

## WELN 630: WELLNESS PROGRAMMING FOR HEALTH AND PRODUCTIVITY MANAGEMENT

### YUM Factor

Offer employees tools and resources to encourage them to eat healthier food both at work and at home.

**Champion:** Audrey Clevenger  
**Students:** Regina Martin  
Emily Wert

### Building a Corporate Community

Encourage, support, and foster positive connections among co-workers to help advance a culture that promotes health and social well-being

**Champions:** Clarice Gary  
Carey Foss  
**Students:** Brigid Courtney  
Amanda McBride-Rapp

### Building a Healthier Muncie – One Company at a Time

#### Sallie Mae

- Committed to improving the health and wellbeing of employees
- Increasing workforce by 200 employees
- Expanding physical space of overall building and the onsite fitness center
- Considering hiring a full-time wellness coordinator



#### Ball State/Fisher Institute (Wellness Management)

- Varied undergraduate backgrounds among student cohort
- Learning by doing - Co-produce a strategic plan to guide employee wellbeing practices
- Identifying opportunities for continued partnerships

### Self-Watch

Create a supportive environment that elicits a positive shift in healthy living and self-care so employees have an opportunity to be healthier and more productive

**Champions:** Genny Johnson, Ryan Painter  
**Students:** Derek O'Neal, Ty Whitcomb

### Fitness Incorporated

Encourage Sallie Mae employees to use the onsite fitness facility for short breaks as well as for regular exercise

**Champion:** Keri Stephenson  
**Students:** Amy McGaughey  
Shauna Sadler

### Sallie Mae Cares

Immerse employees into the community through volunteering by encouraging employees to provide their time and efforts to better their local neighborhoods

**Champions:** Allison Richards  
Janet Wright  
Brenda Lloyd  
**Students:** Jessica Edenfield  
Rachel Keistler