

**Well Workplace Award
Executive Summary**

**Great Plains
Communications, Inc.**
Silver Recertification Award

Information in this publication is carefully reviewed for accuracy. Questions, comments, or ideas are welcome. Please direct to Dr. David Hunnicutt, Executive Editor, at the address below.

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General Information

WELL WORKPLACE
Silver Re-Application

Basic Information

Name of Organization: **Great Plains Communications, Inc.**

Address of Organization:

Council Affiliation: **Wellness Council of the Midlands (WELCOM)**

Contact Person: **Kathy Frahm**

Title: **Human Resource Assistant**

Work Telephone:

Fax Number:

E-Mail Address:

Alternate Contact: **Caseina Cole, Human Resource/Training Administrator**

Number of Sites Covered by this Application: **32**

Number of Employees Covered: **191**

Nature of Business or Industry: **Telecommunications**

Name of CEO: **S. Michael Jensen**

Date of Application: **October 31, 2003**

Preface: Narrative

Great Plains Communications, Inc. is an established telecommunications company founded in 1909. We provide local telephone, long distance and internet services to 76 communities in rural Nebraska, serving over 32,000 access lines. We employ 191 people, one hundred and ten are located at our home office in Blair, and eighty-one live in the communities that we serve. We also provide Cable Television service to 30 communities in Nebraska.

We began our "base" wellness program, "Great Plains Fitness and Fun", in 1993 as a result of high medical insurance claims. These high claims were also the reason we opened our program to both employees and spouses. When we first began, the program was completely administered by our Human Resource Department. We now have a Wellness Committee consisting of seven members from various departments within the company, including Human Resources.

Because our employees are located all over the state of Nebraska, our "base" wellness program uses an honor system to track points earned for a variety of activities. Employees and spouses are invited to donate blood; wear their seatbelts; exercise; receive routine physical, eye and dental exams; perform monthly self-breast exams; receive blood pressure and cholesterol screenings; quit smoking, etc. to earn points and trade them in for their choice of rewards in our Gift Catalog. Participants may earn up to 1200 points each year, which is worth a \$500 gift. We also offer Great Plains clothing and partial memberships to the YMCA as alternatives to the Gift Catalog.

Preface: Narrative

We have had a fitness facility in our Blair office since 1985. Our "Stress Relief Center" includes two treadmills, a stair-stepper, a NordicTrack, two exercise bikes and a multi-station weight machine. We also have display shelves filled with health and fitness brochures and literature.

As we move into the future, we plan to continue to offer our "base" program (described above), along with additional "canned" programs from various providers on such topics as nutrition, weight loss and exercise to ALL employees and spouses. We will also offer "brown bag lunch" seminars, CPR/First Aid training, flu shots, EAP seminars, new and updated brochures, monthly massages, etc. Although our Stress Relief Center, monthly massages and the brown bag lunch seminars are only available in our home office, ALL other programs are available to employees at ALL locations.

Preface: Narrative

The vision and mission statement of Great Plains Fitness and Fun is:

“To maximize the personal health of employees and spouses of Great Plains Communications. We will strive to be a leader in providing health management knowledge, skills and motivation to lead healthy lives.”

The vision and mission statement of Great Plains Communications, Inc. is:

“Great Plains Communications provides diversified, progressive telecommunications services; achieving optimum customer satisfaction and profitability through professional, well-trained employees.”