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The Power of Partnership

UBT FAIR



Rock Creek Lab
Denver, Colorado



Our Team

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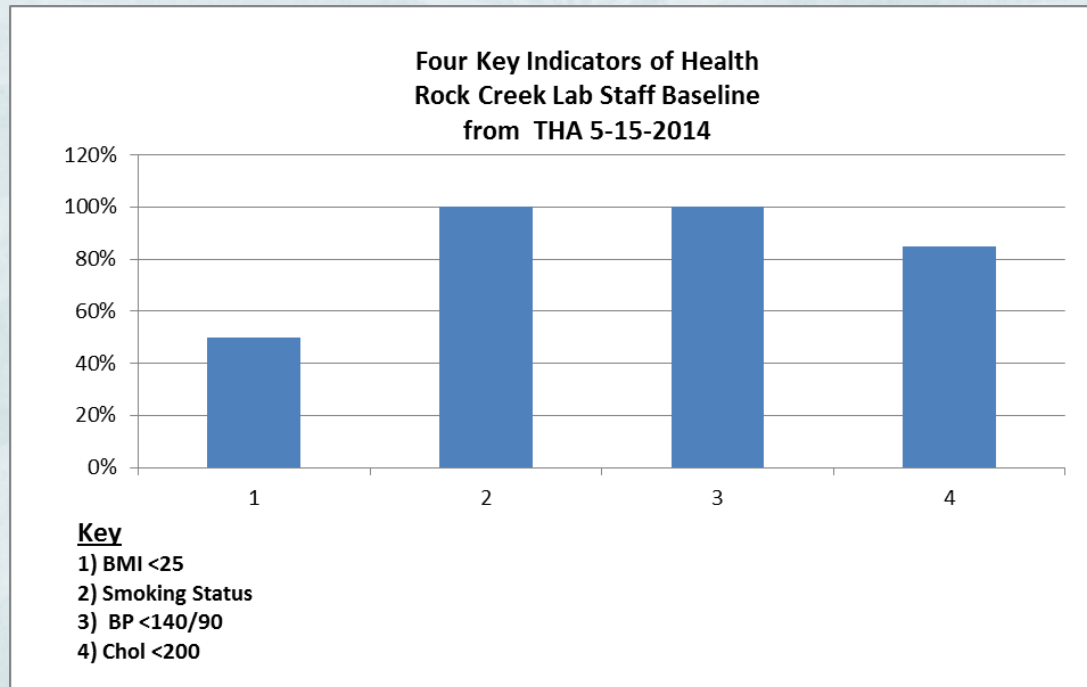
Name	Title/Classification/Union
Deana Klein	Medical Lab Technician, co-lead and Total Health Champion, SEIU L105
Keelie J. Froehlich	Supervisor- co-lead
Deb Margos	Medical Technologist, SEIU Local 7, co-lead
Susan Mindoro	Total Health Labor Liaison, UFCW Local 7
Tiffany Hutto	Clinical Laboratory Assistant, SEIU Local 105, co-lead





SMART Goal

To Increase the number of Rock Creek Lab employees BMI <25 from baseline 50% to target 60% (threshold 55%, stretch 75%) by 8-15-2014.





Our Metrics

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Measure	Data Source
Each of the 12 employees are their own test of change	Will check in with each employee at 30, 60, and 90 days to evaluate how they are meeting their goals and adjust their strategy if their goals aren't being met.



Our Best Practices

- Introduce THA at UBT meeting
- Voted to do THA as a project in UBT
- Decided to focus on BMI as a group
- People made a personal goal
- Photos are being taken as recognition



Photos

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Photos

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Our Challenges

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- Concern about privacy
- Regionally have had pushback from management for putting health goals on scorecard



Our Successes

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- Everyone has taken the THA on the team
- People are excited with buddy system
- More conversations about being healthy
- Gained trust as co-lead



Our Key Learnings

- Being sensitive about privacy
- Motivate people early on
- Health tips and best practices



Our Rewards & Recognition

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- One of the first teams in Colorado to have a formal health goal in their UBT



What's Next?

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Focus on eating fruits
and vegetables.

