

Rain, Rain, Go Away... Submitted by Alvin, NCHC Therapy Dog

NEWS YOU CAN USE



WEEKLY CONNECTION WITH MICHAEL LOY

Survey Says

With COVID heading in the right direction, we are back in the window with regulatory survey activity. Regulatory surveying operations are in the field again after almost a year hiatus and we've been a first stop for a number of them. Two weeks ago we had our Annual State Survey in Mount View Care Center. It was a very successful survey with only a couple of low level citations. Our performance was excellent in comparison to benchmark citations around the State. This year's survey results will work favorably to increase our star rating this year and set us up well for future years. Great job to our Mount View Care Center team!

That's not all, this last week we had our recertification visit from the State of Wisconsin for our Behavioral Health programs. The State was here for two days and we had several findings that we will be submitting a plan of correction for, but all-in-all, the survey went as expected and successfully coordinated by our behavioral health leadership and staff.

Looking ahead, we're expecting the Joint Commission to come in for our reaccreditation survey very soon. This multi-day survey will be for our behavioral health programs, and is always a busy event. Please continue to read the Joint Commission *Flash Friday* communications to ensure we're survey ready when we're survey tested. We are also expecting our Annual State Survey for Pine Crest in the coming weeks as well. I'm confident that our team will be ready for their moment in the sun. Surveys are always an opportunity to shine and show how good we are at what we do as an organization! Quality, safety, and compliance are important focal areas each day we come to work. There is a ton of effort put into continual preparedness, response, and improvement. Your role in this is extremely important. Surveys are moments of truth for us all and we're going to have a lot of opportunity in the coming weeks. Stay vigilant and survey ready!

Make it a great day,

Michael Loy

2021 2nd Quarter EMPLOYEE UPDATES Back & In-Person!

Full Schedule on Page 13!



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Back & In-Person!

ADMINISTRATOR ON-CALL x4488 or 715.848.4488

In the event of Phone System Outage,
reference the O:drive "On-Call Information Folder"
for Schedule and Cell Phone #'s.

Monday, March 29 –
Sunday, April 4

Jaime Bracken



Monday, April 5 –
Sunday, April 11

Dr. Robert
Gouthro



Person-Centered
Shout

out



Brianna Boys, Outpatient

Why: For making sure that we all have the necessary equipment to do our jobs as we return to the office and for communicating this out to everyone.

Submitted By:
Carrie Paisar





Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick. Report Symptoms and Covid-19 Exposures to Employee Health and Manager

Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Employee Health: 715.848.4396**

PPE GUIDELINES

Visitors: Cloth face covering or surgical masks required. Visitors will be screened using the COVID Screener (Version 3).

Employees: Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

Employees Working in Direct Patient/Resident Care:

Each patient/resident care area will be designated as being in Standard or Enhanced Precautions. Units on Enhanced Precautions must have it clearly posted on the entrance to the unit.

- o COVID Standard Precautions – Surgical Mask, Gloves and Eye Protection (Face shield, goggles or safety glasses) required.
- o Enhanced Precautions – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

NCHC COVID-19 WEEKLY CASE REPORT

Confidential Employee Report

Employee Cases Reported through March 25, 2021

Cases reported below are current active employee cases. All employee cases previously reported that are no longer shown below have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.

Program	Current Active Employee Cases	Date Reported
New Cases		
No new cases reported this week.	0	0
Previously Reported		
All previously reported cases in employees have been cleared to return to work.	0	0
Total Active Employee Cases	0	

GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes.
 - Program-established visiting hours.
 - Visitation limited to designated visiting areas or resident rooms only. No other travel throughout facilities. 2 visitors maximum per resident/patient at any time. Length of visit is determined by program.
 - Indoor, window, compassionate care and outdoor visits allowed.
 - Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups

- NCHC in-person meetings and treatment groups allowed. Masks required. 6-foot social distancing or physical barriers between individuals required.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA)
- Group sizes for meetings or treatment limited to 50 people or less. Social distancing required. Meetings or treatment greater than 50 requires Operations Executive/Incident Command approval.

HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

PROGRAM-SPECIFIC OPERATIONAL UPDATES

Programs with Operational Changes

Follow General Operational Guidelines (left) in addition to changes below.

