



Memorial Sloan Kettering
Cancer Center

Worksite Wellness: Memorial Sloan Kettering

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Wellness Nutritionist



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Wellness at MSK

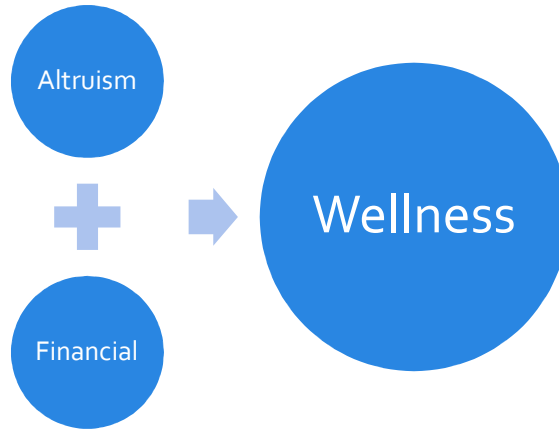
- ✓ Reasons for starting a Wellness Program
- ✓ Overview of MSK's Employee Wellness Program
- ✓ Role of the MSK Wellness Nutritionist
- ✓ Marketing and Communication
- ✓ Measuring Success
- ✓ Starting your own Wellness Program



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EMPLOYEE
Wellness

Why Wellness at MSK



Reasons for Wellness



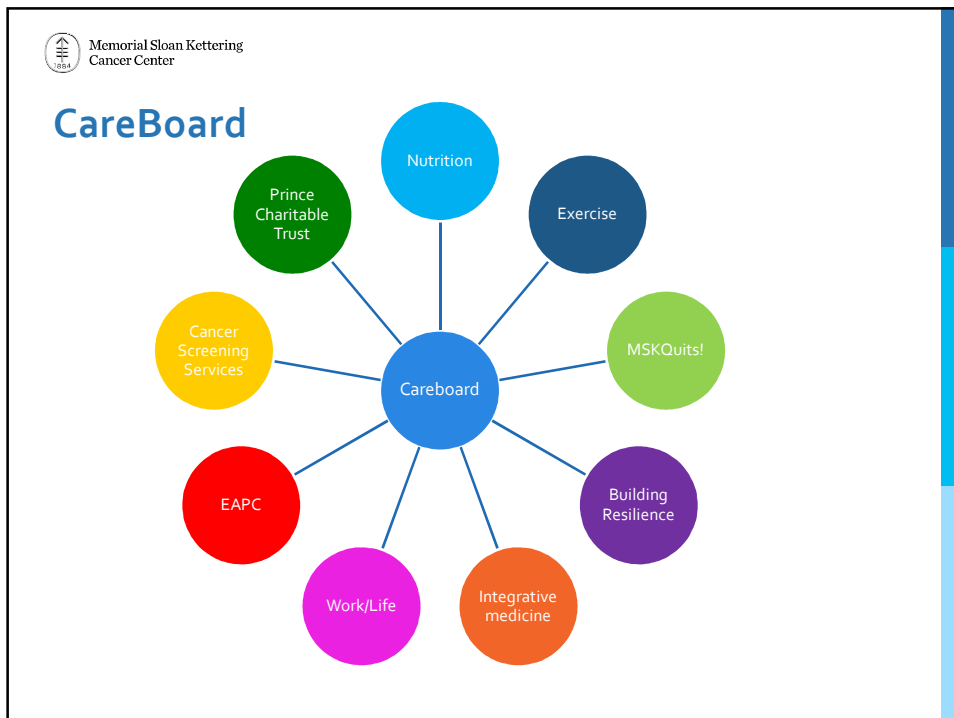
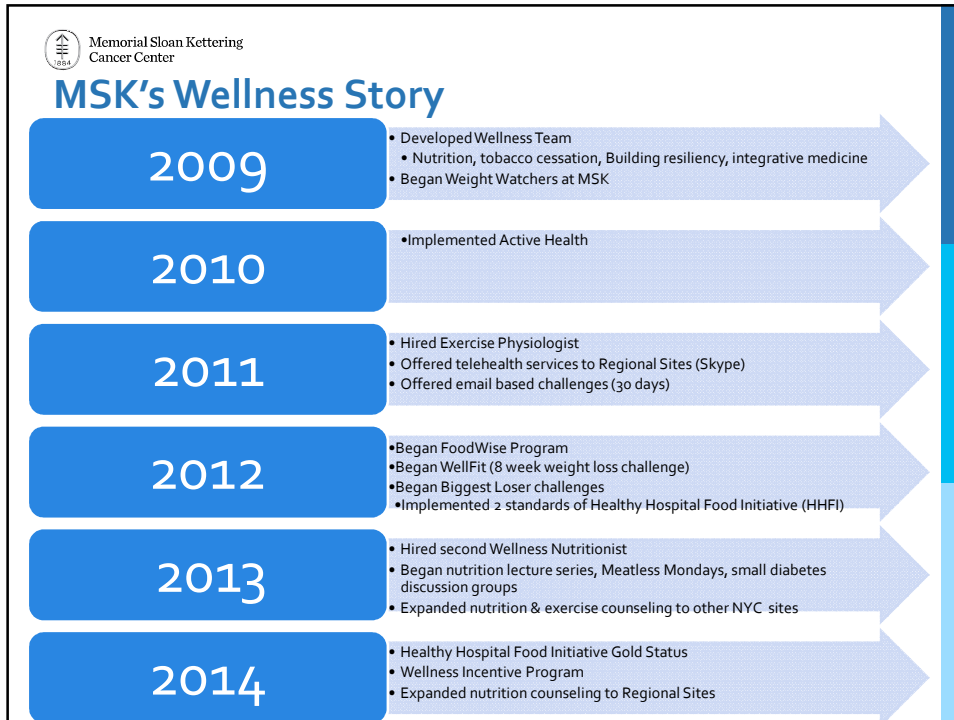
Financial

