2014 Entry Form (Complete one for each entry.)

Fill ou	nt the entry name <i>exactly</i> as	you want it listed in the	program.							
Entry Name										
HFA										
Submission Contact										
	Phone Email									
For more information	ust be received by Tuesday , on about Qualified Entries , ne upper right corner of each	, <u>click here to access the</u> th page.	2014 Entry Rules.							
Communications	Homeownership	Rental Housing	Special Needs Housing							
☐ Annual Report ☐ Promotional Materials and Newsletters ☐ Creative Media	☐ Empowering New Buyers ☐ Home Improvement and Rehabilitation ☐ Encouraging New Production	☐ Multifamily Management ☐ Preservation and Rehabilitation ☐ Encouraging New Production	☐ Combating Homelessness ☐ Housing for Persons with Special Needs							

Special Achievement

☐ Special Achievement

Are you providing visual aids?

☐ YES

□NO

Management Innovation

☐ Human Resources

☐ Financial

☐ Operations

☐ Technology

Legislative Advocacy

☐ State Advocacy

☐ Federal Advocacy

Overview

Since the early 1990's, Colorado Housing and Finance Authority (CHFA) has been a leader in workplace wellness. CHFA believes that offering multiple workplace wellness options for employees and their dependents contributes to increased employee satisfaction. Today, workplace wellness is an integral part of CHFA's commitment to providing a good work environment. In CHFA's 2013 employee engagement survey, 99 percent of respondents either agreed or strongly agreed with the statement: "CHFA provides employee benefits that demonstrate a strong commitment to employee well-being." Of those favorable responses, 64 percent were in the strongly agree category.

Wellness Committee and Programs

CHFA's wellness program is guided by our staff-led Wellness Committee. Initially formed in 2007, the Committee is charged with developing new wellness initiatives, as well as helping to engage employees in wellness program participation. Today, seventy-three percent of CHFA employees participate in at-least one of CHFA's wellness offerings.

The breadth of CHFA's wellness programs is vast and employees have access to resources both on-site and as well as through our off-site program providers. On-site, CHFA offers free, weekly yoga, boot camp, and Zumba classes. Staff may also work out individually using our aerobics room and exercise DVD and video library, or our exercise room with weights and equipment machines. We provide both men's and women's locker rooms with shower facilities. CHFA has retained two massage therapists to provide massages to employees at a discounted rate in our relaxation room. Nursing mothers may also use CHFA's on-site lactation room for privacy and convenience. Wellness classes, such as nutritional training and stress management, have been integrated into CHFA's free, on-site employee education curriculum. In addition, employees may utilize CHFA's Employee Assistance Program (EAP) which provides access to a smoking cessation program, and back-up childcare and eldercare support. CHFA also offers health club facility reimbursement and on-site offerings include ergonomic evaluations.

Annually, CHFA's Wellness Committee organizes a Health Fair, a Flu Shot Clinic, and periodic fitness contests. Among these efforts, are team based activities such as our team walking program, CHFA-sponsored sports teams, and a CHFA Biggest Loser contest. The annual Health Fair includes exhibit booths from wellness vendors, screenings, and an opportunity for staff and their dependents to participate in full blood panel draw followed by a "Lunch and Learn" session with a physician to receive health coaching related to blood panel results. Beginning in 2014, it was a requirement to participate in the full blood panel in order to receive a \$300 flex benefit to use for qualified medical and/or dental expenses.

State of Slim

In 2014, CHFA partnered with Anshutz Wellness Center through the University of Colorado, to offer the State of Slim program. This program is designed to support a small group of employees committed to achieving lasting and meaningful weight loss by making lifestyle changes in nutrition, physical activity and self-gratitude. In just three weeks, the participants have lost more than 150 pounds collectively, demonstrating their ability to successfully push their emotional and physical limits.

CHFA Challenge

The keystone of CHFA's wellness program is the CHFA Challenge, which rewards and encourages employees for adopting and maintaining healthy lifestyles. Specifically, CHFA Challenge allows employees to earn credits, based on their activities in five categories:

- nutrition;
- physical activity;
- weight management;
- preventative health screenings; and
- activities that foster a work/life balance.

Credits are tracked by employees and 95 percent of activities are self-reported by the employee to the HR department. Credit accumulation and completion of key health milestones, such as preventative care completion, are rewarded through gift card rewards, gift card drawings, and overall dollar reductions in the amount of the employee's health insurance premium for the following year.

CHFA Challenge links together the organizations varied wellness programs, allowing staff to earn credit for participating in on-site and off-site wellness activities. For example, CHFA's newest initiative, the State of Slim, helps employees earn credit in the weight and nutrition section within the CHFA challenge program. Likewise, participation in an on-site Zumba or Yoga class would allow employees to earn credit in the physical activity section.

From Our Employees

The impact of CHFA's wellness program on employee health and satisfaction is significant and best understood through the following excerpt from a testimonial that was presented at CHFA's Annual All Staff meeting in February 2014.

Wellness Testimonial

"Wellness Programs are all about people like me. People who just can never quite find the time to hunt for a primary physician for either preventative or emergency purposes.

Last October, as a result of CHFA now requiring a blood panel in exchange for a \$300 CHFA contribution to our flex plan, I learned that I was a diabetic. Lifestyle adjustments are so easy to keep putting off – especially if your health issues are like diabetes where the signals are silent to yourself and others.

