



SWWC Live Well Conference 2017

SWWC unveiled its new Live Well initiative, an offering through the Division of Risk Management, at its Annual Live Well Conference on Wednesday, September 13.

At SWWC, we know that employees spend a majority of their time at work. That's why we strive to help members of our Insurance Pool lay the groundwork in creating a culture of health in the workplace that supports overall wellbeing. SWWC carefully crafted initiatives with the employer and the employee in mind; offering programmatic activities, employee incentives, onsite biometric screenings, and built-environment sustainability.

- **Kari Bailey**, Regional Wellness Specialist for SWWC presented on the specifics of the program, and how to incorporate the five essential elements of wellbeing in to your employee wellness offerings.
- **Tish Kalla**, Director of Educational Learning Centers for SWWC presented on how to incorporate self-care in to your professional life to help manage stress and maintain professionalism as an employee.
- Attendees also heard from **Dan Weir**, SWWC Consultant, on the updates to the new BCBS platform and resources available online.

School Attendees: Adrian, Buffalo Lake Hector/Stewart, Dawson Boyd, Fulda, GFW, HBC, Hendricks, Hutch, JCC, Lakeview, Lester Prairie, Lakeview, Litchfield, Lynd, Marshall, Monte, MCC, Redwood Area, RCW, Willmar and YME.

CCOGA Attendees: Chippewa Co, City of Benson, City of Clara City/Clara City Nursing Home, City of Jackson, City of Lakefield, City of Madison, City of Marshall, City of New Prague, City of Stillwater, City of Willmar, City of Windom, Cottonwood Co, Jackson Co, Kandiyohi Co, Renville Co, SWMN Housing Partnership and Westbrook Public Utilities.

