



HPHA's Wellness Framework



Vision

Healthy, engaged people thriving in a health conscious, supportive culture

Mission

To recognize and acknowledge organizational factors of well-being and positively influence and support individuals and teams resulting in healthy outcomes for all.

Strategic Priorities

Enhance Well Being | Encourage Connection | Nurture Work-Life Balance

Pillars of Focus

Social | Emotional | Spiritual | Physical | Intellectual



Priorities

Pillar 1

Social Wellness



- Create an engaged and supportive community within our organization
 - Offer opportunities for interaction across all departments and sites
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Pillar 2

Emotional Wellness



- Provide in the moment education to staff on mental well-being
 - Develop a supportive culture that recognizes risks of staff and physician burnout
 - Introduce tools that strengthen the ability to support emotionally demanding work
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Pillar 3

Spiritual Wellness



- Create spaces that allow staff to practice spiritual wellness at work
 - Provide staff with education on how spirituality can improve well-being
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Pillar 4

Physical Wellness



- Create more opportunities for staff to get active at work and in the community
 - Educate and engage our people on healthy eating and movement
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Pillar 5

Intellectual Wellness



- Leverage experts to provide in-person wellness learning and participation opportunities addressing the 5 pillars
- Create a platform for staff that houses readily accessible resources for wellness