



AASHE STARS SURVEY, 2016

February 18, 2016

To Whom It May Concern:

I am writing this letter to meet the requirements of the Innovation Credit for the STARS survey. This letter serves to affirm that the Healthy Herd Program meets the criteria for this Innovation Credit.

This innovation credit describes a new, extraordinary, unique, groundbreaking, or uncommon outcome, policies, or practice. The intent is to receive innovation credit for the innovative Healthy Herd Program.

Health and wellness has always been important to our community. More and more focus is being placed on achieving a work/life wellness balance. A group of WPI staff rallied the campus to form a committee to address work/life wellness balance. The purpose of the Healthy Herd is to offer a central location for resources or preventative care, exercise and group activators, stress management, nutrition, weight loss, mental health, and more! This group is comprised of WPI staff working for the benefit of the WPI staff.

Resources of the Healthy Herd consist of a Healthy Herd Newsletter, featuring an article written by a member of the Healthy Herd community, a list of upcoming events, healthy tips and useful health apps, as well as healthy recipes. The website provides information about group activities, as well as health resources, a fitness orientation and fitness equipment manual for use in the Sports and Recreation Center, nutrition information, and a Health and Wellness Presentation schedule.

Last year, the Healthy Herd developed a Wellness Rewards Program. By completing a specific number of healthy-related activities, the healthy Herd member receives a WPI fleece jacket and is entered into a raffle for a larger prize. A behavioral Conditioning Program was also added to the program for a fee.

In January 2016 WPI's Healthy Herd Program won the Harvard Pilgrim Innovator Award. This award recognizes the positive health outcomes that resulted from the program.

This innovation credit is not already covered by an existing STARS credit. The Healthy Herd is not substantially covered by any other STARS credit.

The Innovative practice or program has occurred within the past three years. This program was launched in 2014 and has grown in magnitude and scope over the past three years.

The institution has not previously received a STSS Innovation credit for this practice or program. The Healthy Herd Program has not been substantially mentioned in any STARS credit previously.

Thank you,

A handwritten signature in black ink, appearing to read 'Regina Roberto', with a stylized flourish above the name.

Regina Roberto
Director, Health Services