- **Adult Day Services – Wausau:** Open and operational. Closed to Residential CBRF clients due to positive case in Heather Street.
- **Aquatic Therapy Center:** Open and operational with scheduled closure for maintenance planned March 29 – April 12. Open swim allowed with scheduled, restricted hours to tentatively begin mid-April. Fitt classes: schedules pending.
- **Mount View:** Indoor, In-Room Visitation Allowed beginning 3/29/21. Screening Required for all visitors. 9am-6pm M-F and 11am-5pm Weekends. Outdoor Visitation closed due weather.
- **Pine Crest:** Indoor, In-Room Visitation Allowed beginning 3/29/21. Screening Required for all visitors. 9am-6pm M-F and 9am-3pm Weekends. Outdoor Visitation closed due weather.
- **Residential Services:** Open and operational. **Enhanced Precautions** due to Covid exposure: Heather Street. **Contact Precautions** due to presence of bed bugs: Forest Street and Jelinek.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

- Adult Day Services – Antigo
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- BHS Adult Hospital
- BHS Youth Hospital
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Units (Adult & Youth)
- Hope House
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation

Program Hours and Operations Online: www.norcen.org/Covid-19



Advance Your Education with a 20% Grant* for North Central Health Care Employees

Rasmussen University is a regionally accredited private university that offers Certificates, Diplomas, Associate's, Bachelor's, Master's and Doctoral degrees in:²

- Nursing
- Business
- Design
- Justice Studies
- Health Sciences
- Technology
- Education

Save 20% on your degree,¹ which you can earn on your schedule as you balance work and life.

Learn more by texting **DEGREE15** to **96194*** or visiting rasmussen.edu/norcen

*In order to qualify for the grant, all admission requirements must be completed, and existing students must provide proof of employment by submitting an actual or formal copy of their proof of employment. Students cannot receive both corporate and military grants. Program eligibility varies by admission status and enrollment level.
¹Rasmussen University is accredited by the Higher Learning Commission. For more information, please visit rasmussen.edu/hlc or call 800.643.7460.
²Some programs are not available in all states. Please visit rasmussen.edu for more information. Max 1 msg/ mo. Message & Data Rates May Apply. This service is available for subscribers on AT&T, Verizon Wireless, T-Mobile, Sprint, Virgin Mobile USA, Cincinnati Bell, CenturyLink, U.S. Cellular, Boost, MetroPCS, and others in the U.S. The wireless carriers are not liable for delayed or undelivered messages. User will receive SMS/MF if the device does not support MMS. For help in the U.S., text HELP to 96194. You may also email sm@rasmussen.edu or call 866-866-0009. You may stop mobile subscription at any time by sending text message STOP to Short Code 96194 in the U.S. Your phone must have text messaging capability.



10/20/19, 01:21



Take Your Skills to the Master Level



At Rasmussen University, we want you to be successful in the classroom and in your career. As an experienced professional in your field, you know the importance of enhancing your skill set. Earn your Master's degree for under \$10K¹ through one of our convenient, career-focused programs and gain the skills and knowledge to help you reach your career goals.

Degrees for Every Industry

Convenient and skills-focused, choose the program that matches best with your educational goals:

- Master of Business Administration
- Master of Human Resources Management
- Master of Healthcare Administration
- Master of Public Health
- Master of Science in Nursing

Flexible Learning Options

Flex Choice[®] competency-based education (CBE) adds flexibility to your schedule and gives you credit for what you already know and can do.

Balanced Online Courses

Our programs offer online courses to help you balance your education with your work and personal life.

Next steps: Text **DEGREE** to **96164*** or visit rasmussen.edu/corporate



Scan to register

¹For full terms, visit <https://www.rasmussen.edu/degrees/master>. Program availability varies by campus and state; please see the Rasmussen University Catalog for details.

²The Master of Science in Nursing (MSN) program is not eligible for transfer credits.

³Completion time is dependent on transfer credits accepted and the number of courses completed each term.