- Decreased health care cost
- Increased productivity
- Decreased absenteeism
- Presenteeism



Altruism

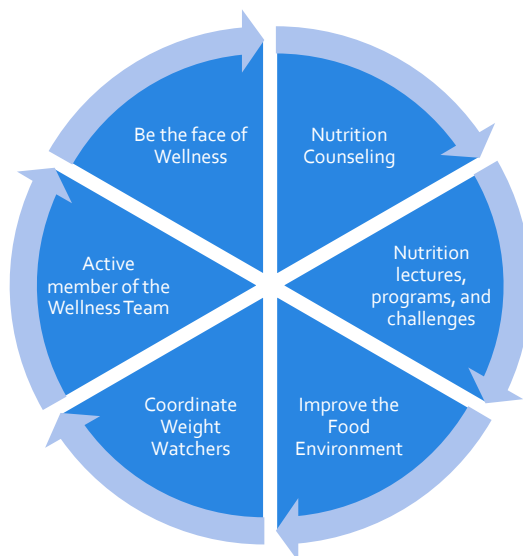
- "care for the caregiver"
- Stressful Job/busy hours
- Work/Life Balance



What We Provide



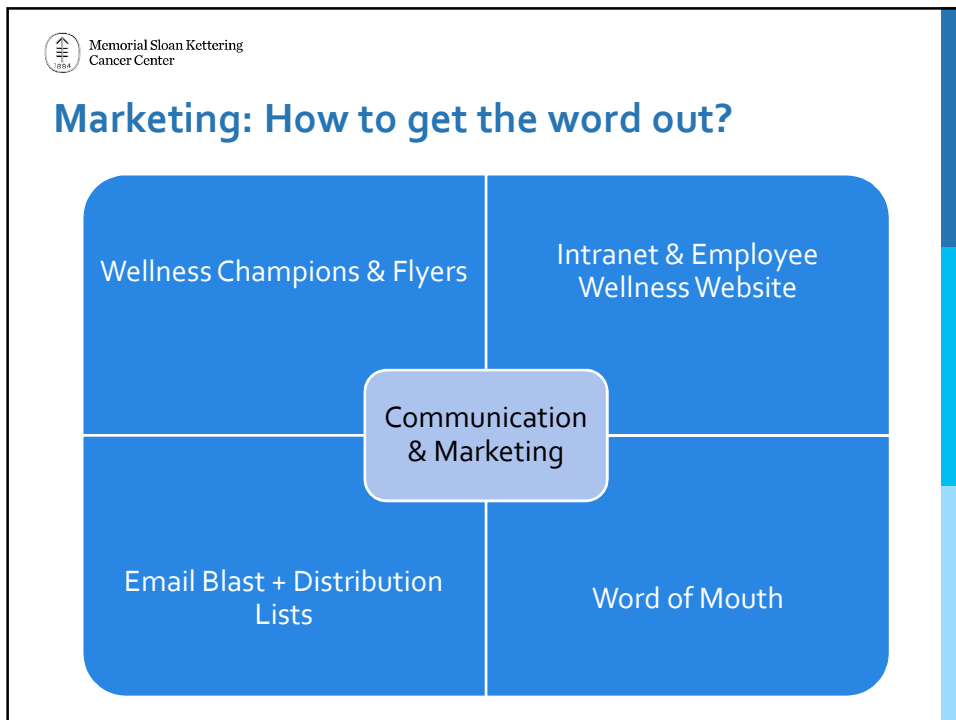
Role of the Wellness Nutritionist



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Marketing & Communication

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Challenges

- Communication
- Work Priorities vs. Wellness
- Evaluation Response Rate
- Outcome measures

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Measuring Success

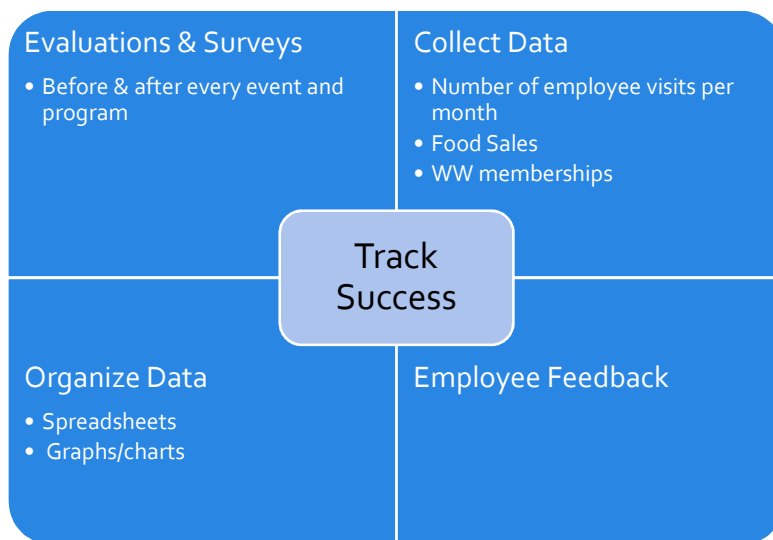
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Is Your Program Successful?

- Define Success
- What outcomes are you assessing?
 - Anthropometrics
 - Behavior changes
 - Increase in physical activity
 - Number of participants
 - Positive feedback

