



Work From Home Best Practices

Assured Health & Productivity



AssuredPartners

Health & Productivity



Kristin Meschler, CCWS

Regional Director of Health & Productivity



Cary Seager, MBA, RHU, CCWS

Regional Director of Health & Productivity



Rachel Oeth

Health & Productivity Account Representative

Associations and Certifications Include:

Corporate Wellness Specialist (CCWS)
Health Coach
National Society of Health Coaches
Complete Health Improvement Program (CHIP)
Beat the Pack Tobacco Cessation
QPR (Suicide) Gatekeeper
Mental Health First Aid
Healthy Heart Ambassador

*Providing clients with the best plan,
products, and services to improve quality of
life, increase productivity, and reduce the
incidence and severity of unhealthy events.*

Agenda

- Your New Routine
- Home Office Ergonomics
- The Conference Call
- Move!
- Eating to Feel Good
- Mental Wellbeing





Your New Routine

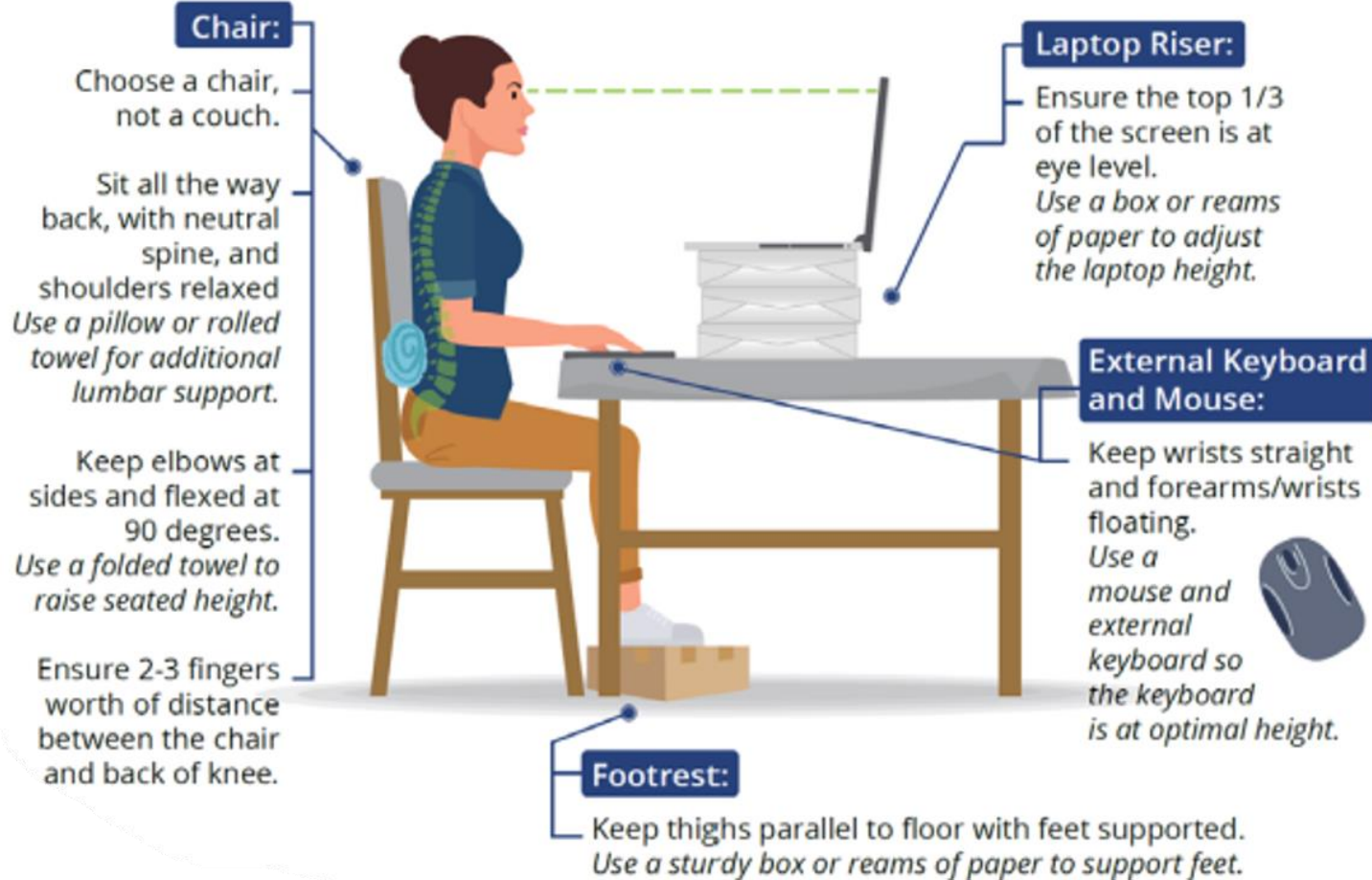
- ✓ Get dressed
- ✓ Designate a workspace
- ✓ Have clearly defined work hours
- ✓ Don't get sucked in by the news or social media
- ✓ Communicate with manager and coworkers
- ✓ Drink. Lots. Water.
- ✓ Schedule breaks, get outside
- ✓ Socialize

