

# BOCA RATON REGIONAL HOSPITAL TOTAL REWARDS



2014 Edition

# **BENEFITS**

#### **Health & Wellness Benefits**

- @WorkCare Health Center
- Comprehensive Medical Insurance
- Comprehensive Dental Plan
- Comprehensive Vision Plan
- Prescription Drug Coverage
- Flexible Spending Accounts
- Extended Illness Bank
- Employee Assistance Program
- YMCA Discounts
- Onsite Flu Shots
- Paid Time Off
- Wellness Initiatives

#### Insurance Benefits

- Company-Paid Group Life
- Company-Paid AD&D Insurance
- Company-Paid Disability Coverage
- Domestic Partner Benefits
- Optional Cancer, Critical Care and Disability Plans
- Optional Supplemental
   Life & Long-Term Care Insurance
- Optional Legal Services
- Optional Pet Discount Plan

#### **Financial Benefits**

- Competitive Hourly Rates
- Weekend and Shift Differentials
- Retirement Plan including 403(b) with Match
- Alive Credit Union
- Direct Deposit Option
- Bank at Work Program
- Employee Suggestion Program
- Employee and Child Healthcare Degree Scholarships Sponsored by Medical Staff
- Year-end Incentives based on Patient Satisfaction Goals and Financial Performance

#### **Contact Us**

Human Resources Department 745 Meadows Road Boca Raton, FL 33486 Tel: 561.955.4075

BRRH.com

ONE TEAM. ONE MISSION.

# Compensation

Boca Raton Regional Hospital's compensation philosophy is to pay all categories of employees at competitive levels established by the external labor markets, considering both salary and benefits as a total compensation package. Employees continue to be rewarded on the basis of their work performance and team success.

# WORK LIFE INITIATIVES

Convenience Opportunities: Boca Raton Regional Hospital values its employees and provides services and programs that actively support your efforts to achieve success at both work and home, including: employee cafeteria, gift shop and Thrift Shoppe discounts, ATM, E-Z Eats and E-Z Gifts programs and free parking.

Campus & Community Discounts: Discounts for Florida attractions, tri-rail, automotive needs, beauty and spa, summer camp, clothing and footwear, dog boarding, dry cleaning, entertainment, wireless services and much more. See the Employee Bargain Book for a complete listing of discounts.

Community Involvement: American Heart Walk, ACS Making Strides Against Breast Cancer, March for Babies, Light the Night Walk, Relay for Life, Susan G. Komen Race for the Cure, Go Pink Initiative and Community Outreach Services.

Activities: Annual Holiday Events (Bunny Brunch, Breakfast with Santa), Sports and Recreational Events, Employee Benefits Fair, Bake Sales, Cruises, Shopping Events / Trips, Healthy Habits Wellness Expo and a variety of Employee Contests with grand prizes.

# Performance & Recognition

Boca Raton Regional Hospital is dedicated to help employees achieve high performance levels and celebrate achievements through our various recognition programs.

#### Performance:

- Introductory Review in 90 Days
- Annual Performance Reviews
- Coaching and Performance Planning

#### **Recognition Awards:**

- Staff and Department Recognition Awards
- Administrative Commendations
- Employee of the Month / Year Awards
- Patient Satisfaction Champion of the Month

#### Events:

- Hospital Week Celebration
- Get Togethers with CEO
- Service Recognition and Awards

# CAREER DEVELOPMENT & OPPORTUNITIES

The Center for Lifelong Learning at Boca Regional offers multiple learning opportunities and experiences for staff to develop skills and competencies. Examples of programs offered through the three centers of excellence include: Clinical Excellence: Many programs are offered onsite for staff and the community including CPR, a comprehensive graduate nurse and returning nurse program, coaching/preceptor classes, Basic EKG and a variety of other courses. Performance Excellence: Courses are offered to develop non-clinical staff such as communication, conflict resolution and customer service training.

**Leadership Excellence:** Beyond traditional training, Boca Regional offers leadership development across several levels, providing content and resources to help you advance to influence and lead others.

## Other resources for staff development:

Partnerships with local and national universities, tuition reimbursement program, internship opportunities and scholarships, live and online courses, CEUs and staff and community lectures.