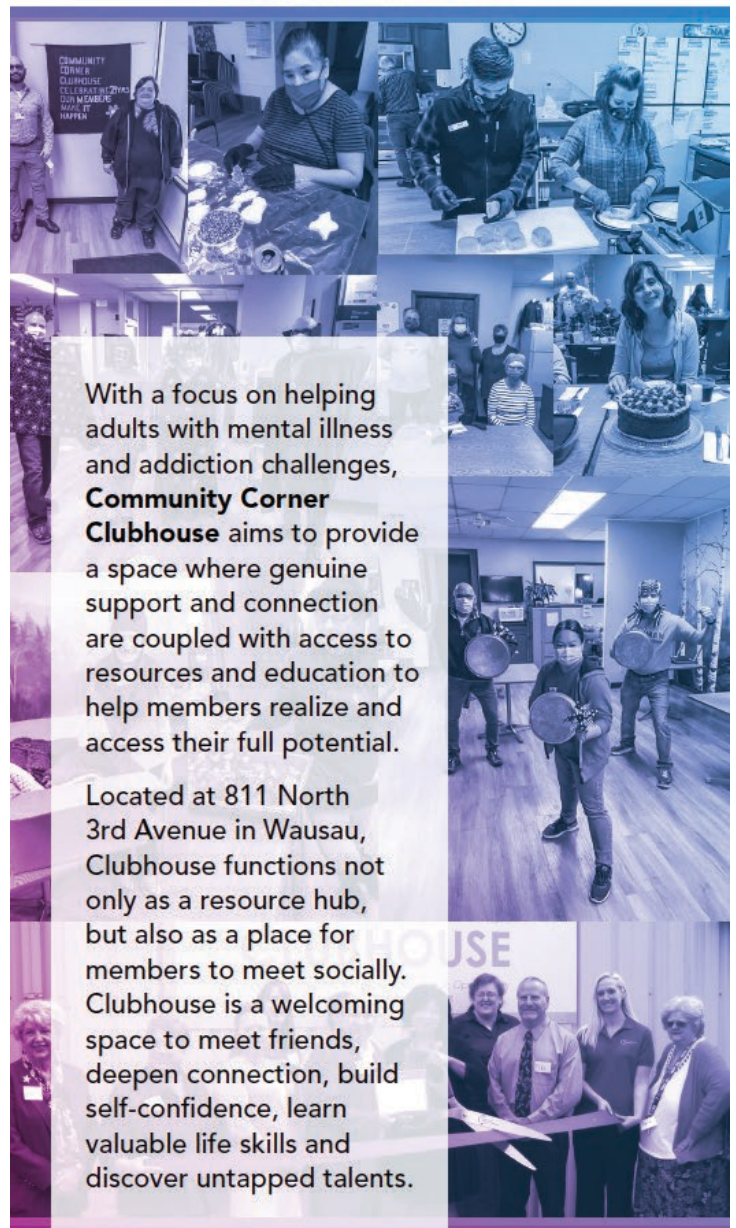
⁴https://rasmussen.edu/degrees/master/summary/conditions. You will be subscribed to receive a one-time SMS alert from Rasmussen University. Max 1 msg/ mo. Message & Data Rates May Apply. This service is available for subscribers on AT&T, Verizon Wireless, T-Mobile, Sprint, Virgin Mobile USA, Cincinnati Bell, CenturyLink, U.S. Cellular, Boost, MetroPCS and others in the U.S. The wireless carriers are not liable for delayed or undelivered messages. User will receive SMS/MF if the device does not support MMS. For help in the U.S., text HELP to 96194. You may also email sm@rasmussen.edu or call 866-866-0009. You may stop mobile subscription at any time by sending text message STOP to Short Code 96194 in the U.S. Your phone must have text messaging capability.

10/20/19, 02:11

Celebrating .25 YEARS OF.



Opening the Door to Hope, Recovery & Opportunity for People with Mental Illness



With a focus on helping adults with mental illness and addiction challenges, **Community Corner Clubhouse** aims to provide a space where genuine support and connection are coupled with access to resources and education to help members realize and access their full potential.

Located at 811 North 3rd Avenue in Wausau, Clubhouse functions not only as a resource hub, but also as a place for members to meet socially. Clubhouse is a welcoming space to meet friends, deepen connection, build self-confidence, learn valuable life skills and discover untapped talents.

norcen.org/Clubhouse | 715.843.1926



INFECTION PREVENTION AND CONTROL

Masks, Shared Offices and Eye Protection

By Tim Holzem, Infection Preventionist, NCHC, tholzem@nrcen.org

Recently we have received questions recently about the use of masks in shared offices as well as eye protection.

If in a shared office, even if we are greater than 6 feet apart it's still required that you wear a mask. The reason is because the air within the room is still being shared, and while social distancing is a great method of decreasing the chances of spreading COVID-19, we still need to be mindful that prolonged exposure without a mask, either greater than 15 minutes during one exposure or multiple exposures that add up to 15 minutes throughout the day, still puts us at risk.

The other topic brought up was plexiglass dividers. Plexiglass dividers are just a means to eliminate the chance of aerosols for the person behind them. They are not meant to replace masks, but are meant to replace eye protection. If you have the ability to use the plexiglass dividers, please continue to use them with a mask in shared office settings.

With the news of a third wave starting up in Europe, its imperative we continue to remain cautious and use our PPE correctly and effectively.

If you or your staff have any further questions please feel free to reach out. Thank you and have a nice day everyone!



Prevent common infection prevention mistakes!

***Dry your hands thoroughly
after washing!***

Damp hands spread **1000x more germs** than dry hands.




North Central Health Care
Person centered. Outcome focused.





APRIL COVID-19 VACCINATION CLINICS FOR EMPLOYEES

The next clinic available
will be Friday, April 2


North Central Health Care is continuing to offer the Covid-19 vaccine to newly hired employees or current employees who have not previously received the vaccine. Vaccination clinics will be held once monthly on Fridays moving forward in 2021. All vaccination clinics will be held in the 1st floor dining room of Mount View Care Center in Wausau. The vaccination sign-up is online and you will be able to choose your preferred date by using the link below.