Example Schedule

6am	Wake
6:30-7:30	Exercise
7:30-8:30	Breakfast and shower
8:30	Work
11:30-12:30	Lunch and walk
12:30-3:30	Work
3:30-3:40	Walk
12:30-5	Work
9pm	Get ready for bed

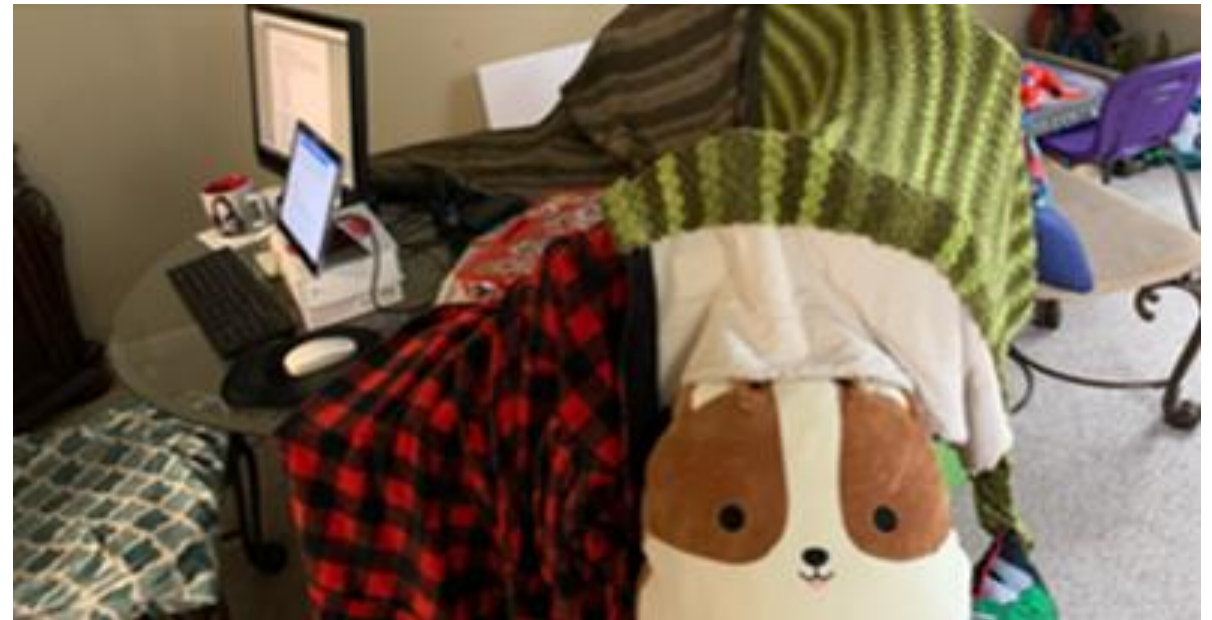


Ergonomics





Ergonomics



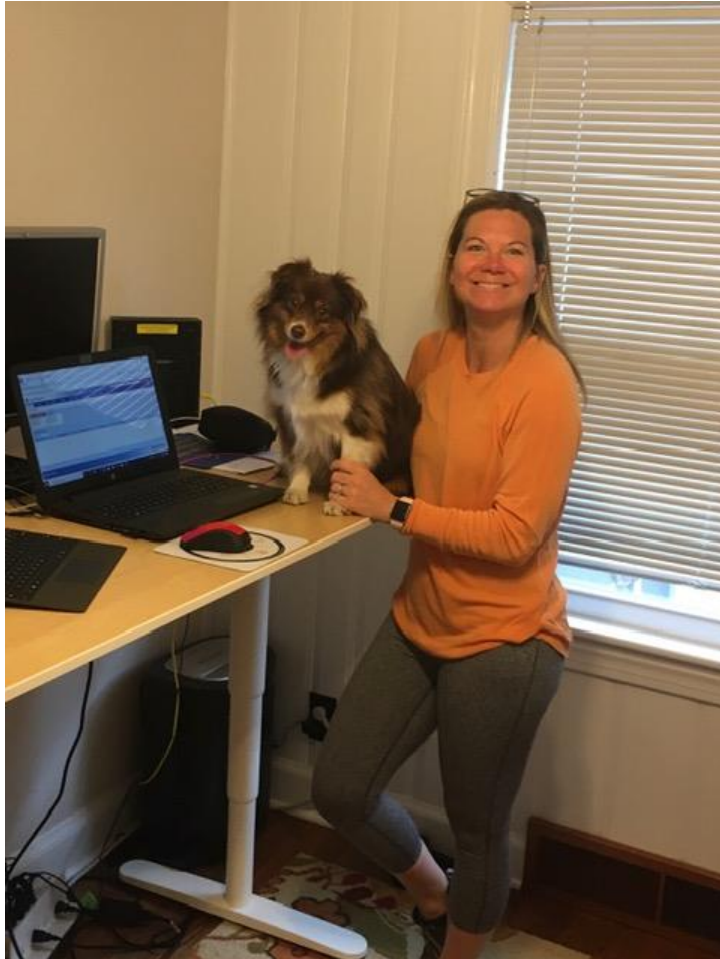


Ergonomics





Ergonomics





Ergonomics





