



Andrew Peralta

*Health Promotion Specialist*

Nancy Byrne

*Wellness Champion*

# Purpose



Provide delegates with an understanding of the *Connect to Wellness* program at Union Gas - A Spectra Energy Company.



CELEBRATING  
100 YEARS  
Est. 1911



# Program Background

- *Connect to Wellness* is a component of the Health Services department
- Serving approximately **3400** Canadian employees
  - Nearly **2200** employees at Union Gas
- Spectra Energy values **safety** and has a relentless commitment to a **zero** injury and illness workforce
- The *Connect to Wellness* program is evolving and has grown significantly over the past 5 years
- *Connect to Wellness* supports the company's strategy to promote prevention across the organization

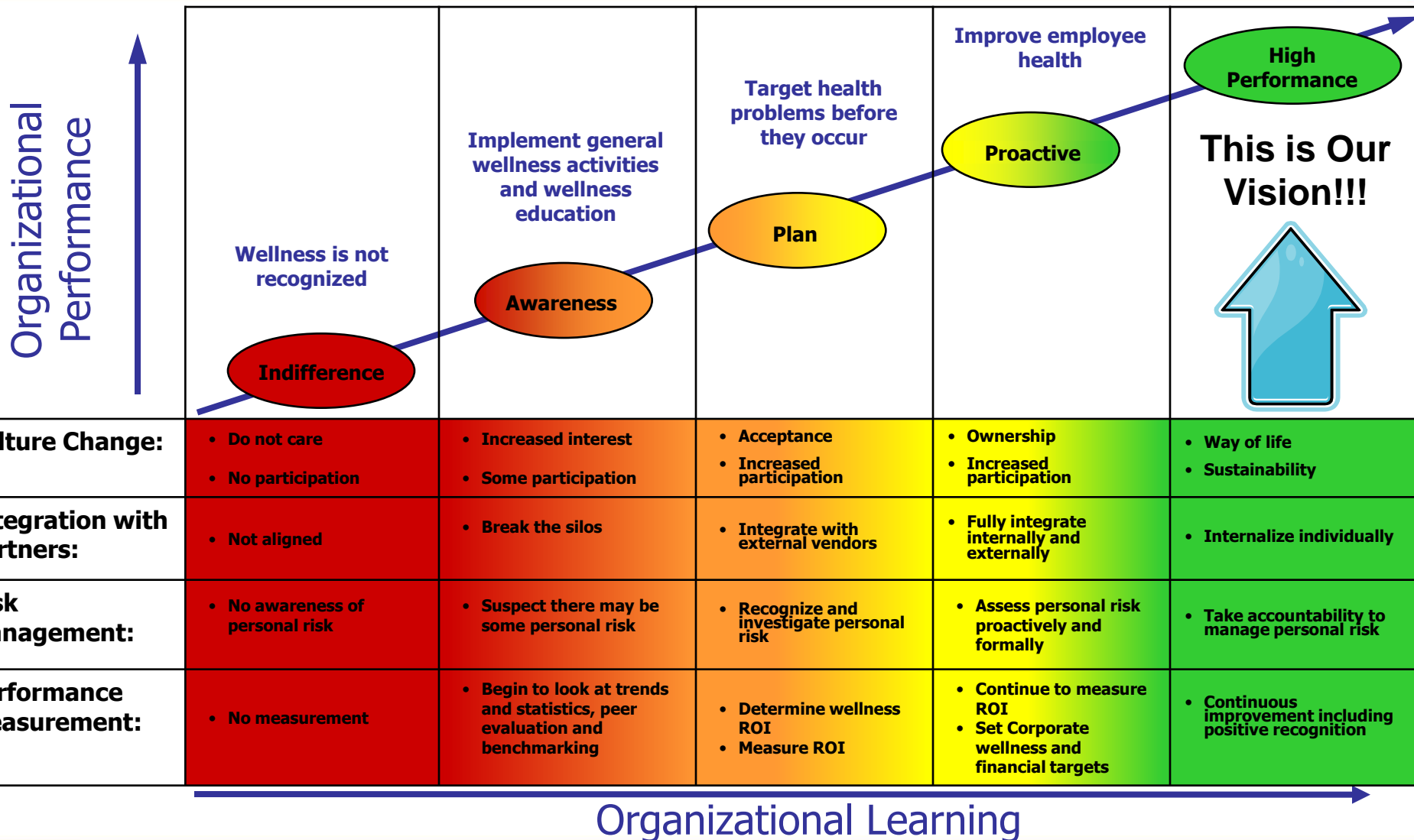
## **Mission Statement:**

*Create a culture that supports employee and family health and the business needs of Spectra Energy. Investing in employee and family health is an extension of our safety culture.*

## **Definition of Wellness:**

*“Healthy people performing in a healthy environment”*

# Developing a High Performance Workforce: A Roadmap to Wellness





# Wellness Program Structure

- Spectra Energy Transmission North America (SETNA) Wellness Committee
  - Executive sponsors
  - Environmental Health and Safety
  - Health Services
  - Local Health and Wellness Committee Chairs
  - Employee representatives
- Health and Wellness Committees (HWC) – Local Programs
  - HWCs are comprised of employee volunteers from a variety of areas within the company
    - Union Gas
    - Spectra Energy Transmission West
    - Maritime & Northeast Pipeline
    - Spectra Energy Transmission U.S.

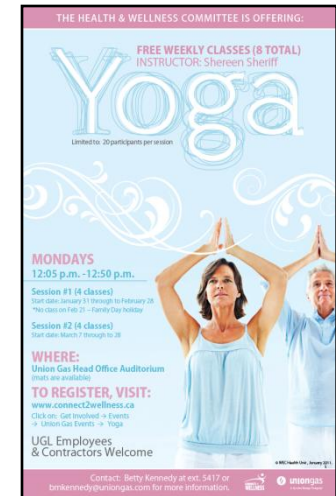
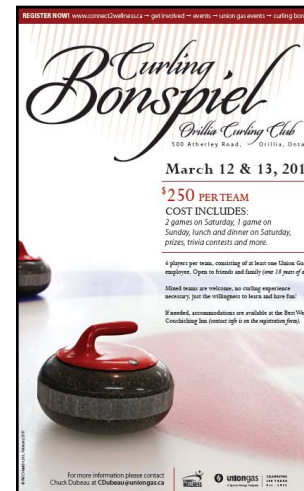
# Initiatives and Programs

- Wellness initiatives:
  - Three themes are chosen each year
    - 2010 themes included:
      - *Top to Bottom* – gastrointestinal health
      - *Sleep Well* – sleep and fatigue management
      - *Healthy Minds Matter* – positive mental health
  
- The following programs are offered to employees across Canada:
  - *Spectra Energy on the Move*
  - *Wellness Fairs*
  - *Connect to Healthy Living Magazine*
  - Wellness Kiosks
  - [Connect2Wellness.ca](http://Connect2Wellness.ca)



# Local Programs

- Local programming is offered on a regular bases throughout the year with the support of the HWCs, Wellness Champions, and Wellness volunteers
  - Lunch and learns
  - Wellness seminars
  - Fitness programs
  - Sporting events
  - Other wellness activities





Take time to *Connect to Wellness*

[www.connect2wellness.ca](http://www.connect2wellness.ca)

[connect2wellness@spectraenergy.com](mailto:connect2wellness@spectraenergy.com)