Wellness Grant Feature of the Month: Patient Care Services

Wellness Ambassador: Joni Hasselbring

Patient Care Services at UC Davis Health used their mini-grant funds to create an 8-week wellness challenge program. By implementing this program, Joni Hasselbring, the wellness ambassador for Patient Care Services, hoped to create awareness of well-being and health among her colleagues. A total of 16 staff members participated in the wellness challenge program and were divided into teams. Challenges were shared via weekly emails and all participants were encouraged to log their progress on an Excel sheet to track how often members from each team achieved their hydration, exercise, or meditation challenges.

Joni allocated her department’s funding toward purchasing items for staff members to use throughout the 8-week challenge. Water bottles with hourly hydration goals, 4 sets of hand weights, and 4 sets of resistance bands were all purchased for the department. Each employee participating in the challenge received a water bottle, and each team leader received one set of resistance bands and one set of hand weights, ranging from 2lb, 5lb, and 10lb, which could be used by any team members to complete their weekly challenges. After completing the challenges, a survey was distributed to gather feedback about how staff members felt about the new initiative. All participants shared that they enjoyed the challenges and are looking forward to more in the future.

Throughout the wellness challenge program, there were some difficulties. Joni reported that although many staff members were happy to stay engaged and motivated week by week, it was difficult to keep others engaged. In the future, she hopes to improve engagement by providing more encouragement and support to participants by hosting speakers to present topics related to each week’s challenge. Joni hopes to continue promoting health and well-being within her department by organizing additional wellness challenge programs and hosting lunch meetings on topics including mindfulness, finances, and exercise.