

SSC OHS

EmbodyHealth

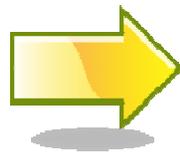
HRA Promotion

How we improved site-wide participation in the Health Risk Assessment program.

INITIAL ATTEMPTS

Our initial attempts recruited limited participation in the HRA

- E-mails were sent to employees from the Wellness Center promoting the HRA
- Meetings conducted with the Safety Committee with a slide presentation
- Site-wide e-mail sent with video promotion of HRA



Another limitation: We had no way of knowing who completed the HRA unless they responded by email.

TEAM APPROACH

Our next attempt was a
Team Approach
with exceptional results!

- Medical Director, Nurses and Wellness Personnel united efforts to develop creative promotions and incentives to entice employee participation



INCENTIVES

Successful Incentives:

- Two \$100 gift certificates were offered and drawings were attended by the Medical Director!
- Slide shows illustrating the dangers of obesity and sedentary lifestyles were presented by the Medical Director.
- Deadline for completion of HRA was set. Helpful reminders were sent out by the contractor's Safety Officer.



INCENTIVES

Successful Incentives:

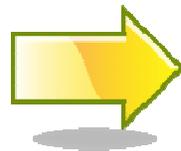
- Wellness Center instituted the HRA as part of its **initial membership** process.
- Wellness Center offered a chance at a drawing for a **free year's membership**, a \$150 value!
- **NASA 2008 "HealthierYou"** calendar was given by Clinic and Wellness Center to those who indicated completion of the HRA.
- Clinic encouraged those scheduled for **annual physicals** to complete the HRA prior to their physical



KEYS TO SUCCESS

Key Aspects of Success:

- The **Medical Director** assumed a leadership role in meeting with employees.
- **OHS team approach** in presentation
- Contractor/agency manager's involvement in actively promoting completion of HRA
- **Incentives**
- Contractor manager/OHS team **recognized group** for their success



87% of group participated in the HRA in the allotted time!