



UBT FAIR



TPMG Regional Laboratory
Berkeley/Marina Way



Our THIP Team

(L+M)^P
The Power of Partnership



Name	Title/Classification/Union
Connie Savoy	Senior Clinical Lab Scientist, UPR, VP ESC L20, IFPTE
Betty Fisher	Environmental Health and Safety Manager
Leona Fields	Safety Coordinator
Keith Ng	Director of Lab Service

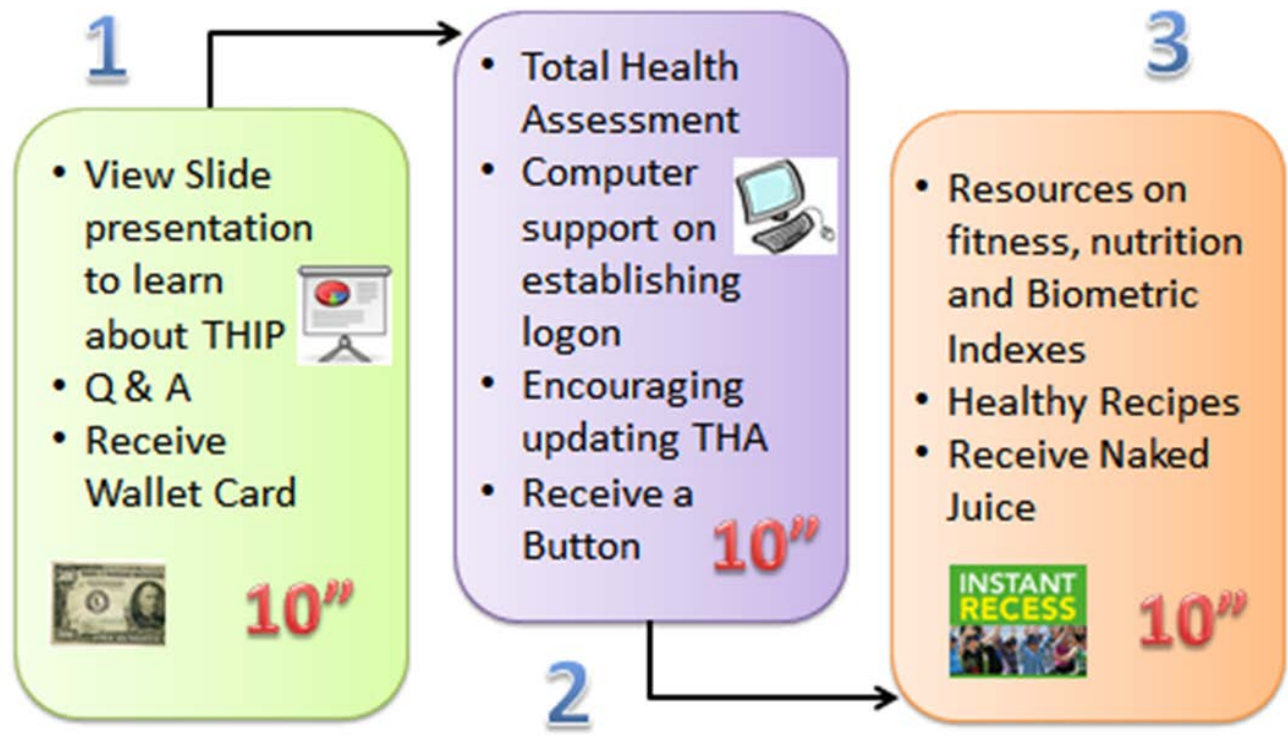




Total Health Launch Event

- Two days in March, repeated every hour over three shifts and two campuses
- Divided into three 10-minute presentations at different stations

