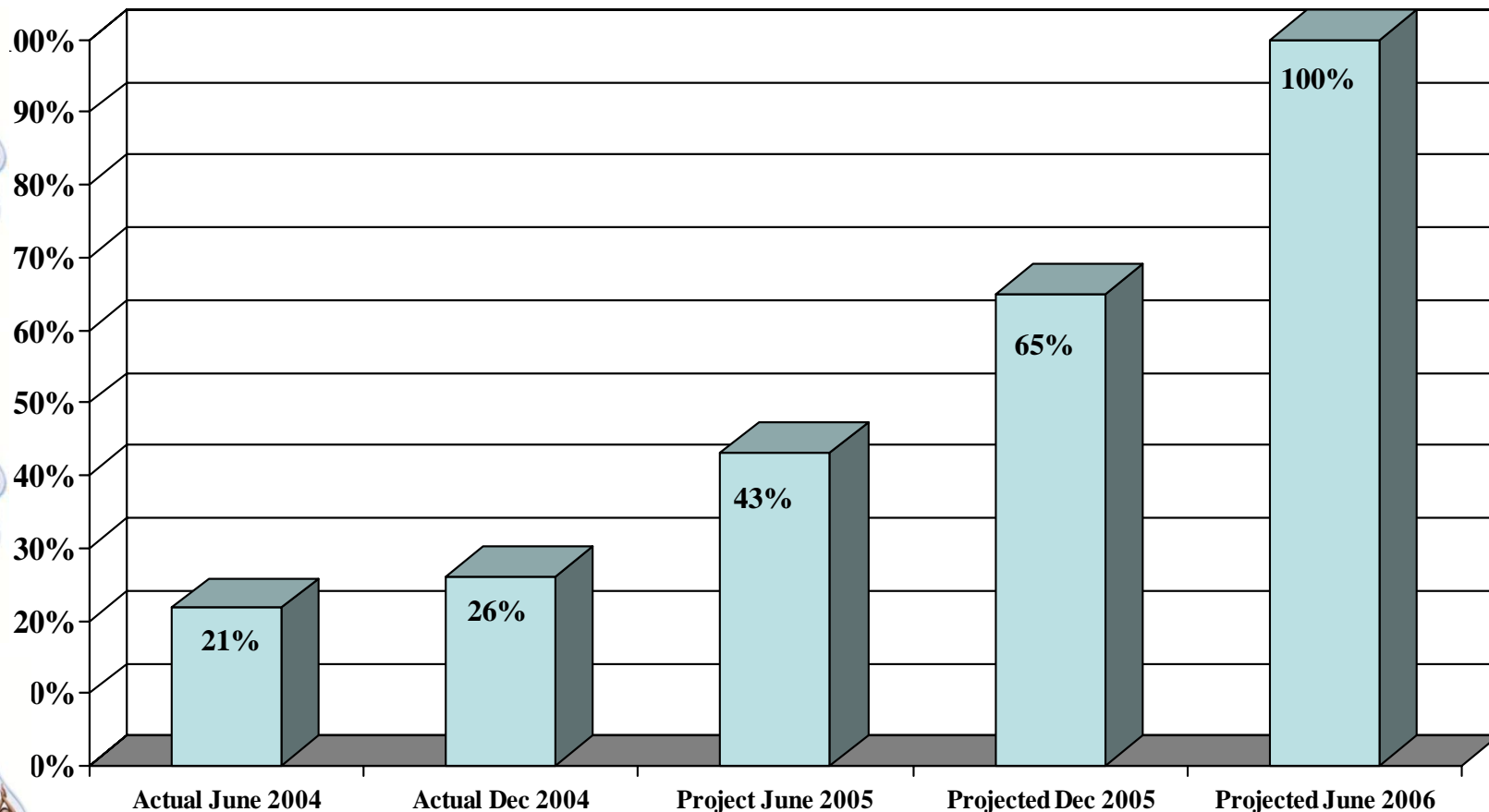
- Paul Arpin Van Lines (Bronze)
- Raytheon (Silver)
- RI Rehab Services (Silver)
- Toray (Gold)
- Washington Trust (Silver)

Recertified Well Workplaces

- AT Cross (Silver)
- Cross (Gold)
- Blue Cross (Gold)
- Memorial Hospital (Silver)
- Newport Hospital (Gold)
- RIDOH (Gold)



