



Imagine

M U S C 2 0 2 0

OUR STRATEGY
for the future

Imagine U: Building Well-being Together



Changing What's Possible



Imagine U
Building Well-being Together

**Created for U...
easy to do!**

- Know Your Numbers
- Complete the Health Risk Assessment on MyQuest
- Participate in Challenges on MyQuest
- Earn Incentives

Celebration Event July 10/11

- MUSC Horseshoe
- Parkshore
- South Park
- MUSC Health East Cooper



OUR STRATEGY *for the future*

Imagine
MUSC 2020



CATALOG: IMAGINE U: BUILDING WELL-BEING TOGETHER

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Sub Catalogs

Step 1
→

Health Risk Assessment

1: Health Risk Assessment

Healthy Nurse Healthy Nation

Nutrition & Weight Management

Physical Activity

Preventative Care

Psychosocial Health

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.



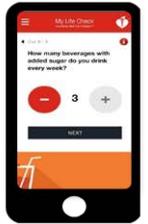
Hosted on a secure, HIPAA-compliant data platform. Employers can only view aggregate, de-identified (anonymous) health information.



Shares AHA's educational content on Life's Simple 7 and suggests small, consistent steps to take in order to achieve ideal cardiovascular health.

My Life Check[®]

Live Better With Life's Simple 7[®]



The screenshot displays the 'ASSESSMENT' section of the My Life Check app. It features a red header with the app name and logo. Below the header is a 'Profile & Activities' section with a red heart icon and a prompt to 'Tell us about your physical attributes, then click "NEXT."'. The main content area contains four assessment questions, each with a progress indicator (e.g., 6 / 8) and a 'NEXT' button. The questions are: 1. 'What is your smoking status?' with options 'I currently smoke', 'I quit in the last 12 months', 'I quit more than 12 months ago', and 'I've never been a smoker.'; 2. 'Do you have diabetes?' (Either type 1 or type 2) with 'Yes' and 'No' options; 3. 'Have you ever been diagnosed by a health care provider as having any of these conditions?' with a list of conditions: Heart attack, Heart failure, Stroke/TIA, Vascular disease, Coronary heart disease, and Congestive heart failure/chest pain; 4. 'How much physical activity do you get each week?' with 'Moderate' and 'Vigorous' categories and input fields for minutes.

Take the Assessment

Quick and Easy to Complete – 18 Simple Questions



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Step 2

Sub Catalogs

Health Risk Assessment

1: Health Risk Assessment

WILL YOU ACCEPT THE challenge?

HEALTHYNURSE | HEALTHYNATION

Healthy Nurse Healthy Nation

Nutrition & Weight Management

Physical Activity

Preventative Care

Psychosocial Health



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Sub Catalogs

Health Risk Assessment

1: Health Risk Assessment

WILL YOU ACCEPT THE challenge?

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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

Category	Goals <i>Select from a variety of challenges within each goal</i>
	HEALTHY NURSE HEALTHY NATION
	NUTRITION & WEIGHT MANAGEMENT Improve Diet Quality Lose Weight Maintain Or Manage Weight Select, Purchase, Plan And Prep
	PHYSICAL ACTIVITY Improve Cardio Fitness Improve Flexibility Improve Muscle Mass Move More Daily
	PREVENTATIVE CARE Get Screened Know My Numbers Preventative Self Care Tobacco Cessation
	PSYCHOSOCIAL HEALTH Alcohol Risk Reduction Emotional Well-being Manage Stress Resilience Work-life Balance



Psychosocial Health





Psychosocial Health

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:

The screenshot shows the MYQUEST website interface. At the top left is the MUSC Medical University of South Carolina logo. In the center is the MYQUEST logo, and on the right is a search bar. Below these is a dark blue navigation bar with the following menu items: MY HOME, MY LEARNING, ENROLL, SOCIAL TOOLS, MANAGER, REPORTS, and INSTRUCTOR. A dropdown menu is open under MY LEARNING, listing: My Current Courses, My Course Requests, My Training History (circled in red), External Training Records, My Certificates, and My Learning Path. Below the navigation bar is a large banner image featuring a doctor and medical staff. Underneath the banner is a white box with the text 'MEDICAL UNIVERSITY OF SOUTH CAROLINA'. At the bottom, there are three columns: 'CATALOG SEARCH' with a 'Keywords' input field, 'NEWS TICKER' with a headline 'FIT 2 Lead - Take the first step towards leadership!', and 'AVAIL LINKS' with a list of links including 'MyQuest Sy', 'MyQuest W', and 'MyQuest C'.

How to Track Imagine U Point Totals:

RECORDS/TRANSCRIPT

▼ HIDE FILTERS

Module Title/ID: Status: All Type: All Training undertaken between: e.g Aug 2, 2018 And: e.g Aug 2, 2018

Filter

Results per Page: 25

Showing: 26 - 50 of 185

Bulk Action: Print

<input type="checkbox"/>	Learning Module Name	Session	Status	Start Date - End Date	Score	Other Information
<input type="checkbox"/>	Challenge – Sound Therapy Practice English	Session43390	Completed	Jun 25, 2018 3:35 PM - Jun 25, 2018 3:36 PM EDT		ImagineU Challenge Points: 5
<input type="button" value="Hide Sub-Modules"/>						
<input type="checkbox"/>	<input checked="" type="checkbox"/> Learning Task: Sound Therapy Practice English		Completed	Jun 25, 2018 3:35 PM EDT		
<input type="checkbox"/>	<input checked="" type="checkbox"/> Doing Task: Sound Therapy Practice English		Completed	Jun 25, 2018 3:35 PM EDT		
<input type="checkbox"/>	<input checked="" type="checkbox"/> Ongoing Task: Sound Therapy Practice English		Completed	Jun 25, 2018 3:36 PM EDT		
<input type="checkbox"/>	<input checked="" type="checkbox"/> Reflection Task: Sound Therapy Practice English		Completed	Jun 25, 2018 3:36 PM EDT		

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!



MUSC URBAN FARM
musc.edu/urbanfarm

COUPONS for CROPS

You have exemplified
MUSC Excellence and/or healthy behaviors -
**Redeem for a
FREE bag of produce**

Pickup Location: MUSC Urban Farm
Tuesday 12:00-1:00PM
Wednesday, 7:00-8:30AM or
12:00-1:00PM

Please take a quick Urban Farm survey at:
<http://tinyurl.com/lb9ks11>

Contact us at urbanfarm@musc.edu



*Rewards will rotate each quarter based on availability

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MUSC 2020

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>