



## Staying Engaged Newsletter

### ADVISORY BOARD – UPDATE

The Well City Fond du Lac Advisory Board met at the Fond du Lac Aurora Health Center on Thursday, May 12<sup>th</sup>. The meeting featured the usual Committee reports and an acknowledgement that the initiative has now met the requirements that are expected to lead to Well City recognition for the City of Fond du Lac. The discussion then switched to consideration of the final Celebration Event . . . the event to celebrate the fact that Fond du Lac will have achieved Well City recognition. Picking a date and location will require careful consideration. During the discussion, it was noted that the City Manager, the County Executive, the President of the CVB, the President of the FCEDC and the leader of the AC have already been approached regarding the best ways for Fond du Lac to leverage the achievement of Well City designation. If you have ideas related to the final celebration that you feel should be considered, please share them with Larry Richardson, Advisory Board Chair [lrichardson@faboh.com](mailto:lrichardson@faboh.com) or 920-924-3780.

### WELL WORKPLACE DESIGNATION UPDATE

Adult Care Consultants and the North Fond du Lac School District recently became the 19<sup>th</sup> and 20<sup>th</sup> employers participating in the Well City Fond du Lac initiative to achieve Well Workplace designation. That increases the total number of employers achieving Well Workplace designation in 2016 to three. Congratulations to Adult Care Consultants, Buechel Stone and the North Fond du Lac School District!

The Well City Fond du Lac initiative has now met the minimum employer requirement of 20 employers achieving Well Workplace designation for Fond du Lac to apply for and receive Well City recognition. This is a tremendous achievement for our initiative and for the Fond du Lac Business Community!

The challenge that remains is to be sure that the remaining six employers, participating in the Well City Fond du Lac initiative, achieve Well Workplace designation. We have until August 31, 2016 to meet that objective.

### Upcoming Events

#### June

- 6/28 – Learning Circle, located at MPTC 7:30 8:30 am, Room 0-104

#### August

- 8/31 Well City Fond du Lac Deadline!

### COMPARATIVE HRA DATA TO BE COLLECTED IN 2016

Back in 2013, when the Well City Fond du Lac project was just kicking off, the Advisory Board made the decision to evaluate the effectiveness of the Well City efforts through its impact on biometrics results. At that time, 2013 HRA biometric results were collected from 18 participating organizations with a total headcount of over 7500 employees. This data was then aggregated by Data Mining Research Consultants, and baseline information regarding risk status was established.

Fast forward two years, and we are now ready to begin the collection of 2016 HRA data to compare with the baseline to determine what impact, if any, the Well City process had on these measurements. The specific elements and cut points are listed below:

Measurement	Low Risk Range	Moderate Risk Range	High Risk Range
Systolic Blood Pressure	Less than 120	120-139	140+
Diastolic Blood Pressure	Less than 80	80-89	90+
HDL Cholesterol	60+	40-59	Less than 40
LDL Cholesterol	Less than 100	100-129	130+
Glucose	74-99	100-125	126+
BMI	18.5-24.9	25-29.9	30+

**Next Steps:** If you have already completed your HRA's for 2016, please call or email Jeff Butz [jbutz@faboh.com](mailto:jbutz@faboh.com) or 920-924-3780 to discuss the best way to get these to Data Mining. A communication will be going out to all other participating organizations as we get closer to the fall to request this information.

## GETTING MAXIMUM VALUE FROM YOUR WELCOA MEMBERSHIP

### Igniting the Evolution of Wellness

26th Annual Worksite Wellness Conference

**September 14, 2016**

Hyatt Regency Green Bay / KI Convention Center

333 Main Street

Green Bay, WI 54301

Watch for more news about our exciting line-up of thought-provoking keynotes, leading edge Skill Building Sessions, and more!

*Early Bird rates kick-off our registration in June! We will have more information on this event soon!*

## SPONSORSHIP AND FUNDRAISING COMMITTEE

As the Well City Fond du Lac initiative approaches the end of its three-year time horizon, it is nice to know that we are current with our expenses. Funds contributed to date have covered the expenses associated with both Annual Celebration Events, the development of the website presence and the window clings. There are still funds available to cover expenses for the third Annual Celebration Event.

In addition, the in-kind contribution of space and beverages for the Well Workplace University sessions, the Learning Circles, the Small Business Learning Circles and Advisory Board meetings have all been greatly appreciated.

Lastly, thanks again to Agnesian HealthCare for offering to host the Celebration Event for the third time on October 13 in the Plaza Level Conference Room!

**WELL CITY FOND DU LAC CELEBRATION EVENT  
SCHEDULED FOR OCTOBER 13, 2016**



The Well City Fond du Lac Celebration Event is scheduled for October 13, 2016 from 7:30-8:30 AM at the Plaza Level Conference Room at Agnesian HealthCare. At this event, we will be recognizing the participants who have achieved their Well Workplace Designation in 2016 and provide an update on the progress made towards submitting the final reports necessary to receive Well City Designation for Fond du Lac. Invites for this event will be mailed in late August, early September so please keep an eye out for these at your worksite.

## SUSTAINABILITY

Once we pass August 31<sup>st</sup> and have filed for Well City recognition for the city of Fond du Lac, we will all take a deep breath . . . a long, well-deserved deep breath. The Well City initiative will have been a three-year journey to most, a longer journey to some, and a nearly five-year journey for a few. We will have time to reflect on our success. Pursuing Well City designation for Fond du Lac has been the right thing to do for Fond du Lac employers . . . the right thing to do for Fond du Lac employees and family members . . . the right thing to do for the City. After the passing of a period of time, a decision will need to be made. Do we engage in another Well City initiative?



### Star Cut Fruit



**Ingredients:**

1. ½ Medium Watermelon
2. 2 Pints of Blueberries
3. 1 Quart of Strawberries
4. 1 Star Shaped Cookie Cutter

