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★ 2012 Healthiest Employer: Finalist - Cincinnati Children's Hospital Medical Center

5,000+ employees

Premium content from Business Courier

Date: Friday, April 27, 2012, 6:00am EDT

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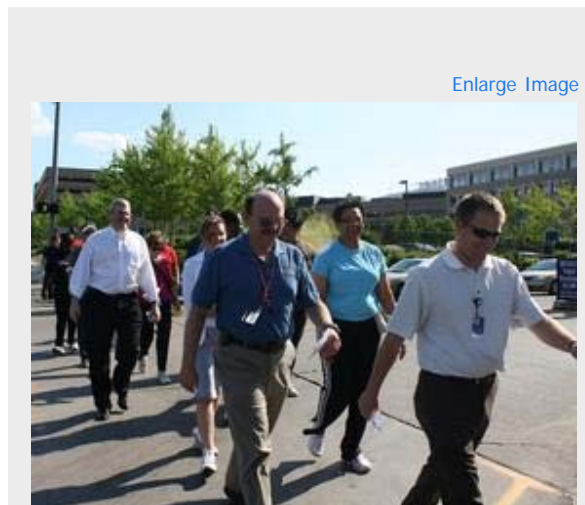
How do you encourage employees to participate in your wellness program at Cincinnati Children's?

Our wellness program, MyHealthPath, sponsors challenges and provides programming both at work and at home. The MHP portal provides a way for employees to track their activity electronically and earn points. Employees who accrue a certain number of points are rewarded with a reduction in their monthly medical insurance. Those who do not take our insurance receive the awarded amount in their paycheck. Employees reaching a certain level of points are awarded paid time off. Anyone participating is eligible for random prize drawings.

We have the support of our CEO, senior leadership, a dedicated wellness specialist, the wellness committee and other champions who actively promote, encourage and applaud employee efforts. In fact, our CEO regularly participates in our weekly wellness walks.

What is the No. 1 area that employees want to change in their lives?

Our employees are eager to learn more about and do more in the areas of nutrition and exercise.



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The Wellness Advisory Committee at Children's leads a lunch-time walk.

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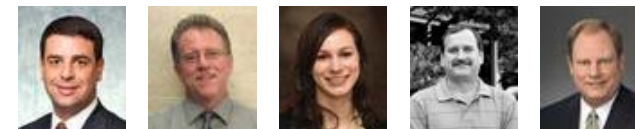
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What is the most effective way to communicate initiatives to your employees?

The most efficient way to communicate the initiatives is via the electronic portal. We also have created a home page and a dedicated email mailbox where employees can submit questions about MHP.

- [2012 Health Care Heroes winner - Innovator: Dr. Punam Malik](#)
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- [Tech launching pad BioStart crashed from debt overload](#)
- [Longtime former Children's Hospital CEO dies](#)

Share a success story:

[Scott Tabar](#) is an employee in our Information Systems department who puts in many hours sitting at a computer. Scott joined the Stair Climb Challenge, climbing 10 flights to his office each day. He also has enrolled in an onsite strength training class.

He has since lost 25 pounds, has lowered his blood 20 points and says he has more stamina than ever before. He is part of our Wellness Advisory Committee and also leading a walk at lunch time that is 50-people strong.

Regional employees: 12,566

Global employees: 12,566

Location: 45146 Fox Hollow Drive, Cincinnati 45241

Website: www.cincinnatichildrens.org



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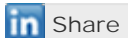
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