

# Healthy Penguin Nation



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This is the second time Clark College has received the wellness award. The college last won a Zo8 award in 2016.

Each year, Washington Wellness honors organizations with the Zo8 award for their achievements in building, growing, and maintaining an effective health program. Organizations are invited to apply to highlight their institution's wellness program and initiatives throughout the year to Washington Wellness.

Clark College received the Zo8 award by promoting health and well-being through the College's Healthy Penguin Nation program to the college community through newsletters, events, discounts, presentations, fairs, campus emails, promoting programs such as the Employee Assistance Program (EAP), and SmartHealth, a Washington Wellness program for eligible PEBB (Public Employees Benefits Board) employees, which offers employees an annual \$125 wellness incentive.

## **About Clark's Healthy Penguin Nation wellness program**

The Healthy Penguin Nation program is a college-wide initiative to create a culture of well-being in support of the

state of Washington's initiative to promote healthy lifestyle practices in the workplace.

We aim to engage, educate, and empower the Clark College Community in healthy behaviors by developing, implementing, and supporting various wellness activities based on solid research and best practices. As the Wellness Team, we encourage the Clark College Community to thoughtfully consider their relationship to health and prioritize well-being for each other.

We do this by adhering to a holistic model of well-being that focuses on the whole person—offering a wide range of resources that support employees on their wellness journeys in Eight Dimensions that influence overall well-being.

- **Employee Assistance Program**
- **Healthy Recipes**
- **Penguin Paths**
- **SmartHealth Incentive**
- **Walktober Challenge!**
- **Wellness Champions**
- **Wellness Discounts**
- **Well-being Team**

Find upcoming Healthy Penguin Nation wellness events: [Calendar](#). *Learn more here.*

## **About the Zo8 Award**

Each year, Washington Wellness recognizes organizations with our Zo8 Award for their achievement in building, growing, and sustaining an effective wellness program. A wellness program aims to help employees and their family members be their best through positive behavior changes. These changes focus on enhancing well-being, reducing health and injury risks, and improving overall health. Washington Wellness encourages



organizations to use the SmartHealth Workplace Wellness Roadmap. It is an eight-step process based on industry-preferred practices to help build the infrastructure for a sustainable wellness program. The roadmap can help organizations plan for and target key areas for success. The Zo8 award represents the organization's commitment to its employees' well-being.

To learn more about the Zo8 award visit the Washington State Healthcare Authority website.

**What do Zo8 award winners receive?** Washington Wellness celebrates Zo8 award winners during an annual recognition ceremony. Winning organizations receive a physical award, certificates for contributing members, and a logo to use in publications, signature lines, and websites to recognize their achievements.

## **About the Zo8 logo**

- Name Zo: In Greek, it means "live."
- Number 8: The eight steps in our wellness program project plan guide.
- Logo shape: Flower of Life pattern is known to inspire.
- Colors: Based on the four elements that support life (air, earth, water, and fire)

## **Eight Dimensions of Well-being**



1. Physical
2. Emotional
3. Occupational
4. Environmental
5. Intellectual
6. Spiritual
7. Financial
8. Social