Kickoff Activities in 3 Parts



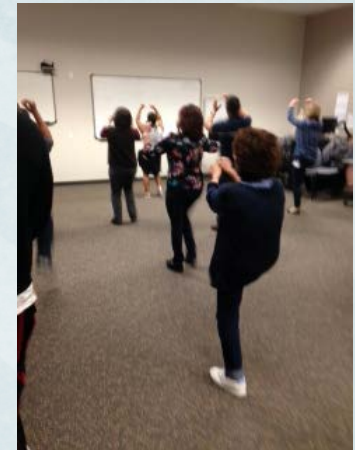


Kick off Results

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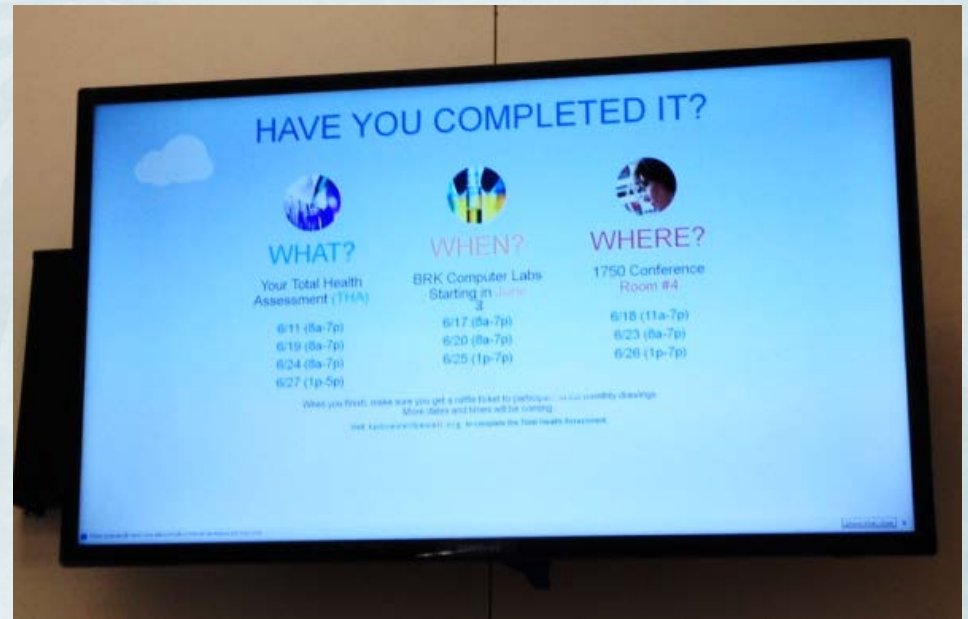
Total of 481 out of 659 staff members (73%)
attended the launch event for Berkeley and
Marina Way!





Encouraging THA

- Computer lab hours for completing the THA
- Promoted computer lab hours on departmental electronic bulletin boards
- Snacks & raffle prizes
- Promoted during shift huddles by managers and staff





Healthy Activities

- Music videos play every three hours on department monitors
- Walking teams & hula hooping
- Include stretching in shift huddles
- Offer onsite hot hula, yoga, Zumba and boot camp classes





Key to Our Success

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- Promote events: huddles, team meetings, PA announcements, and department monitors
- Lively, informative, **variety** AND participation in activity
- Use a guided process, rather than open event
- Leadership & Management support

**Come & Learn how to earn
an extra \$500 this year**

with the

Total **H**ealth **I**ncentive **P**lan

Location	Date	Please Come to <u>ONE</u> of the Start Times:
Berkeley CR1,2,3	Wed 3/26	Night shift: 5:00, 5:30, 6:00 am Day Shift: 9:00, 9:30, 10:30, 11:00, 11:30 am; 12:00, 12:30, 1:00, 1:30, 2:00, 3:00, 3:30 pm
MWS, Richmond SAHS, Day Lab, Night/Eve	Thurs 3/27	Evening: 4:00, 4:30, 5:00, 5:30, 6:00, 6:30, 7:00 pm



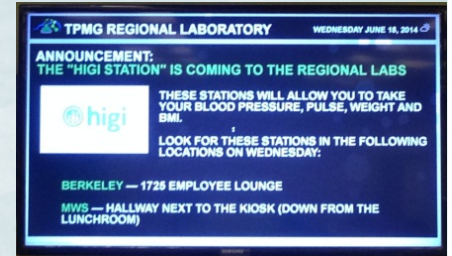


Ongoing Ways to Engage Staff

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- Salad Tuesdays
- Fruit days
- BP, weight, BMI stations
- Instant recess videos



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