The Covid-19 vaccine is a 2-dose vaccine. After you receive your first dose, please make sure to sign up for your second dose for the following month. For example, if you're signing up for your first vaccine in April – make sure to sign up for your second in May. You will also be given your return date for the 2nd vaccine on your COVID Vaccine Card when receiving your first dose.

Below is the link to sign up for the new monthly COVID Vaccination Clinics. As always if you have any questions please reach out to your manager, Infection Prevention, or Employee Health.

COVID Vaccine Sign Up Form is online at
<http://bit.ly/AprilCovidVacc>

When you click link above, you will see a listing of all future clinic dates.



COMMUNITY CORNER
CLUBHOUSE

*Opening the Door to Hope, Recovery & Opportunity
for People with Mental Illness*

CLUBHOUSE UPDATES
Changes to Hours of Operation

On April 1, Clubhouse will be changing their hours to 8:00 am to 4:00 pm. Clubhouse tours will be on Tuesdays from 10-10:30 am, however new member orientations will now be Thursday from 9am to 1 pm.



**Even if you have been
fully vaccinated, a face mask
or cloth face coverings is
required at this facility.**


North Central Health Care
Person centered. Outcome focused.

1ST QUARTER 2021 OUTSTANDING SERVICE EXCELLENCE AWARD

Marie Santos Godleske
Pine Crest, Food Services



Nominate a Coworker or Team today! www.norcen.org/Recognition



PHOTO OF THE WEEK

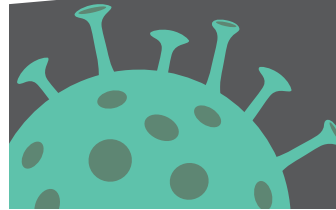


Alvin, NCHC Therapy Dog, shows off his new rain gear! Visit Alvin on Facebook [facebook.com/AlvinLovesNCHC](https://www.facebook.com/AlvinLovesNCHC)

Submit A Great Photo From Your Week!

Submit your photo and description to jmeadows@norcen.org or Text: 715.370.1547. Please indicate Photo of the Week and include your name, who/what/where of the photo and why you are submitting.

2021 COMPETENCY TRAININGS



COURSE ONE:

Infection Prevention Verification

Crisis/CBRF, Residential Group Homes/Supported Apartments, Adult Day & Prevocational Services

Required For ALL Staff!

Part One | Online Ulti-Pro Module

All staff are required to complete an online Infection Prevention module in Ulti-Pro.

HANDS-ON TRAININGS

NCHC MAIN CAMPUS CANTEN

April 5 | 8-9:30
April 6 | 2-3:30
April 15 | 4:30-6
April 20 | 1:30-3
April 21 | 2-3:30
April 27 | 9:30-11
April 29 | 8-9:30

Required For Staff w/ Patient, Client or Consumer Contact!

Part Two | 90-Minute Hands-on Session

Staff who regularly have patient, client or consumer contact will be required to take this course and sign up in Ulti-Pro for **ONE** hands-on session. Staff in the first phase will be assigned an Ulti-pro module with a link to register for your hands on session. You are welcome to attend at either location, but will need a managers approval. Please bring your eyewear to the session you are attending.

Staff with any patient interaction and staff in direct care areas in Crisis/CBRF, Residential Group Homes/Supported Apartments, Adult Day & Prevocational Services areas will be required to take this course. This includes Nurses, CNAs, Residential Aides, Therapy Providers, Behavioral Health Techs, Social Workers, Drivers, EVS Staff or any other staff who are in contact at any time with those we serve.

Crisis Services
Residential Services

North Central Health Care

Adult Day Services
Prevocational Services



Marathon County
Employees Credit Union

10-Year OR 15-Year Fixed In-House Mortgage Special

Only 2.50% APR*



Call Today to Take Advantage of this Low Rate!

Do you currently have a 20 or 30-year mortgage?
We may be able to shorten the life of your loan with
little impact to your monthly payment.
Refinance today with ease!

Contact Pete @ 715-261-7685 Peter.Wolf@co.marathon.wi.us
400 East Thomas Street • Wausau, WI 54403
Beat the Rush...Apply Online @ www.mcecu.org

*Valid only with minimum \$30,000 in new money and LTV up to 80%. Must meet MCECU membership eligibility and underwriting requirements. Offer can be discontinued at any time without prior notice. Appraisal may be needed if LTV > 70%; borrower is responsible for this fee. 2.50% APR for Tier 1 Credit; Add 0.50% for Tier 2. For additional tiers and terms, please refer to rate sheet.

PARTNERSHIP FOR TOBACCO-FREE WI Annual Meeting

If you work specifically in Behavioral Health or AODA, the Wisconsin Commercial Tobacco Prevention Coalition invites you to their Annual Meeting. Three sessions are targeted and separated for members, governmental public health members and behavioral health/AODA partners.

REGISTER NOW!

