Agency Information Sheet

Today's Date: September 27, 2016 (revised)

Agency Name: WELLNESS COALITION OF SAN ANONIO

Address: PO BOX 5361, SAN ANTONIO, TX 78201

Phone Number: 210.323.3080   Email address: santunes@wellnesscoalitionofsa.org

1. Please briefly describe the scope of your agency’s work. Printed brochures or fact sheets explaining your organizational goals may be attached.

"Our vision is to collaboratively facilitate city-wide employee wellbeing and health risk reduction efforts, and help participating employers control health care expenses, via the implementation of comprehensive and scalable Body Mass Index (BMI)/Weight reduction initiative in San Antonio."

The Wellness Coalition of San Antonio is a non-profit 501(c)(3) company “birthed in 2010” out of the San Antonio Medical Foundation, which was formed in 1947 with a primary purpose of obtaining a medical school for South Texas.

The SAMF board is comprised of 50 civic, professional, business, and medical leaders who serve as volunteers and are not compensated. Financial support of the San Antonio Medical Foundation comes from the Trustees and public and private contributions that are tax-deductible under 501 (C) (3). In 2009, focusing on the Mayor’s Health & Wellness Initiatives, we designed this city-wide wellness coalition to serve our corporate clients in San Antonio.

The Wellness Coalition of San Antonio has served employees at a variety of small to mid-size employers in our community. In 2016 the YMCA of Greater San Antonio, serving San Antonio since 1876 and part of the Wellness Coalition since it’s inception, provides continued leadership, funding, and management of the Coalition in concert with strategic partners.

Vision
Facilitate city-wide employee wellbeing and health risk reduction, and help reduce participating employer’s health care expenses, via the implementation of comprehensive and scalable Body Mass Index (BMI)/Weight reduction initiative in San Antonio.

Background
San Antonio, Texas currently has one of the highest obesity rates in the U.S. Obesity is related to many chronic diseases (i.e.: diabetes, certain cancers, and heart disease), increased mortality, lower quality of life, reduced productivity, and escalating health care costs.

Regular physical activity and proper nutritional intake effectively reduces BMI/weight, health risk, and health care cost related to obesity. The Wellness Coalition of San Antonio; under the direction of the YMCA, and comprised of the Food Bank, Metro Health District, Kronkosky Foundation, H-E-B, and the San Antonio Medical Foundation guides the development and
delivery of the components of our city-wide BMI/Weight loss initiative to support employer efforts in controlling health care expense growth, improving productivity, and supporting wellness.

Scope

The Wellness Coalition of San Antonio's BMI/Weight-loss initiative is a comprehensive, 12-week cost effective process, in three distinct phases, providing a wellness platform that an organization of any size can replicate, scale, and build from. Within the scope of this initiative the Wellness Coalition provides the following: Program strategy and structure, promotions and materials expert guidance and consultation, confidential data collection and risk management, community networks and resources.

During our 12-week intervention, participating employees (and their spouses) will be provided with educational and promotional information, expert professional instruction, convenient physical activity resources, motivating incentives, and ongoing support to help them successfully achieve healthy BMI/Weight-loss. Employers will be provided with ongoing resources and a network that will support their efforts to build an organization wide wellness culture, with associated long-term returns in the areas of attracting and retaining employees, productivity, absenteeism, and health care cost control.

As the greater percentage of employees and their spouses achieve healthy and effective BMI/Weight-loss, an organization can demonstrate significant long-term impact to their culture and bottom-line.

Additional information is available: www.wellnesscoalitionofsa.org

2. Indicate the most appropriate person(s) to contact within your agency regarding internship possibilities.

<table>
<thead>
<tr>
<th>NAME</th>
<th>TITLE/RESPONSIBILITY</th>
<th>PHONE#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steven Antunes</td>
<td>Executive Director</td>
<td>210.323.3080</td>
</tr>
</tbody>
</table>

3. Briefly describe the internship experiences available with your agency.

Offering paid and unpaid internship opportunities 300 – 400 hours, under the direction of our Executive Director, having over 25 years of corporate wellness experience, students will receive hands-on industry experience planning, delivering, and evaluating wellness initiatives at our corporate clients.

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?

We have the potential of working with 2 - 5 interns at one time, and “yes” the position is a paid position (pursuant performance). All interns must be in Junior, Senior, or graduate student at the time of acceptance. Successful students with concentrated studies in a health, wellness, nutrition, kinesiology, exercise science, or related discipline are encouraged to apply by e-mailing a cover letter and resume to our executive director. Standardized in-person interviews will be provided to select candidates. Internship offers will be extended for each coming semester to finally selected students, based on student ability and preparedness, organizational need and fit, and candidate competency.