



# WELLBEING INITIATIVE

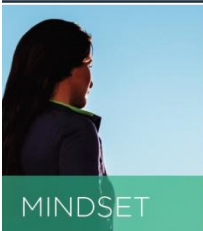
Formerly Apollo



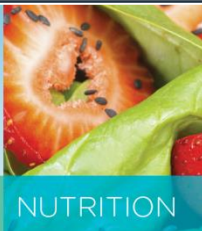
## SHIFTING THE FOCUS: *WELLNESS* to *WELLBEING*

The new Wellbeing Initiative, formerly Apollo, will focus on our team members through the Four Pillars of one's health: **Mindset, Nutrition, Movement and Recovery.**

The Wellbeing Initiative will provide challenges, coaching, resources, seminars, and tools to upgrade your life!



MINDSET



NUTRITION



MOVEMENT



RECOVERY

### For More Information:

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Formerly Apollo



## FAQs

### **Q: What happened to Apollo?**

A: The name “Apollo” is what we called the Washington Health System’s Employee Wellness Program. We’re dropping the name “Apollo” and renaming the Employee Wellness Program “Wellbeing Initiative”, to signify the program shift to encompass the culture and employee health as a whole.

### **Q: How is Wellbeing Initiative different than Apollo?**

A: Apollo has generated a loyal following of core participants, which is great. There has been a good emphasis on physical activity along with a team atmosphere. The Wellbeing Initiative is different in its focus on employee wellbeing by creating a culture attentive to employee mindset, nutrition, movement and recovery.

### **Q: Are we still going to have activity challenges like the Walking Challenge, “Hall-O-Lean”, and “Don’t Gain, Maintain”?**

A: Yes, you can expect all of the activity challenges to be a part of the Wellbeing Initiative.

### **Q: Is this change going to affect my “Take a Healthy Step” points?**

A: No, the transition from “Apollo” to Wellbeing Initiative will not have any effect on the TAHS program. The TAHS program has always been 1 component of many under “Apollo” and it will continue to be a component under Wellbeing Initiative.

### **Q: What improvements/changes can we expect with Wellbeing Initiative?**

A: Moving forward, resources related to employee mindset, nutrition, movement and recovery will be available onsite for employees to utilize independently or in conjunction with activity challenges.



WASHINGTON HEALTH SYSTEM  
WELLBEING INITIATIVE