FOR A WISCONSIN COMMERCIAL TOBACCO PREVENTION
COALITION MEETING

Organizational Members/Advocacy Partners

April 14, 2021 11:30 AM - 12:30 PM

Register here: <https://tinyurl.com/23z678pn>

Governmental Public Health Partners

April 29, 2021 10:00 AM - 11:30 AM

Register here: <https://tinyurl.com/29y3fadz>

Behavioral Health/AODA Partners

May 19, 2021 12:00 PM - 1:30 PM

Register here: <https://tinyurl.com/s9xsaynn>





MARCH IS HEALTH INFORMATION TRAINING MONTH You and Me [AREN'T] Going Phishing in the Dark...

We are almost through the Health Information Training Month and you are all doing a great job! This week we are going to focus on the little known 'sport' of phishing. It's not the fun kind of singing the Nitty Gritty Dirt Band song on the back of your boat. Our slogan this week is "You and Me [AREN'T] Going Phishing in the Dark". I want you to be well prepared to not get reeled in.

Don't Take the Bait!



Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment like:

- mentioning suspicious activity or log-in attempts.
- claim there is a problem with your account.
- say you are eligible to register for a refund or reward.

What Can You Do?

Our e-mail security measures show if the person sending you information is from outside of NCHC. You will see [EXTERNAL] before the subject and you will see the entire e-mail address of who is sending it.

[EXTERNAL] Gift card from Lauren Goodman is waiting



Amazon.com Gift Cards <gc-orders@gc.email.amazon.com>

If you don't recognize the sender, don't click on the e-mail.
When in doubt, call the Help Desk at x6710 or e-mail them at helpdesk@co.marathon.wi.us

Ashley Downing MBA, RHIA, CPHIMS, CHPS
Director of Health & Clinical Informatics
NCHC Privacy Officer

715.848.4473 (Desk Phone) • 715.846.0064 (Cell Phone)



MORE LINKS, STORIES, PHOTOS, VIDEOS!
NCHC EMPLOYEES COMMUNICATIONS GROUP

www.facebook.com/groups/NCHCTeam/



www.norcen.org/SuggestionBox



The Suggestion Box

Employees can provide feedback, suggestions, tips, tricks and new ideas all through this online opportunity!

We embrace our employees' innovative spirit and commitment to our Core Values of Continuous Improvement and Partnership! The Suggestion Box a way for North Central Health Care Employees to provide feedback, suggestions, tips, tricks and new ideas. Employees can submit anonymously or leave their name and contact information for follow up - all submitted online!

Submit your feedback using the form provided at our website. Provide your contact information only if you would prefer someone to follow-up with you directly. You may also submit anonymously, however it may delay the follow-up. Be sure to provide enough information so that we can follow up with you if needed or get your suggestions to a specific program or leader.



Do You Know of Experienced, Qualified and Reliable Candidates to Join Our Team?

Here's your chance to earn

You could earn the following REFERRAL BONUS...

When your recruit joins the NCHC Team and after you have both met the referral requirements.*



How to Apply? TEXT "Refer" to 715.598.3663, email HResources@norcen.org or complete the referral form located in Human Resources. Complete and submit the Employee Referral Bonus form, text message, or email to Human Resources prior to orientation.

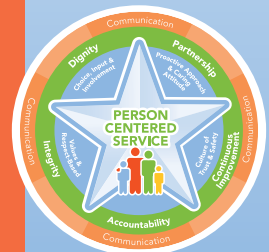
***Referral requirements:** Referral Bonus payments will be made in two payments: 50% of the Referral Bonus will be paid after ninety (90) days of employment and the remaining 50% after the referred employee has been with NCHC for one year..

North Central Health Care offers equal opportunity in employment and in service delivery.

Refer A Friend or Colleague!
Text "Refer" to 715.598.3663
Your text referral makes you eligible for a \$500 BONUS!



**Referring Someone
for a Job is As Simple
As Sending a Text!**





tidbits on benefits

Stay Healthy at Work



Sherry Gatewood, PA



Hannah Nigh, OHT

Meet Your Health and Wellness Clinic Partners

Sherry Gatewood, PA and the staff at your Employee Health and Wellness Center provide comprehensive medical care for you and your dependents, including:

- Annual physicals and preventative screening
- Health monitoring and education
- Illness and injury
- Wellness services
- Minor procedures
- And more—not sure if we cover what you need? Give us a call!



Asia Bay, Wellness Specialist



Sara Cordrey, Administrative Specialist

North Central Health Care
Person centered. Outcome focused.



EMPLOYEE HEALTH & WELLNESS CENTER

1000 Lake View Drive, Door 25, Suite 200
Wausau, WI 54403
North Central Health Care Campus

CLINIC HOURS

Monday - Wednesday - Friday: 8:00 am - 4:30 pm
Tuesday: 6:30 am - 3:00 pm
Thursday: 10:00 am - 6:30 pm

Call 715.843.1256 to schedule your appointment or ask about our services.

