




Whole Person Care for Us

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Self-care

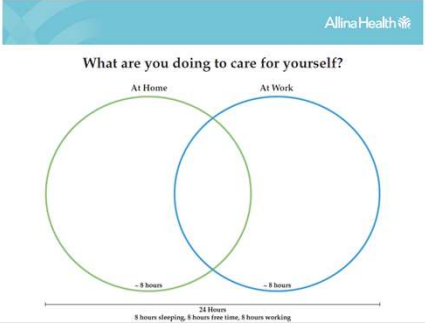
- Self-care is not automatic.
- Self-care requires **intention**.


Invest in yourself
so you can invest in others!

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Warmup

What are you doing to care for yourself?



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Strategic Overview 2017-2019


Our Mission We serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care.

Whole Person Care Whole Person Care is an approach that recognizes all factors impacting health are connected – mind, body, spirit and community.


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| <p>STRENGTHEN Customer Care & Experience</p> <ul style="list-style-type: none"> • Innovate our care model • Optimize how customers access our services • Integrate the care we provide | <p>TRANSFORM OUR BUSINESS To Deliver Greater Value</p> <ul style="list-style-type: none"> • Create innovative and disruptive business models to accelerate our mission • Grow and perform in value-based care | <p>INVEST IN Our People & Culture</p> <ul style="list-style-type: none"> • Enable an environment that supports Whole Person Care • Create a performance culture where talent thrives • Inspire and create opportunities for all employees |
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Keys to our success Our Commitment to Care

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Whole Person Care is care that nurtures the mind, body, spirit and community



Whole Person Care represents what we as caregivers have always provided when we are at our best. ***Our strategy, then, is all about making it possible for all of you to be at your best, all of the time.***


Penny Wheeler, MD
President & CEO

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Whole Person Care Consults

- Initial: 1 hour
 - Opportunity to learn about team
- Check-ins: 30 minutes
 - Try new ideas for nourishing team

Together, we create a plan to thread Whole Person Care (WPC) into daily work!

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Resources

- Penny George Institute for Health and Healing (PGIHH) and LiveWell
 - Coaching
 - Seminars/webinars
 - Healthy Lifestyle Programs
- Spiritual Care
- Employee Assistance Program (EAP)
 - Optum
- Well-being Program (Be Fit)

Resources

- Community Benefit
 - [Change to Chill](#)
 - [Health Powered Kids](#)
- Volunteering
- Patient Education materials
 - AKN
 - SMARTworks

How can we get creative?

- Team outings offsite
- Team onsite events
 - Potlucks
 - Creative “meetings” (games, card writing)
- Team-building: threading it in
 - Voting “get-to-know-you” emails
 - Tag! game
 - Highlights in newsletters