



# HCWG Overview

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HCWG 2015 Co-chair

Slide 1

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Sneed, Jenna J., 2/27/2015



# Overview

- Introduction
- 2015 HCWG Goals
- Best Practice Sharing Virtual Infrastructure
- HCWG Culture
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- Enrollment and Questions



# Introduction

- Corporate health and wellness in the Houston Metropolitan area is an expanding market full of opportunities and resources for businesses and healthcare practitioners alike. The Houston Corporate Wellness Group (HCWG) provides a platform for professionals focused on improving the health and well-being of Houston's workforce while managing the health care spending of our 100,000+ businesses. The HCWG is a way for us to share ideas, new innovations, support, network, and assist with each of our personal and well-being development. Members of the HCWG will be able to interact with practitioners just starting out in corporate health and wellness, as well as those who have many years of experience and knowledge. We share the same goal and together, we can make a difference.

# Leadership Introductions

## ▶ Jenna Sneed, MPH – Chair (Focus: Member Communication & Meeting Facilitation)

Jenna Sneed received her MPH from the University of Texas School of Public Health in Health Promotion Behavioral Science; is currently the Wellness Coordinator at Texas Children's Hospital; and Ph.D. Candidate at the University of Texas Health Science Center enthusiastically exploring the combined use of learning-based virtual ecosystems to promote organizational culture, leadership development and personal well-being. She is also a certified yoga instructor and health coach. Professionally, Jenna is passionate about helping employees thrive personally and professionally through constructing programs, virtual/physical environments, and learning opportunities based in positive psychology. Personally, Jenna is passionate about digital photography; world travel; hosting dinner parties; and setting up active dates with friends at local parks, and yoga and fitness studios.

## ▶ Jesse Gavin – Co-Chair (Focus: Best Practice Sharing Virtual Infrastructure)

Jesse Gavin is the Wellness Coordinator for Baylor College of Medicine (BCM). He has been involved in the corporate wellness industry for over 8 years. He has worked with a variety of companies to improve the health and well-being of their employees while developing strategies to reduce chronic conditions that can lead to high cost claims. Jesse is passionate about improving the culture of health for BCM and the city of Houston.

## ▶ Sarah Green, MA – Committee Chair (Focus: Member Events)

Sarah is a graduate of Texas Christian University with a Bachelor's of Science in Fitness Promotion and Kinesiology. Her health and wellness experiences have included internships at Cooper Aerobics Center in Dallas, TX, Hilton Head Health Institute in Hilton Head Island, SC and working as a personal trainer in southern California for nearly five years. Sarah continued her education and completed her Master of Arts degree in Wellness Management at Ball State University. She has enjoyed working in Houston for three years with Devon Energy Wellness Center & Chevron Fitness Center, Program Manager. Sarah's ambition in life is to be a positive influence in others' lives by helping them reach a heightened state of health and well-being.

**This is our time...**



<https://www.youtube.com/watch?v=wzF23qI3Djw>



## 2015 HCWG Goals

1. Create a best practice sharing virtual infrastructure allowing members to easily request, update and access purposeful information
2. Foster a cohesive culture promoting positive professional relationships, personal/professional enrichment and wellness role modeling



# Best Practice Sharing Virtual Infrastructure

**Goal:** Create a best practice sharing virtual infrastructure allowing members to easily request, update and access purposeful information

Roster	LinkedIn Group	Newsletter	Connect
<ul style="list-style-type: none"><li>• Pictorial Roster of members to put a face to a name</li><li>• Provide high level information about member interests, background and competencies</li></ul>	<ul style="list-style-type: none"><li>• <b>Discussion</b>- Post questions or useful information</li><li>• <b>Promotions</b>- Event you think group would find beneficial</li><li>• <b>Jobs</b>- Post candidate and open job information</li></ul>	<p>Monthly newsletter sent out the first week of every month with updates, event reminders, and links to HCWG LinkedIn Group.</p> <p><b>*Please submit information for newsletter via email to Jenna Sneed by the 25<sup>th</sup> of previous month.</b></p>	<p>Connect with each other through HCWG member events, social media, bring business cards to meetings and be prompt about returning each other's correspondence</p>

## Etiquette

These channels are meant to share information among local wellness practitioners. Out of respect to HCWG members, these channels should not be used to sell products, services or events especially if there is a conflict of interest. If you have questions, please email Jesse Gavin for clarification prior to posting.





# LinkedIn Group

**Access Instructions:** To join the Houston Corporate Wellness Group LinkedIn page visit [www.linkedin.com](http://www.linkedin.com) and search “Houston Corporate Wellness Group” in the search bar. Click “Join” in the upper right corner.

Posting Content		
Who	Section	Reason
<i>HCWG Leadership Team – To post regularly</i>		
Jesse Gavin	Discussions	Follow up questions from quarterly meetings & drive impactful member discussion threads
Sarah Green	Promotions	Social & Sweat Event Reminders
Jenna Sneed	Promotions	Quarterly Meeting Reminders
Jenna Sneed	Jobs	Job & Candidate Posting
HCWG	All	As desired

# Culture



**Goal:** Foster a cohesive culture promoting positive professional relationships, personal/professional enrichment and wellness role modeling

	Socials	Sweat Dates	
<b>Promotes</b>	Positive professional relationships through quarterly socials held the Friday after quarterly HCWG meetings	Wellness role modeling and personal enrichment through monthly sweat dates at various locations held the first Tuesday of every month	
<b>2015 Dates</b>	Q1: Friday, March 13 Q2: Friday, June 12 Q3: Friday, September 18 Q4: Friday, December 11	Monday, April 6 Tuesday, May 5 Tuesday, June 2 Tuesday, July 7 Tuesday, August 4	Tuesday, September 1 Tuesday, October 6 Tuesday, November 3 Tuesday, December 8
<b>Next Event</b>	<u>Q2 Social:</u> TBD Friday, June 12 from 7-9 p.m. Address TBD <i>*Family and close friends are also invited.</i>	<u>June Sweat Date:</u> Revolution Studio – River Oaks Heated Vinyasa Yoga Tuesday, June 2 at 6:30 p.m. 2800 Kirby Drive, Suite A220, Houston, Texas 77098 <i>*Family and close friends are also invited.</i>	
<b>Ideas?</b>	It is our desire to: <ul style="list-style-type: none"> <li>• Provide social and sweat dates that reflect member preference</li> <li>• Promote personal enrichment through trying something new</li> <li>• Provide monthly opportunity for members to reignite personal physical activity regimen</li> <li>• Promote wellness role modeling in our community</li> <li>• Support member teachers</li> </ul>		



# Upcoming Meetings & Topics

- ▶ **Q1: March 11 from 3-5 p.m. at Texas Children's Hospital**  
*Best Practice Supporting Infrastructure*
- ▶ **Q2: June 10 from 3-5 p.m. at Baylor College of Medicine**  
*Corporate Wellness Barriers: Problems & Solutions*
- ▶ **Q3: September 16 from 3-5 p.m. at TBD**  
*Building a Culture of Health: Discussion of Theory in Practice*  
\*Pre-Work: Read "How To Build a Thriving Culture at Work"
- ▶ **Q4: December 9 from 3-5 p.m. at TBD**  
*Future of Well-Being: Technology & Analytics*



# Enrollment and Questions

To enroll in the Houston Corporate Wellness Group please email Jenna Sneed at [jjisneed@texaschildrens.org](mailto:jjisneed@texaschildrens.org).