

## Caring For The Caregivers



The LoneStar “Caring for the Caregivers” program addresses the reality that while many rural health care providers and their communities have a high incidence of risk factors which contribute to a number of preventable chronic diseases, they are also underserved by traditional wellness programs.

Hospitals present both a unique challenge and a distinct opportunity for wellness at work. The health and wellness of its employees and staff is critical if the hospital is to fulfill its mission to provide care for patients. All too often the personal health of the caregivers takes a backseat to the everyday priorities and responsibilities of caring for others. Yet, when these caregivers are able to respond to a realistic challenge, to begin to care for themselves, they demonstrate that wellness is indeed achievable. And, they help create a new culture of wellness within the hospital and the community. When this occurs, multiple benefits accrue to all stakeholders.

**By implementing a well conceived and open-ended employee weight loss and wellness initiative, your organization is in a unique position to:**

- Reduce employee health care costs and absenteeism
- Improve employee morale, productivity and retention
- Achieve a measurable and significant ROI
- Reinforce your role as the wellness resource in your community
- Promote a culture of wellness that supports economic development and business retention in your region

Correctly planned and implemented, such an initiative will yield tangible benefits to the hospital, its employees, its patients and its community.

**Program components include:**

- Interest-building campaign with Posters, Press Releases to distribute to local media, Pay Envelope Inserts
- Administrator’s Welcome Letter
- On-site “Start” Presentation
- Program Assessment Questionnaire
- Weekly Participant e-bulletin for 9 weeks
- Program Kit to each participant including workbook and introductory DVD
- Ongoing Support
- Demonstrable Results



The LoneStar Employee Wellness Initiative is a high-impact, turnkey strategy that provides honest information, creates realistic expectations and challenges your employees to make modest but meaningful lifestyle choices and incrementally increase their level of physical activity. This initiative can effectively reduce employee health costs and absenteeism while fostering teambuilding and boosting employee morale. It works equally well as a stand-alone initiative or as a “jumpstart” to existing wellness programs.

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