Same day appointments and walk-ins are often available based upon the schedule for that day.



natura)(y slim[®]

New Program For Employees And Spouses Enrolled In The Health Insurance Plan

Naturally Slim is an online program which helps you change how you eat instead of what you eat. Learn the skills to lose weight and keep it off forever while still eating your favorite foods. Plus, you will improve your health and reduce your chance of developing a serious, chronic disease, like diabetes or heart disease. And, it's covered 100% by the NCHC sponsored health plan so there is no out of pocket cost for you.

Employees and spouses on the health plan have until March 26, 2021 to sign up. The program begins on April 12, 2021.

Visit <http://www.naturallyslim.com/NorthCentralHealthCare> to apply or click the image below.

Eat what you want and lose weight

The key to losing and keeping off weight: a program based on skill-building, not willpower.

A big reason many weight loss programs fail is because people put too much pressure on themselves to cut out foods they normally eat or purchase gym equipment they're not used to using. But Naturally Slim (NS), as our participants say, offers "a lifestyle you can live with."

NS consists of psychology-based, clinically-proven, skill building lessons that focus on changing how you eat, not what you eat. While these lifelong skills lead to weight loss, participants also experience less stress, better sleep, and more. Don't just take our word for it.

NS is available at NO COST to you, and is accessible anytime, anywhere via desktop or mobile app.

This had to be a lifestyle change I could live with – which is why it was so important to me to learn how my body worked, and with Naturally Slim, I did!

- David, NS participant
Lost 173 lbs

Space is limited, so enroll between March 15-26, 2021.

www.naturallyslim.com/NorthCentralHealthCare

The NS program kicks off on April 12, 2021.

Employees and spouses enrolled in the health plan are eligible to apply.

How to Get Started

1

APPLY TODAY

Complete the online application form today to get started.

Application Closes 3/26/2021

2

ACCEPTANCE

You will be notified via email of your acceptance in the program approximately 1-2 weeks before the program start date.

3

WELCOME KIT

You will receive a Welcome Kit in the mail which includes useful information along with some food items you will use during the first lesson.

4

START PROGRAM

You will receive an email with a link to get started or simply come back to this page to log in.

Program starts 4/12/2021

APPLY NOW

*Application Closes on 3/26/2021

Naturally Slim sign up page is optimized for browsers like Edge, Chrome, Mozilla and Firefox. If you are unable to get the link to work, please use a different internet browser than your default browser. Copy and paste this link in that browser address bar: https://www.naturallyslim.com/2018_Corporate_Landing?s=NorthCentralHealthCare





ManageWell®

Stress Less Challenge: Although you can't avoid stress completely, you can learn to deal with it more effectively by participating in Stress Less. Stress Less is a four-week program to help you identify and better manage the stressors in your life. You'll make progress at your own pace through each of the four sections in the program. At the end of each section you'll be presented with a 5-day challenge where you'll commit to taking actions to address the stressors in your life. Successfully completing this challenge can earn you 10 Well-Being points.

www.managewell.com

StressLess

Stress Less is a four-week program to help you identify and better manage the stressors in your life.

Login to your wellness portal to get started!

- Define**
- Cope**
- Relationships**
- Self-Care**

VISIT THE WELL-BEING PROGRAM AVAILABLE TO ALL NCHC STAFF!

Our Well-Being Program includes a login to the ManageWell portal where staff can participate in fun challenges and interesting self discovery tools. All while earning points that get you rewards along the way! Don't know about the ManageWell portal? Details are available below with how you can earn dollars for your HSA or prizes for you and your spouse participating - even if you are not on the NCHC Health Insurance plan!

North Central Health Care Well-Being Program 2021

For All Employees and Health Plan Enrolled Spouses!

Earn Incentives for Taking Care of You!

Employees enrolled in an HSA Health Plan will earn an additional \$350 HSA contribution for 2022 for completing Steps 1 - 4. Employees enrolled in the Traditional Health Plan will earn a \$350 Medical Flexible Spending Account contribution for 2022 for completing Steps 1 - 4.

Spouses enrolled in an HSA Health Plan will earn an additional \$150 HSA contribution for 2022 for completing Steps 1 - 4. Spouses enrolled in the Traditional Health Plan will earn a \$150 Medical Flexible Spending Account contribution for 2022 for completing Steps 1 - 4.

Employees not on the health plan will be entered into a drawing for prizes for completing Steps 1 - 4 below.



Follow these 4 easy steps on your personal online well-being portal to earn rewards!

Step 1

Register at www.managewell.com to begin the program. Learn how to register by following #1-7 on the next page.

Step 2

Sign up and complete a biometric screening before **February 26, 2021***. Learn more on the next page under #8a-b.

