



Edgerton Hospital

and Health Services

Corporate Office: Edgerton | **Employees:** 160

Employees Participating in Wellness Program: 80

Success Story: Skyscraper Challenge

Program Highlights

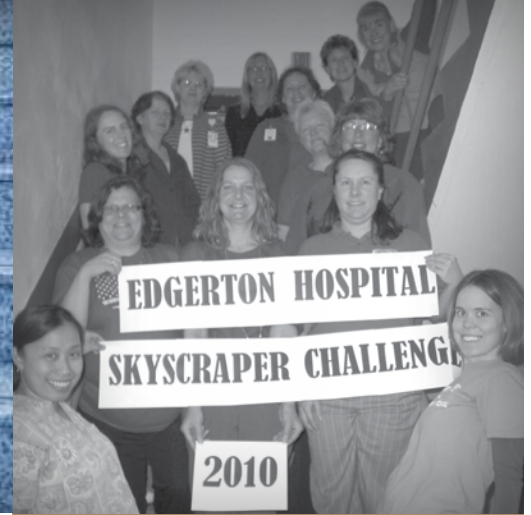
The Edgerton Hospital and Health Services Skyscraper Challenge was a six-week program encouraging employees to take the stairs. The goals of this challenge were to provide employees with the physical benefits of added exercise while freeing up elevators for patients and community members. Employees were challenged to climb the equivalent number of flights in each of 11 towers (i.e., John Hancock Center, Empire State Building, Sears Tower). Cards were developed for each tower, and as an employee completed a tower, they received a card with the next tower to complete. To receive a wellness point, employees had to complete six towers within six weeks. This challenge will be repeated in 2011, with the addition of a team competition.

Program Success

With more than half of Edgerton's employees participating, the program was a great success. Forty-two employees completed the required six towers to receive a wellness point. Together, the participating employees climbed a total of 26,602 flights of stairs or 532,040 steps. Employees were able to participate anytime, taking the stairs on their breaks and over lunch. Some employees even stayed after their shifts were over to walk the stairs.

Overcoming Challenges

To ensure success at locations that do not have many stairs, Edgerton allowed employees to complete their flights of stairs at home or out in the community, making the program even easier to take part in.



Employees participate in Edgerton Hospital's Skyscraper Challenge.

Wellness Program Components

- An 11-person committee from various departments in the hospital facilitates the employee wellness program.
- Employees who subscribe to the hospital's health insurance receive a health reimbursement account if they complete a Health Risk Assessment and five wellness activities throughout the year.
- Employees who are not part of the health plan are also encouraged to participate, receiving small monetary incentives for different levels of participation.
- Wellness program offerings include monthly lunch n' learns, two challenges throughout the year, and an employee health and fitness day walk.

The Edgerton Hospital and Health Services employee wellness committee's mission is to provide employees with the resources and tools necessary to achieve optimal wellness, and to create a culture that supports healthy lifestyles. Our goal is to implement programs and policies which foster physical, emotional, mental, intellectual, social, vocational, and spiritual well-being.