

# BWE Panel

WELLNESS WORKDAYS EMERGING  
TRENDS IN WELLNESS VIRTUAL  
CONFERENCE APRIL 8, 2021



Mount Desert  
Island Hospital

*Birch Bay*   
Retirement Village Bar Harbor

# The Care You Need, Close to Home.

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At Mount Desert Island Hospital, we serve a close-knit island and surrounding communities through a 25-bed critical access facility in Bar Harbor and a network of area health centers—all designed to provide comprehensive healthcare for residents and visitors.

Since it was established in 1897, our nonprofit hospital organization has grown into a state-of-the-art, rural healthcare organization with a retirement community and eight regional health centers, including a full-service behavioral health center and dental clinic.



# What We Believe

## **Mission Statement**

To provide compassionate care and strengthen the health of our community by embracing tomorrow's methods and respecting time-honored values.

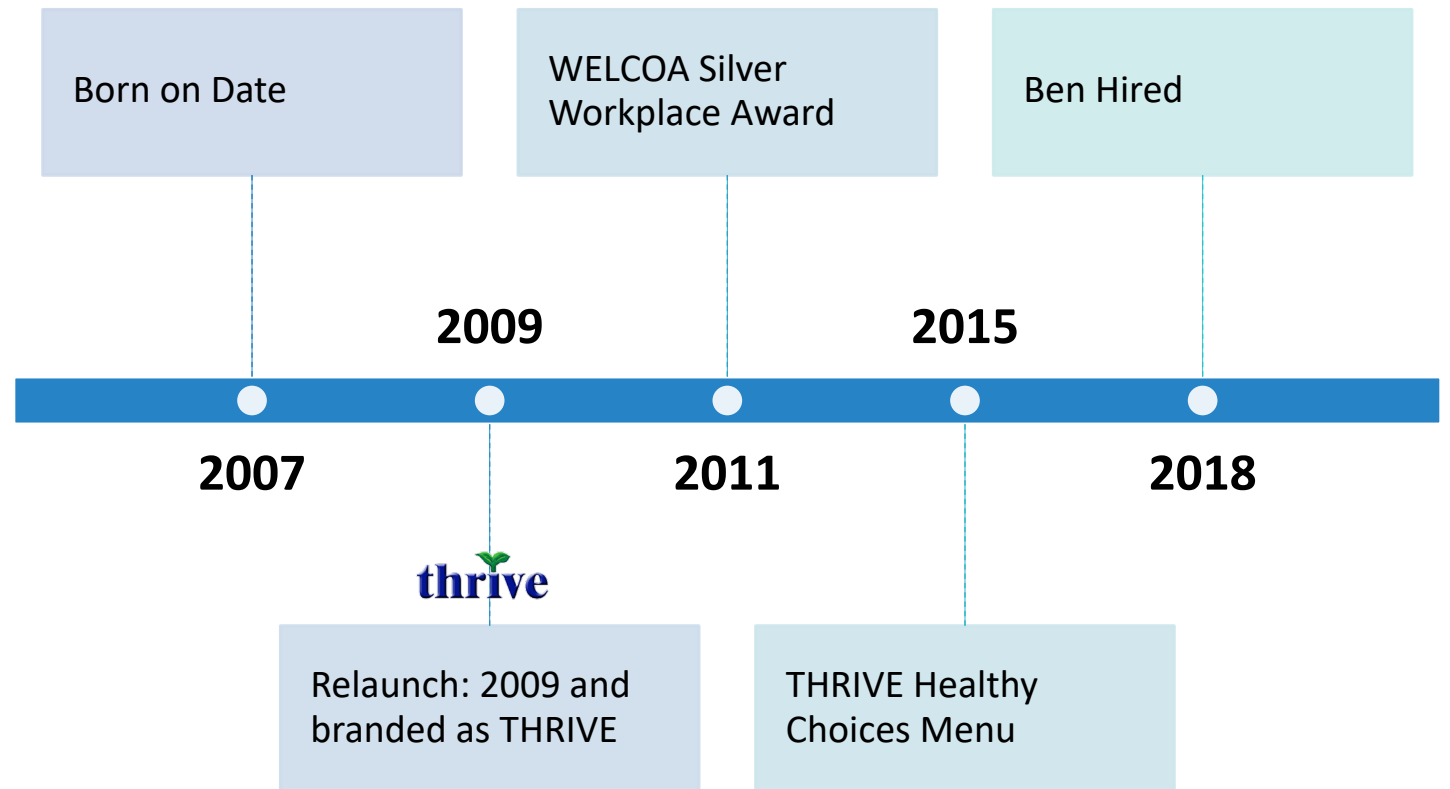
## **Vision Statement**

To be our community's medical home by pursuing innovative models throughout the continuum of care. Our integrated system will be the standard by which others are measured.

## **Values**

- Compassion
- Community
- Improvement
- Integrity
- Respect
- Teamwork

# Wellness @ MDIHO



THRIVE  
“Caring for  
our patients,  
caring for  
ourselves”

Mission:

- *THRIVE provides an accessible, comprehensive and proactive wellness program that will inspire employees to reach their maximum wellness potential.*

Vision:

- *MDIHO employees will be role models of a health lifestyle for our island community.*

# Barriers

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Stagnant, sluggish, inactive, losing speed, unhurried