Step 3

Complete the online health assessment before **March 12, 2021*** after your biometric screening results have been uploaded into your account (You will receive an email notification when this is ready.)

Step 4

Earn 100 points by **October 31, 2021** by completing a variety of well-being activities shown on the next page.
* New hires have until October 31, 2021 to complete all 4 steps.

How to Register for The Aspirus Well-Being Portal

Aspirus Business Health-Wellness is excited to partner with North Central Health Care to provide you with access to a new resource, www.managewell.com. This website features valuable health programs and tools as well as a central location for storing and tracking your well-being efforts.

To participate in the Well-Being program, go to the website www.managewell.com or download the Managewell 2.0 App and follow the instructions below to register. Contact Aspirus Business Health-Wellness if you have any questions.

- Click "Sign up".
- Enter your Unique, employer provided ID. This Unique ID is "NCHC", followed by your employee ID number. An example is: NCHC012345. Covered Spouse/Domestic Partner will add 50 after this (for significant other).
- Enter your date of birth (month, day, year), confirm your timezone and select "Continue".
- Confirm your name.
- Read through and accept "Terms".
- Enter a unique and valid email address and password. Remember these for the next time you log in to the website.
- Select "Continue" to read through "Notice Regarding Wellness Program", select "Continue to Your Portal" and it will take you to your Home/Dashboard page.
- Choose one of these options to complete your biometric screening by the deadline on previous page. Please make sure to read all the details under the option you choose below on its corresponding activity page on your well-being portal.
 - To Use the Biometric Screening Voucher - Go to the "Biometric Screening Voucher" activity page and follow directions to print a voucher and schedule at the NCHC Employee Health & Wellness Center or another Aspirus Business Health location.
 - To Submit your Results from a Provider - Go to "Submit Biometric Screening Results from your Primary Care Provider (PCP)" activity page and follow directions if you have had this completed with your provider since 11/1/2019. We do not automatically get the results from your Aspirus provider, it is your responsibility to submit them to Aspirus Business Health-Wellness before deadline on previous page.

Well-Being Activities

Activity	Point Value	Bonus for NCHC Employee Health & Wellness Center Completed Service
Health Coaching (includes Care Management) (can earn up to 2 times)	15/session	
Preventative Visit with Primary Care Provider	20	15
Physical Activity Challenge	10	
Stress Less Challenge	10	
Monthly Online Educational Activity	5/month	
Online Tracker for Physical Activity Track 75 minutes of activity per week Track 150 minutes of activity per week	1/week 2/week	
Online 5-A-Day Fruit & Veggie Nutrition Tracker Track 5 servings of Fruits & Veggies per day for 3 days per week Track 5 servings of Fruits & Veggies per day for 7 days per week	1/week 2/week	
Health Pursuit Online Activity	10	
Flu Shot	5	
Mini-Challenges	5/challenge	
NCHC Sponsored Events (events added throughout the year)	5 -20/event	
Early Bird Biometrics completed prior to December 31, 2020	15	

More information can be found on the Aspirus Well-Being Portal at www.managewell.com

Contact Aspirus Business Health-Wellness if you have any questions or need help.
844.309.1269 | wellness@aspirus.org



North Central Health Care
Person centered. Outcome focused.

BH-326



Cycling Without Age - Marathon County



LOOKING FOR VOLUNTEERS

This spring and summer, interact and connect with the elderly and disabled in our community by becoming a pilot for CWA-Marathon County.

- Training is provided
- It's rewarding and fun
- It's flexible



Upcoming Trainings:
Friday, April 30th
4:30 - 8:30 pm
Saturday, May 1st
8:30 am - 12:30 pm



Get Involved! Make a Difference!
<https://cyclingwithoutage.com/marathon-county/>

CONTACT US: CWA.MARATHONCOUNTY@GMAIL.COM
FOR MORE INFORMATION ABOUT THIS PROGRAM



Seeking Older Adults for an Exciting New Program

What is it?

Tele-Stories invites you into creative and engaging one-on-one conversations from the comfort of your own home with a local artist. The conversation will culminate in a piece of art created with your artist partner.

Who it's for?

Any older adult in Lincoln, Langlade, Marathon and Wood Counties who would like to tap into their creative side and engage in conversation. **No previous experience required to participate.**

What should I expect if I sign up?

You'll be paired with a local artist who will provide a 30-minute call once a week, for eight weeks. The artist will guide you in conversation prompts and fun, creative activities over the phone.

- No cost or materials are needed.
- From the shared conversation, the artist will work to create a culminating art piece and share it back with you at the end of the program.

What else should I know?

- Each call is unique; they are completely customized to you.
- The calls are scheduled at a time of the week that works for you.
- All you need is a telephone - a smartphone or landline is fine!

If interested in participating, please contact The Aging and Disability Resource Center of Central Wisconsin at 1-888-486-9545, by April 12th. Space is limited.

