

## Wellness Ambassador Meeting Notes

July 8, 2021 @ 10:30 a.m. EST

- 1) You may access the recording of this meeting using the link:  
<https://zoom.us/rec/share/V7XZIEDDqh9qSvMd31au41zOxGGGeYxvPliMgaX2OkyW4U6GjD51J7L1ta0U0Zv .-PYM02DbiE1UZ1IK> and Passcode: fP!+\$4?s
- 2) New Ambassadors can register on the website, <https://trilogy.tfaforms.net/4634300>, while existing ambassadors may use the same form to resign their position. **If you have not already, please follow us on @Trilogy\_fit on Twitter, Instagram and Facebook.**
- 3) I'm very pleased to introduce Brooke Banet, our new Health and Wellness Program Manager. Brooke joined the Benefits & Wellness Team on May 17th. She has worked in the wellness arena for over 15 years and comes to us from Foundation Risk Partners. She is certified as a wellness coach and wellness program manager. She holds a B.S. in Health and Human performance with a concentration in Public Health and a M.Ed. in Community Health. Brooke will work alongside the Benefits Team to focus on all aspects of our Trilogy Wellness programs to include biometric screenings, wellness ambassadors, Virgin Pulse, Virta, Noom, tobacco cessation, and all other wellness programs listed on the [www.TrilogyFIT.org](http://www.TrilogyFIT.org) site. Keep an eye out for Brooke as she makes her rounds to your campus. She is there to help each of us live healthier as we take our wellness programs to the next level! In the meantime, below is her contact information should you wish to reach out to her.  
Brooke.Banet@trilogyhs.com or 502-400-9851 (ext. 1509) or TrilogyFit@trilogyhs.com
- 4) 401(k) match officially returned July 1! Trilogy will match \$.25 for every \$1.00 you contribute up to 10% of your weekly pay. This applies to both your pre-tax and/or after-tax Roth deferrals. See below on how to make the most of the Trilogy 401(k) retirement savings plan administered by Fidelity Investments.
  - If you are at least age 21 and are a full or part time employee, you may contribute from your paycheck up to the plan IRS limit (\$19,500 for 2021).
  - Access FREE financial advisors to help you plan for your future.
  - Connect with a Fidelity representative who can answer questions, explain their online contribution Calculator, and walk you through any account transaction.Enroll today by visiting [www.401k.com](http://www.401k.com) or contact Fidelity at 1-800-835-5097 for assistance. When enrolling, don't forget to designate your beneficiaries!  
All Trilogy contributions are subject to the 5-year vesting schedule based on your date of hire. You can change the amount you contribute at any time and all employee contributions are immediately 100% vested.
- 5) Synchrony Pharmacy is now the exclusive provider of maintenance and most specialty meds.
- 6) Thank you to everyone who responded to our Well-Being Ambassador Feedback Survey. If you did not get the chance to respond, please feel free to reach out to Brooke (contact info above) or email the TrilogyFIT email account. We are working to improve the Well-Being Ambassador Program and have taken all of your thoughts into consideration.
- 7) In an attempt to clarify the Well-Being Ambassador role, we have readjusted and simplified the goals and roles of those in the program:
  - Each campus should have at least one per shift with a minimum of 3 ambassadors
  - The ED should have appointed the Chair for your campus
  - Monthly – quick 30-minute meeting for wellness ambassadors to discuss the following:

- Monthly Topic – found in toolkits – make decisions on plans to promote and participate in the monthly activities/events
  - Benefits and Wellness Board Leader for the month – person will take over previous month and post new content
  - Wellness Rate Check In – appoint a wellness ambassador to connect with biometric screeners prior to meeting to report out on any issues and make sure new hires are being screened
  - Chair takes brief meeting notes and sends via email to ED and Health and Wellness Manager
- 8) We would also like to ensure that all campuses are implementing a Benefits and Wellness Board. This board will highlight several benefit and wellness topics once a month, as well as showcase campus contacts for wellness related assistance. The Wellness Ambassador Chair at each campus is responsible for the creation and monthly maintenance of the Benefits & Wellness Board. The AP/Pay will serve as a backup. All campus employees are eligible to access and review the Benefits & Wellness Board. You will be sent the content for your campus Benefits and Wellness Board in your quarterly toolkit! An SOP with more detailed instructions and procedures can be found on the TrilogyFIT website under the Well-Being Ambassador Page.
- 9) Within the Benefits and Wellness Board we will also be featuring Monthly Healthy Habits Challenges. Here are our themes for this quarter:
- July- Time for Friends
  - August- Stress Less in 10 Minutes
  - September- Device Free Zone Challenge

Simply go to “challenges” on Virgin Pulse and track your progress to earn Virgin Pulse Points!

Content and Flyers for these challenges will be included in your toolkits to be posted on the Benefits and Wellness Board.

- 10) As mentioned, your toolkits for this quarter will contain all of the content needed for the Benefits and Wellness Board, but they will still feature monthly Wellness Activities for you to lead at your campus. Below are the Wellness Observances and Events for each month:
- July (National Minority Mental Health Month)- Create your own "You Are Not Alone" sign and post on social media using the hashtag #TrilogyFIT
  - August (National Breastfeeding Awareness Month)- Participate in Breastfeeding education trivia for VP Points
  - September (Cancer Awareness Month)- Volunteer or Donate to the Bike to Beat Cancer, join our Colors of Cancer: Survivor's Parade, or take pictures and post on social media using #TrilogyFIT
- 11) Our Awesome Ambassador for Quarter 3 is Angela Greenwell! Go to the TrilogyFIT website to hear about the great things she is doing as an Ambassador at her campus. If you know a campus Well-being Ambassador that goes above and beyond to promote well-being at your campus, encourages everyone to make healthier choices, and leads by example, nominate them to be an Awesome Ambassador using the link on the TrilogyFIT website!

