Health & Wellness Initiatives for the Manufacturing Industry

Jessica King, RN, BSN
Plant Nurse
Monogram Refrigeration LLC

- Located in Selmer, McNairy County
- Wholly-owned subsidiary of GE
- Approximately 200 employees
- Sole supplier of GE Monogram Built In Refrigerators
Tennessee & McNairy County

For the past 20 years, Tennessee has ranked among the 10 least healthy states. The health of our state has a direct effect on the health of our economy. The burdens that come from having an unhealthy workforce include rising insurance claims and premiums, higher absenteeism, and lower productivity. The simple reality is that unhealthy employees cost more.

- McNairy County ranks 50 out of 95 counties in TN for health outcomes
- McNairy County ranks 55 out of 95 for our health factors

Source: www.countyhealthrankings.org
“Tennessee Works Better When It’s Healthier”

https://www.youtube.com/watch?v=pW6Pw50ux18
✓ 32 small starts
✓ Create Habits
✓ Get recognized!

✓ 9 essential elements
✓ Engagement
✓ Certification!

**Benefits**

- Increase in employee productivity and satisfaction
- Reduced turnover
- Reduced absenteeism
- Decreased healthcare costs

"Good Health is Good Business."
Small Starts @ Work

Tobacco Cessation

- 100% tobacco free campuses
- Cessation counseling
- Incentives

40 Monogram employees have quit smoking since beginning the incentive program!
Small Starts @ Work

Physical Activity

- Gym benefits
- Create walking routes
- Challenges
- At work gym

During last year’s weight loss competition, Monogram employees lost a combined total of over 200lbs in 3 months!!
Small Starts @ Work

Healthy Nutrition

- Healthy Celebrations
- Vending makeover
- Lunch and Learn
Small Starts @ Work
Prevention & Screening

- On site health fairs
- Immunizations
- 100% coverage for recommended screenings

Over ½ of the employee population at Monogram participates in the annual health fair and gets their flu shot at work
Small Starts @ Work = Big Impact on Community

As employers, we are in a powerful position to help employees make everyday changes to eat healthier, be more physically active, get recommended screenings, and quit tobacco use. But this doesn’t just end with our employees, ideally, they take these changes home to their families. Families make up communities, communities make up counties, counties make up Tennessee.

To ensure good business remains in Tennessee, we must ensure we take all measures possible to promote good health in our employees.

“Good health is good business.”