This is a TimeSlips program and is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies. This activity is also made possible through the Wisconsin Arts Board.

Aging Plan: Join us!

Be part of the Aging Plan for 2022-2024 for the Aging and Disability Resource Center of Central Wisconsin (serving: Langlade, Lincoln Marathon and Wood Counties). Provide feedback on how we focus our efforts in:

1. Nutrition
2. Health Promotion
3. Caregiving

We want to hear from you.
What do you think our community does well or what do we need?



Join us for a 30-minute conversation if you are age 60+ or caregiver of those age 60+. Able to join us with a group of 5-7 individuals. Live in Langlade, Lincoln, Marathon and Wood Counties.

Choose **one** that interests you the most:

Dates:

Nutrition: Tues, April 6, 10:00 - 10:30 am

Health Promotion: Tuesday, April 6
1:00-1:30 pm

Caregiver: Thursday, April 8 from 1:00-1:30 pm OR Tuesday, April 6 from 6:30-7:00 pm

Register to join virtually OR join by phone: 888-486-9545



Don't let a fall cramp your style!

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls.

"I learned to be more aware, slow down & not hurry to do things."

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back up on your feet the right way if you do fall

Virtual Workshops:

Date: Wednesdays, April 14 – May 26

Time: 9:30 AM – 11:30 AM

Session 0: April 7, 9:30-10:15 AM

Date: Thursdays, May 6- June 17

Time: 10:00 AM -12:00 PM

Session 0: April 29, 10:00-10:45 AM

Cost: FREE; Suggested contribution of \$10 for entire 7-week program

Registration:

Enrollment is limited, to register call the ADRC-CW at 888-486-9545

**** To participate in this virtual class, you must have access to a computer or tablet with internet, audio and camera. Program coordinator will be available for set up questions.**

You'll regain the confidence to stay active in your community & do the things you want to do!





Nominations Due by March 31 for this Quarter!

[\(Go Straight to the Nomination Form\)](#)

Recognize your outstanding coworkers here at NCHC. There are distinct awards for direct care, non-direct care, teams and leaders! There is only 1 simple nomination form for all awards.

For more details, nomination forms, selection criteria and prizes, please visit our NCHC website at

www.norcen.org/Recognition

Quarterly Recognition Awards

Outstanding Person-Centered Service Award

Recognizes an employee who provides direct care, exceeds standards and works effectively to ensure the optimal patient experience and uncompromising Person-Centered Service.
*NCHC Directors, Managers and Supervisors are not eligible for this award.

Outstanding Service Excellence Award

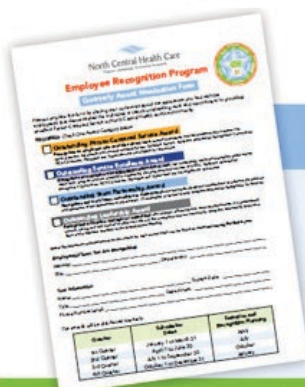
Recognizes an employee who does not provide direct care, has consistently achieved exemplary performance within their program and has excelled in supporting the programs and services of NCHC.
*NCHC Directors, Managers and Supervisors are not eligible for this award.

Outstanding Team Partnership Award

Recognizes any work team, committee or department who has made significant contributions to advance the position and reputation of the department or organization.
15 employees or less per group.

Outstanding Leadership Award

Recognizes a director, manager or supervisor who inspires, influences and conducts themselves in a professional manner, acting as a role model for others to follow in the workplace and our community.
*Recipient selected by Executive Team and presented quarterly at the Management Meeting.



How to Nominate An Employee

There is only 1 Nomination Form for all four Quarterly Awards.

Nomination forms can be found on our NCHC website 24/7, near your department Communication Board or on the Odrive in the Recognition Folder. Or ask a Manager or Supervisor for help!

Email your form to Recognition@norcen.org or deliver to Human Resources!



Nomination forms, selection criteria, award details and more are available online at

www.norcen.org/Recognition



2021 2nd Quarter **EMPLOYEE UPDATES** **Back & In-Person!**



All employees should make arrangements to attend one of the following sessions.



Presented by
Michael Loy, CEO

THUR, APRIL 15 WAUSAU CAMPUS
9:00 pm MVCC 1st Flr.
Dining Room

WED, APRIL 21 MERRILL
1:00 pm Pine Crest
WAUSAU CAMPUS
3:30 pm Theater

THUR, APRIL 22 WAUSAU CAMPUS
12:00 pm Noon Theater
ANTIGO CENTER
3:00 pm Conf. Room

TUES, APRIL 27 WAUSAU CAMPUS
6:15 am MVCC 1st Flr.
Dining Room

WAUSAU CAMPUS
9:30 am Theater

WED, APRIL 28 WAUSAU CAMPUS
12:00 pm Noon Theater



Please Register in UltiPro!