Why Code You?
FAQs about Code You: Centura Health’s associate wellness program and your role as a 2020 Champions

Why an associate wellness program?
Centura Health’s mission states that we “nurture the health of people in our communities.” As health care professionals, we must preserve our own health and wellbeing to be able to fulfill our mission. In a spring 2010 research study, as asked associates about their wishes in developing a wellness program specifically for Centura Health. Associates said “keep it simple!” Don’t make it all about becoming a Biggest Loser or climbing a “14-er.” Give us easy access to small steps that will get us moving in the right direction.

We already have wellness programs at our entity. Will those go away?
No, the Code You initiative doesn’t change the existing opportunities. Rather, it’s a system-wide approach that helps associates identify with all the program offerings and wellness opportunities that are available to them.

What do those programs and opportunities include?
Wellness is more than a BMI or a waist size. It’s an all-encompassing wellness initiative that includes physical, mental, spiritual and even financial well being. It could encompass the medical plan and local entity activities. Good or better health means something different to each of us. Code You will be as individual as you are.

Is this part of the “culture of health” that we’ve heard about?
Exactly! Creating a culture of health across the Centura Health network supports the “Moving Upstream to Manage Health” tenet of the 2020 Strategic Plan. The goal is two-fold: to support associates in living their best, healthiest life and to maintain or reduce medical plan expenses.

What is my role as a 2020 Champion?
Initially – during November and December 2010 – Champions will help with the launch and establishing overall awareness for Code You. More details will come in January as we start to connect the dots at a system level and how Code You will come to life in each entity.

How can I learn more about Code You?
If you attended one of the Champions training sessions, you had the opportunity to meet Angie Villamaria. Through a partnership with UnitedHealth Group, Angie has joined our team as a wellness coordinator.
If you have questions, feel free to contact Angie or Annmarie Castro, Vice President of Compensation & Benefits.

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