The Conference Call

Attendee

- ✓ Arrive early
- ✓ Announce yourself
- ✓ Put yourself on mute
- ✓ Pay attention



Presenter

- ✓ Practice session
- ✓ Arrive early
- ✓ Prepare background and camera
- ✓ >5 participants, mute all

Zoom, GoToMeeting, Webex, Ring Central, Teams

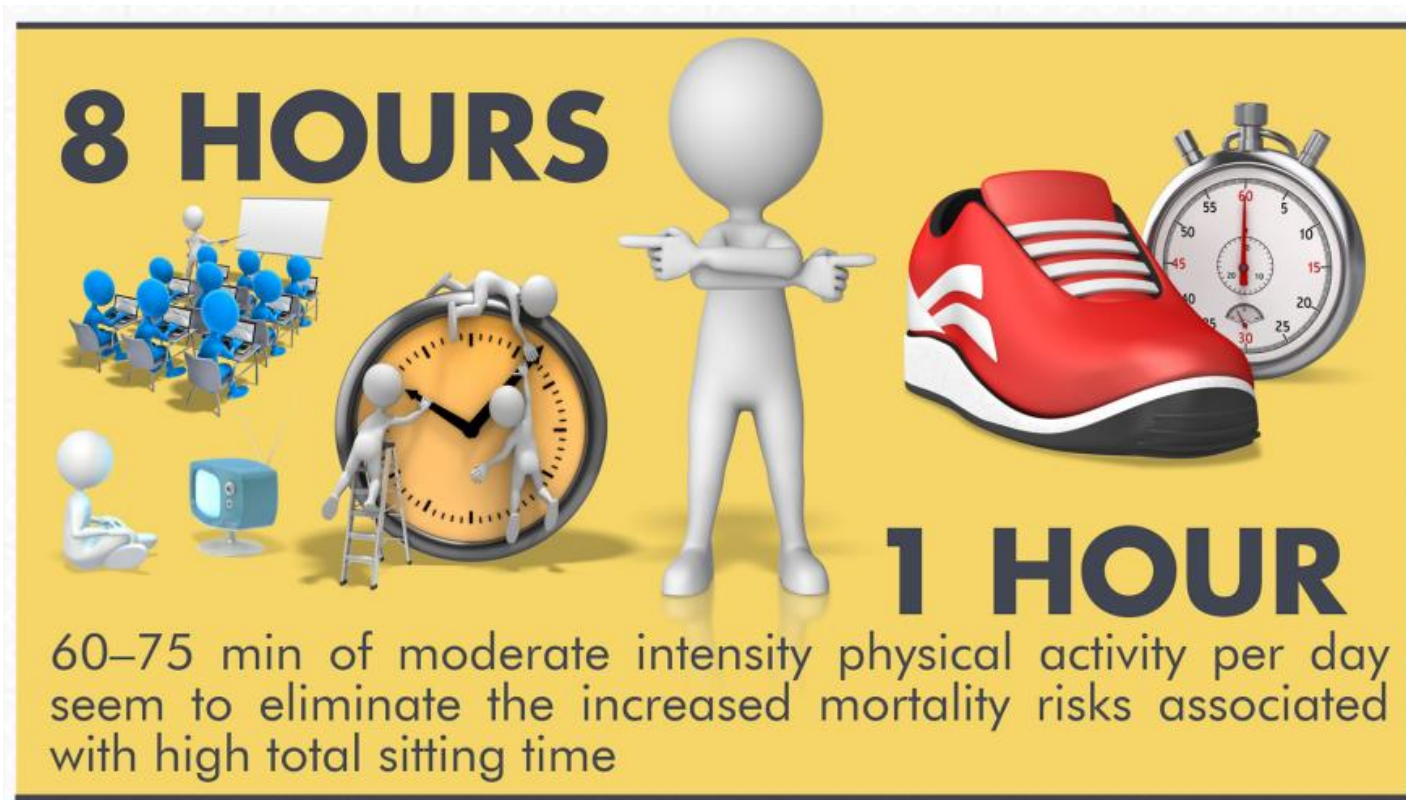


The Conference Call





Move!