Well State Progress



Current Membership

143 Members

2004 Retention Rate = 93%

26 Well Workplaces

6 Gold

7 Silver

13 Bronze



New or Renewed Relationships

- Governor's Office
- New Health Insurance Commissioner, Chris Koller
- New Leadership at Blue Cross, Jim Purcell and Michael Samuelson
- New Director of the RIDOH, Dr. David Gifford
- Leadership Rhode Island
- Greater Providence Chamber of Commerce





Advocacy Committee

Gail Davis
EDS

Advocacy Summary 2004-2005

Worksite Tobacco Control Initiative

- Eliminate Exposure to ETS
- Promote Quitting Among Adults
- Identify and Eliminate Disparities
- Partnerships and Collaborations
- Demonstrated Success



Advocacy Summary

Healthy Eating & Physical Activity

- Multifaceted Educational Intervention
- Intervention Findings
- Lesson Learned

Worksite Asthma Control Initiative

- Worksite Asthma Control Education





Professional Development Committee

Sheila Jacobs
Lifespan

Professional Development Committee Summary 2004-2005

Chairperson thanks members

- Kim DeMastro, United
- Kathleen Jackson, Salve University
- Deb Foley, WWCRI Consultant
- Pat O'Donnell Eleanor Slater Hospital
- Heather Provino, Provant Health Solutions
- Kathleen Khan, Provant Health Solutions
- Mark Converse, AAA
- Robin King, Care New England
- Edna Popilin, RIDOH



Professional Development Committee Summary 2004-2005

Two Wellness Universities.

October 20, 2004 -Salve Regina University

24 participants from 17 companies and state agencies.

April 29, 2005 -Amica Mutual Insurance Company

38 participants from 29 different organizations.

Participants continue to rate the University very favorably in written evaluations.

**Next Wellness University
Thursday, October 20, 2005**





Marketing Committee

Heather Provino
Provant Health

Marketing Committee Summary 2004-2005

Members:

- Barbara Haydon, CNE, Edna Poulin, Jim Malachowski, RDW, Kathleen Khan, Provant Health Solutions, Luisa Valencia, BCBSRI, Susan Hawryluk, MHRI, Heather Provino, Provant Health Solutions, LRI, Governor's Office

Marketing Plan Developed

- Ties into application submission goals
- New Marketing Materials Developed
- New Direct Marketing Campaigns in Development



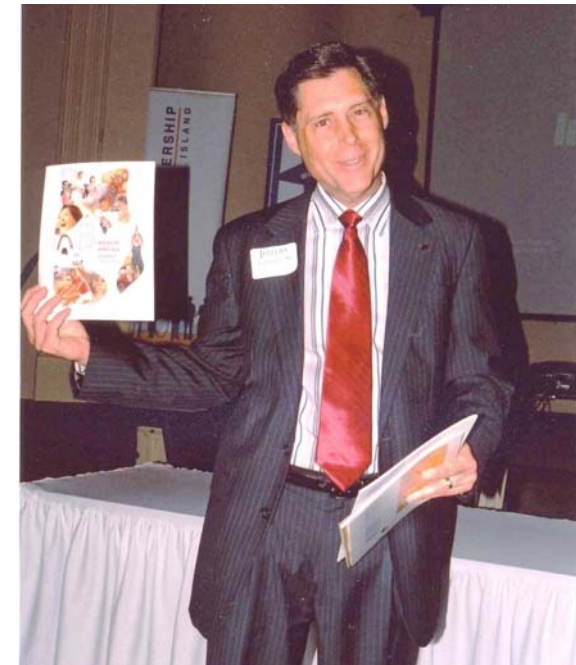
Marketing Committee Summary 2004-2005

- **Collaborative Marketing**
 - Leadership RI Breakfast
 - Wellness University
 - Media Awareness
 - State Employee Initiative
 - Governor’s Event
 - Speaker’s Circuit
- **Future Planning**
 - After the “Well State”, Sponsorship, Membership



Leadership RI

Jeff Johnson
Beacon Mutual





Treasurer's Report

Sandra Figueiredo, CPA
Kahn, Litwin, Renza & Co. LTD

Plans for the Coming Year

WELCOA Council Directors meeting
Jeff Johnson, July 2005

Application Process

Small Business Award

Wellness University
October 20, 2005 A Newport Hospital

2006 – Well State



Wellness Councils of America





Ratification of Actions of Officers and Directors

Mark Converse, Secretary
AAA Southern New England



Report of the Election of Directors



Patricia O'Donnell
Eleanor Slater Hospital



Outgoing Director

Scott Young
Blue Cross and Blue Shield





*Thank You
For
Attending*

2005 Annual Meeting