

# 2025 Employee Well-being

Strengthen the Pack: Prioritizing Wellbeing at Metropolitan  
Community College


# Review of 2024

- Quizzify saw 77% engagement rate in 2024
- 58 EE engaged with FitPros in 2024 (8% of FT employees)
  - 131 registered (18%)
- Stress Management - 2% of employees engaged each week
  - 15% of EEs downloaded eM Life in 2024
    - 3% of EEs actively use this platform
- PAS Statistics
  - 11.05% EAP utilization
  - Top concerns were Emotional Health (95.3%) and Marital/Family (27.9%)
- 2024 Biometric Screening Aggregate Data - 23% of employees participated
  - #1 risk factor was/is high blood pressure and/or hypertension


# 2025 Wellness Updates

- Aetna Achieve platform
- Thrive From Within & office hours
- Health fair and biometric screenings
- Q2 Challenge – Mental Health Month
  - “Be Well Bingo”
  - 5 week challenge from May 1<sup>st</sup> to June 6<sup>th</sup>
  - Participating employees will receive


# Aetna Achieve

 **CORE**

- Aetna® member website and mobile app
- Digital well-being assessment
- Digital health coaching programs/  
self-directed digital content
- 24-Hour Nurse Line<sup>1</sup>
- Member discounts<sup>2</sup>
- Neighborhood well-being services
- Digital Health Actions

 **ENGAGE**

- CORE +
- Activities tracking and  
device integration
- Challenges (individual/peer)
- Hearts-based currency redeemable  
for rewards<sup>3</sup>

 **ACHIEVE**

- CORE + ENGAGE +
- 1:1 and group health coaching
- Biometric screenings

# Thrive From Within

- 63% of Inservice survey responses indicated a desire for social well-being and/or campus initiatives
- Thrive From Within, in its design, addresses 87% of the feedback we received from Inservice
- February – December
  - Rotation throughout campuses each week
- Low engagement at launch
  - 11 employees through 3 sessions

## THRIVE FROM WITHIN



Questions? Email  
MCC.Wellness@mcckc.edu

### CULTIVATING ENERGY FOR HEALTH AND HAPPINESS

Join us for a monthly workshop series that promises to boost your energy, enhance your wellbeing, and equip you with the tools to thrive personally and professionally.

#### WHAT YOU WILL LEARN:

- Invest in and manage your energy
- Build habits that boost energy levels
- Learn how energy supports mental well-being



12 PM CST 1ST WEDNESDAY OF  
EACH MONTH IN EC 04

BEGINS FEBRUARY 5TH



NOTE: THIS WORKSHOP SERIES IS INTENDED FOR EMPLOYEES OF MCC ONLY

# Office Hours

- Provide opportunities for employees to receive support from well-being directly.
  - Roll-out in Q2
- Campus Rotation:
  - Week 1 (Wed): PV Main
  - Week 1 (Fri): HSI
  - Week 2 (Wed): LV
  - Week 3 (Wed): MW
  - Week 4 (Wed): BR

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# Health Fair & Biometric Screenings

- Evaluating how to make these events more accessible to employees including:
  - Time of year
  - Time of day
  - Number of events
  - Design of event to address employee need
  - Start the screenings early!

# Q2 Challenge

## “Self-Care ‘Bingo’”

- 5 week challenge from May 1<sup>st</sup> to June 6<sup>th</sup>
- Participating employees will receive a bingo card
- Each work day in the challenge, we’ll randomly draw a self-care action that employees have listed on their card.
- The employee must complete the self-care action to gain the square.
- Bingo wins the quarterly reward!
- This will be a campus challenge – the campus with the most ‘bingos’ will earn the bonus.



# Fringe Benefits

- Employee feedback on new fringe benefits for TRC to consider?
- Employee feedback on existing fringe benefits for TRC to evaluate?

# Questions?

Email [MCC.Wellness@mcckc.edu](mailto:MCC.Wellness@mcckc.edu)