Critical Access Hospital

Diminished Communication

In the Box Thinking



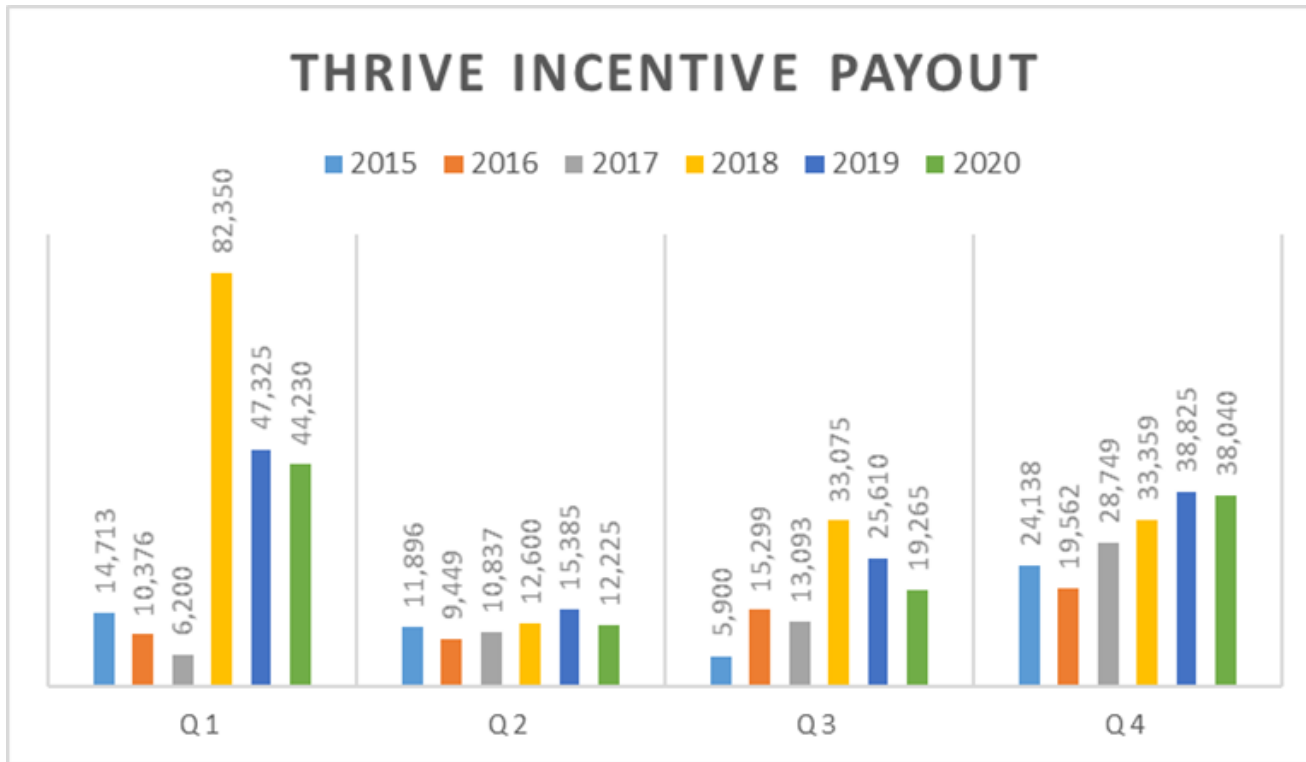
# Overcoming Barriers

Truly, a little effort, will reap big rewards

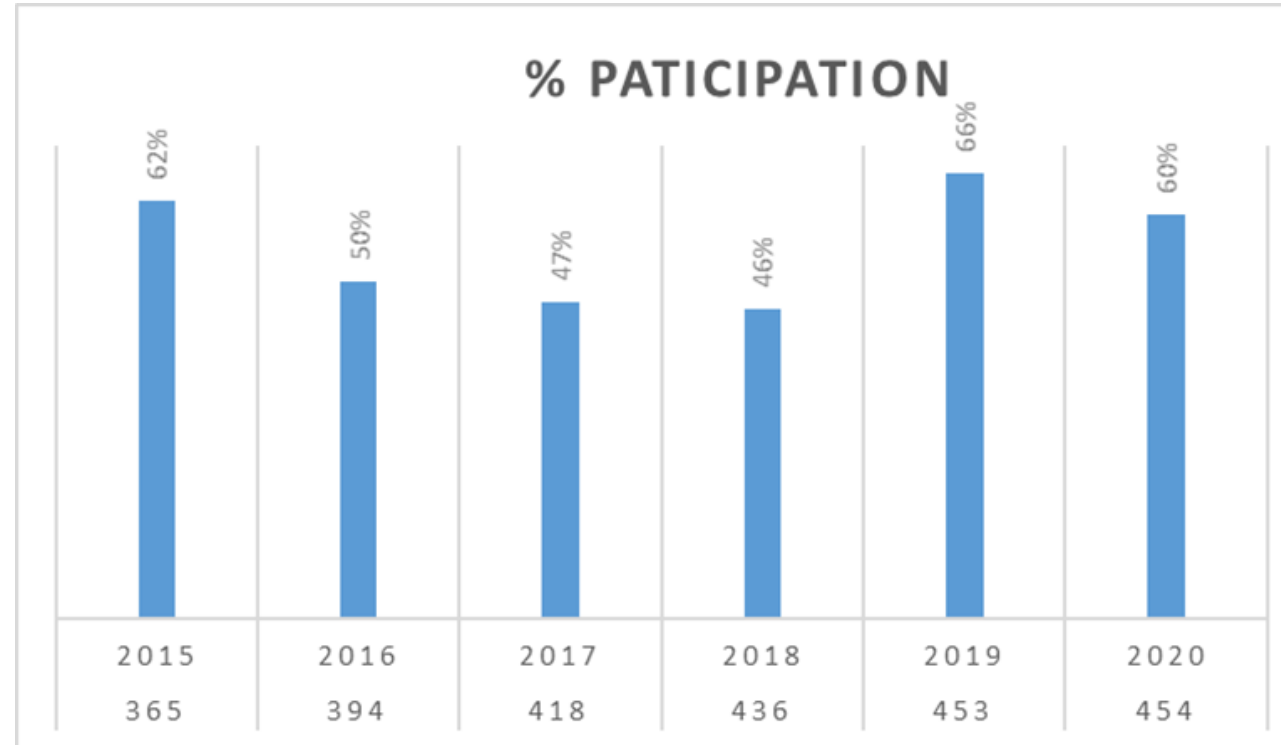
- THRIVE get's a facelift in 2018
- Having an amazing Wellness Committee
- As *“location”* is to real estate, *“communication”* is to wellness
- Have a presence



Look what  
minimal effort  
gained!







## Increased Participation and Engagement

2018 Participation stayed the same but engagement up

2019 & 20 Participation and engagement both up.

Thank you for  
your time today  
😊

**Q: HOW MANY WORKPLACE WELLNESS EXPERTS  
DOES IT TAKE TO CHANGE A LIGHTBULB?**



**A: ONE, BUT THE LIGHTBULB HAS  
TO WANT TO CHANGE.**