Imagine U: Building Well-being Together
Celebration Event July 10/11

- MUSC Horseshoe
- Parkshore

- South Park
- MUSC Health East Cooper

Created for U... easy to do!

- Know Your Numbers
- Complete the Health Risk Assessment on MyQuest
- Participate in Challenges on MyQuest
- Earn Incentives
CATALOG: IMAGINE U: BUILDING WELL-BEING TOGETHER

Step 1
My Life Check Cardiovascular Health Assessment & Engagement Tool for Employees

*Calculates Heart Health Score* based on the most recent scientific research. As the research evolves and science changes, the tool is updated.

*Leads an individual through the discovery* of their Heart Health Score and engages them to adopt small changes that can yield big results.

*Focuses on cardiovascular health* but has significant impact on overall health, reducing risk of diabetes, cancer, stress and depression.

*Allows users to track their progress* as they updated their Heart Health Score and adopt new health actions.

*Hosted on a secure, HIPAA-compliant* data platform. Employers can only view aggregate, de-identified (anonymous) health information.

*Shares AHA’s educational content on Life’s Simple 7* and suggests small, consistent steps to take in order to achieve ideal cardiovascular health.
CATALOG: IMAGINE U: BUILDING WELL-BEING TOGETHER

Step 2

Sub Catalogs

- Health Risk Assessment
- Will You Accept the Challenge?
- Nutrition & Weight Management
- Physical Activity
- Preventative Care
- Psychosocial Health
Healthy Nurse, Healthy Nation

Healthy Nurse, Healthy Nation (HNHN) has 2 Challenges:

1. Healthy Nurse, Healthy Nation ™ Grand Challenge: join the challenge and complete the self-assessment [5 points]
2. Challenge Yourself: sign up for a monthly challenge through HNHN [15 points]

About Healthy Nurse, Healthy Nation

• HNHN is not just for nurses – anyone can participate!
• MUSC’s partnership with HNHN supports the MUSC Health Nursing Strategic Plan
• Program integration means you can earn Imagine U points for participating in HNHN!
• The HNHN partner organization with the most sign-ups through the end of October wins $10,000!
## Participate in Challenges

<table>
<thead>
<tr>
<th>Category</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HEALTHY NURSE HEALTHY NATION</strong></td>
<td></td>
</tr>
<tr>
<td><strong>NUTRITION &amp; WEIGHT MANAGEMENT</strong></td>
<td>Improve Diet Quality&lt;br&gt;Lose Weight&lt;br&gt;Maintain Or Manage Weight&lt;br&gt;Select, Purchase, Plan And Prep</td>
</tr>
<tr>
<td><strong>PHYSICAL ACTIVITY</strong></td>
<td>Improve Cardio Fitness&lt;br&gt;Improve Flexibility&lt;br&gt;Improve Muscle Mass&lt;br&gt;Move More Daily</td>
</tr>
<tr>
<td><strong>PREVENTATIVE CARE</strong></td>
<td>Get Screened&lt;br&gt;Know My Numbers&lt;br&gt;Preventative Self Care&lt;br&gt;Tobacco Cessation</td>
</tr>
<tr>
<td><strong>PSYCHOSOCIAL HEALTH</strong></td>
<td>Alcohol Risk Reduction&lt;br&gt;Emotional Well-being&lt;br&gt;Manage Stress&lt;br&gt;Resilience&lt;br&gt;Work-life Balance</td>
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Goal: Alcohol Risk Reduction
- Actively Manage Stress

Goal: Emotional Well-Being
- Avoid Stress Eating
- Breathe at Work

Goal: Manage Stress
- Mindful Meditation
- Mindfulness at Work

Goal: Resilience
- Practice Yogic Breathing

Goal: Work-Life Balance
- Sound Therapy Practice
- Take a Nature Walk
Goal: Manage Stress

Challenge: Mindfulness at Work

Description: Mindfulness is a therapeutic technique to promote self-healing and reduce stress. Learn 3 effective mindfulness techniques that can be done anywhere, even at work.

• Learning task: Review handouts (PDF)
• Doing task: Practice mindfulness with Dr. Ramita Bonadonna (video)
• Ongoing task: Download a mindfulness app like Headspace and do a mini mindfulness exercise each day or as needed
• Reflection task: Observe your breathing before and after your practice. Do you feel more centered or relaxed as a result?

Fee: None     Points: 5
How to Track Imagine U Point Totals:
How to Track Imagine U Point Totals:
Step 3: Redeem Points for Rewards!

• 25 points each quarter
• Top point earner each quarter
• Drawing for cash prize for all eligible participants (25 points for the quarter)
• Drawing for cash prize for all eligible participants (25 point in any quarter)
• Top point earner for the year
Step 3: Redeem Points for Rewards!

*Rewards will rotate each quarter based on availability
Coming Soon…

• Enterprise-wide Competitive Challenges

• Team-building and Group Challenges

• Satellite-location Challenges

• MUSC Event Challenges
Participate Today!

1. Log in to MyQuest – take the Health Risk Assessment, set your personal health goals, and participate in health and well-being Challenges.

2. Track your progress – earn points for Challenges and track your progress in MyQuest. Every employee who earns 25 points a quarter is eligible for an exciting incentive!

3. Tell us your story – tell us about your successes, challenges, and experiences with Imagine U by emailing imagine-u@musc.edu. To learn more, visit MyQuest.

https://player.vimeo.com/video/268640137