Access to various opportunities is offered through the Center for Lifelong Learning, Organizational Development and the Human Resources Department.



# **BOCA RATON REGIONAL HOSPITAL** TOTAL REWARDS – EMPLOYEE WELLNESS

Revised 01.01.14

#### Healthy Habits Mission

To create a collaborative environment, comprised of health and wellness resources, to facilitate healthy choices and improve employee overall well-being.

#### Healthy Habits Vision

Boca Raton Regional Hospital values and promotes the health and wellness of its employees. By providing creative and substantive wellness programs and activities, the Hospital will support employees in their pursuit of improved personal health and prevention of disease.



Boca Raton Regional Hospital's employee health center, @WorkCare, has one and only one objective: to help employees achieve their optimum health. That's why @WorkCare staff are licensed to diagnose, treat and prescribe medications for a variety of common illnesses and injuries. From sore throats to simple strains and sprains, they can provide excellent and efficient care — all in a convenient setting at work. And in addition to sick care, they provide access to a full range of health assessment, coaching and disease management services.

#### Preventive Health Services including:

#### **Health Coaching**

Nutrition Physical Activity Stress Management **Smoking Cessation** 

Weight Loss

**Health Screenings** 

**Blood Pressure** Body Mass Index

Cholesterol Glucose



Lipid Panel Fasting and Random Glucose Rapid Strep

Urinalysis Oxygen Saturation Levels

Flu Mono

Pregnancy

A1C





# **American Heart** Association® Gold Fit **Friendly Award**

Boca Raton Regional Hospital is committed to providing physical activity and wellness

opportunities for our employees. We have been named a Gold Level Recipient of the American Heart Association's Fit-Friendly Companies Recognition program in 2011, 2012 and 2013.



#### **Annual Flu Shots**

In compliance with the Centers for Disease Control and Prevention and The Joint Commission recommendations, all Hospital employees are required to

receive an annual flu shot. The vaccine is provided at no charge and is available from October 1 through March 31, the "primary" flu season.



Contact Us Human Resources Dept.

745 Meadows Road

Tel: 561.955.4075 BRRH.com

initiatives email:

Rewards program.

Boca Raton, FL 33486

For more information about Healthy Habits and its

healthyhabits@brrh.com

Healthy Habits is a wellness

initiative and is part of the Total



**Benefit Fair** 

A fun-filled event with food and entertainment that gives employees the opportunity to obtain additional information

on our benefit vendors.



#### **Bike to Work**

Riding a bicycle can be a fun way to get to and from work while increasing physical activity, reducing traffic congestion, helping

the environment and even saving money. In an effort to support this initiative, bike racks are located throughout our campus. See parking map for locations.



## Cafeteria Healthy Meal Choices

In an effort to encourage healthy eating among our employees, the cafeteria offers

healthy options for snacks and meals.

The cafeteria has a variety of healthy food alternatives on a daily basis, like vegetarian options, egg whites and a salad bar.



#### Park Far, Get Ahead

Physical inactivity is a leading risk factor for heart attack and stroke. So park far away from your destination and walk on the

healthy side.



# Premium Health Incentives

Employees who complete designated wellness events are eligible for a premium incentive

on their Boca Regional insurance. Events may include biometric screening, completion of a personal health risk assessment (HRA), non-smoking attestation, participating in a Comprehensive Health Review (CHR) or other measures.



#### Tai Chi

Tai Chi is a great low-impact, weight-bearing exercise that combines slow, gentle postures and movements that contribute to your overall wellness. It can improve your physical

condition, muscle strength, coordination and flexibility. Tai Chi can ease pain and stiffness and in some cases can improve sleep.

To register, call 561.955.5321.



#### **Therapeutic Massage**

The Therapeutic Massage program offered at Davis Therapy Centers provides benefits to individuals with a range of problems from general stress, pain and stiffness to the

effects of cancer and cancer treatment. With a massage therapist on campus, employees have access to professional massage that can enhance wellness, foster relaxation and offer pain relief. BRRH employees are entitled to reduced massage rates. Please call Raj Anderson, LMT, Certified Oncology Massage Therapist for details at 561.955.4275.



# **Walking Trail**

Research shows that walking 10,000 steps per day can help you lose weight and improve your heart health, so during your break consider taking a walk around campus.