Move!

S	M	T	W	T	F	S
<u>30-minute Yoga For Insecurity</u>	<u>20-minute Tabata</u>	<u>10-minute Upper Body</u>	<u>15-minute Total Body</u>	<u>15-minute Legs, Bums & Tums</u>	<u>5-minute Bodyweight Workout for Arms</u>	<u>15-minute Home Incl Loss Walk</u>
<u>5-minute Warm Up</u>	<u>20-minute No Fear Power Yoga</u>	<u>20-minute HIIT</u>	<u>20-minute Upper Body</u>	<u>10-minute Pretend You Are at the Beach Workout</u>	<u>10-minute Thigh Thinner</u>	<u>15-minute Standing Barre Core</u>
<u>15-minute Gentle Yoga</u>	<u>20-minute Bodybuilding</u>	<u>5-minute Cardio Warm Up</u>	<u>5-minute Inner Thigh</u>	<u>10-minute abs</u>	<u>20-minute Energy Flow</u>	<u>20-minute Zumba Card and Toning</u>
<u>10-minute Arms</u>	<u>7-minute Core</u>	<u>10-minute Upper Body</u>	<u>30-minute Kickboxing</u>	<u>10-minute Beginner Arms</u>	<u>10-minute Butt Lift</u>	<u>20-minute Tummy Toning</u>
<u>30-minute Arms and Glutes</u>	<u>15-minute Core</u>	<u>20-minute Deep Stretch</u>	Stuck at home? Try this daily workout calendar which incorporates a variety of free workout videos bound to help you work up a sweat!			





Boost Your Immunity

Meal Planner

sun	
mon	
tue	
wed	

shopping list

Taste the Rainbow

INCORPORATE MORE FRUITS AND VEGGIES INTO YOUR DIET OVER THE NEXT MONTH BY EATING A RAINBOW. INCLUDE ALL COLORS AND TRY NEW FOODS YOU HAVEN'T CONSUMED YET!
THE GOAL IS TO GET 5+ SERVINGS PER DAY.



WFH Bingo

Meditate for 5 minutes. Free Apps: Calm, Omvan, or Mindbody Connect.	Schedule time to walk outside (even a 10-minute walk will be beneficial).	Create a meal plan. Share your plan with your coworker. It can be fun to see what other people are cooking.	Challenge a co-worker to a 3-day workout streak competition.	TV off during your work hours.	Get a friend to do a virtual workout at the same time.	In the beginning and end of your work day set aside 10 minutes to stretch.	Bake a tray of veggies such as cauliflower, carrots, broccoli, with your favorite seasoning to last a few days.
Have a water bottle at your workspace.	Eat lunch away from your computer and phone.	For your lunch break tune into a virtual event near you.	When you finish a big project reward yourself with a walk outside or a cup of coffee.	10 pushups at every hour.	Watch a hand washing <u>video</u> .	Get 7-8 hours of sleep.	Create a budget and stick to <u>it</u> .
Face-to-Face interaction is still important. Set aside some time to virtually connect with a coworker.	Maintain a clean and organized workspace. Simply making sure you have good lighting can help with productivity.	Support a local business. Many are offering curbside service. Find a fun place for lunch and treat yourself.	Do not work extreme hours. Spend the night with your family. Have a game night, dance party, or reading your favorite book by yourself.	Participate in one of the free workouts AssuredPartners provided in the April <u>newsletter</u> .	Put food dishes in sink or dishwasher. You do not want to clutter your office space with dirty dishes.	Find a new way to use AssuredPartners food of the <u>month</u> .	Start your day with a sunrise yoga <u>video</u> .

Work From Home
✧ BINGO! ✧

How to play: Check off one box per day. Draw an X through the box when completed.
Use the videos linked within (underlined).





Self Isolation Diary

- Strawberries: some have 210 seeds, some have 235 seeds. Who knew?
- 8pm. Removed day pajamas and put on night pajamas
- Went to a new restaurant called, "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.
- I get to take the garbage out. I'm so excited, I can't decide what to wear.
- Laughing way too much at my own jokes.





Stay well and enjoy this time at home.