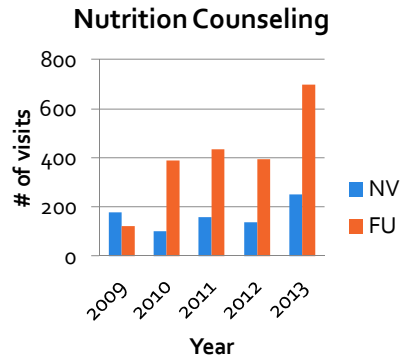


How to Keep Track of Your Success



MSK Employee Wellness Program Successes

- **Improved Health Environment**
 - HHFI Gold Star
 - FoodWise
 - Meatless Mondays
- **Expansion of services**
 - Regional and off-site locations
 - Phone and Skype
- **Employee Engagement**
 - Presentations
 - Email based programs
 - WellFit
 - Hydration Challenge



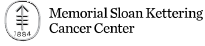
How to start and grow a Wellness Program

How to Start a Wellness Program

- Organizational and cultural support
- Understand the culture of your organization
- Decide which programs are most needed for your employee population
- Assess which programs are realistic
- Determine the best way to reach your employees
- Transparency of wellness mission
- Start slow and grow
- Keep track of data and success
- Demonstrate your value



What Questions Do you Have?



Thank you!

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