THIS is what Wellness Programs are all about. Now -- knowing what I have to deal with -- my life and lifestyle have changed for the better. I'm eating right and I'm feeling better both physically and mentally. THAT is the hope of Wellness Programs – to change the paradigm from dealing with sickness to promoting good health. "– CHFA Senior Attorney, Lorna Youngs

chfa challenge directions

introduction

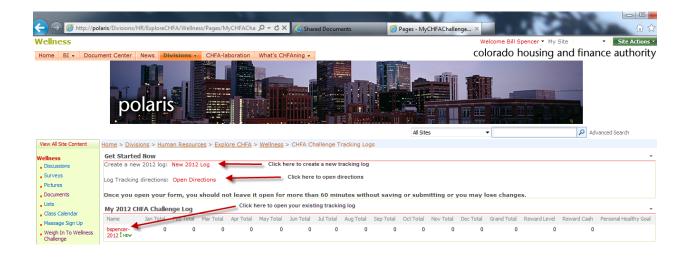
This provides basic directions for participants to log points in the CHFA Challenge program utilizing the automated tracking form: ChallengeLogsSite

procedure

This procedure provides user introduction to and help for utilizing the CHFA Challenge automated tracking form.

Open tracking log Polaris site to create new tracking log

- Go to the following URL. http://polaris/Divisions/HR/ExploreCHFA/Wellness/Pages/MyCHFAChallengeLogs.aspx
- If you have already created a log, you will see it listed under My Challenge Logs. If you haven't created a log yet, click here: New Log CAUTION if you have already created a log and choose New Log, you will save over your existing log.
- This opens the tracking page where you can create a new form, see your monthly progress, and edit your form





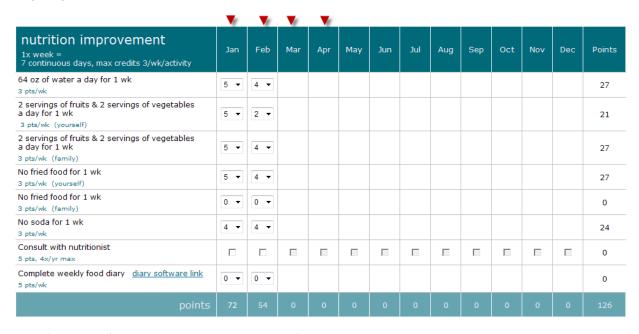
Saving / submitting your form

• When the form opens, you will first see that the form is for 2011 and that it knows who you are.

chfa challenge tracking log



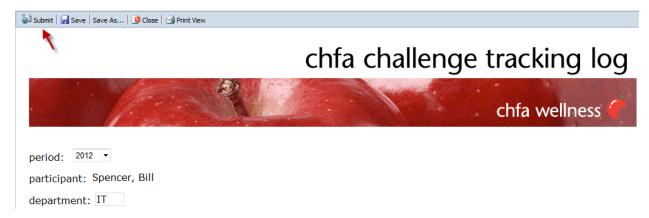
- Next, notice that there are sections for each of the five pillars of the CHFA Challenge: Nutrition, Weight
 Management, Physical Activity, Prevention and General / Life Balance. You don't have to fill in anything that you
 don't want to.
- Notice that not all fields are showing for all the months. You are only able to fill out information for the current
 and past month. You will need to open your form and fill in information every month in order to ensure you get
 all of your points.



• You don't have to fill everything out at once. The form will remember your changes. Simply hit submit at the top or bottom of the form to save a copy of the form on Polaris. Submit is simply the way you save your form on Polaris. You can go back anytime and make changes to an open month.



Top of form submit



Bottom of form submit

grand total	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Points
points	72							0		0			72
Optional (Attach other log	s) U Cl	ick here	to atta	ach a fil	е						_	→	Submit

1/12.v1

Logging your points

• Nutrition Section

nutrition improvement 1x week = 7 continuous days, max credits 3/wk/activity	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Points
64 oz of water a day for 1 wk 3 pts/wk	5 🔻	4 🔻	-					make a					27
2 servings of fruits & 2 servings of vegetables a day for 1 wk 3 pts/wk (yourself)	5 ▼	2 🔻	-					overing ive you		е			21
2 servings of fruits & 2 servings of vegetables a day for 1 wk 3 pts/wk (family)	5 ▼	4 🔻											27
No fried food for 1 wk 3 pts/wk (yourself)	5 🔻	4 ▼											27
No fried food for 1 wk 3 pts/wk (family)	0 🔻	0 🔻											0
No soda for 1 wk 3 pts/wk	4 🔻	4 🔻			complet eckbox.	ed an a	ctivity	during t	he mont	h, click			24
Consult with nutritionist 5 pts, 4x/yr max			П									П	0
Complete weekly food diary <u>diary software link</u> 5 pts/wk	0 🕶	0 🔻											0
points	72	54	0	0	0	0	0	0	0	0	0	0	126

• Weight Management / Maintenance Section

weight ma maintenan	nagement / ice	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Points
Maintain healthy w	veight healthy weight chart link	V	You	can rece	ive points	for main	taining a	healthy w	reight					15
Participate in CIGN 5 pts, 2x/yr max	IA health coaching <u>CIGNA link</u>													0
Participate in a we	eight loss program			You ca	n receive	points fo	or particip	ating in a	weight l	oss				0
Attain 25% wei 5 pts	ight loss goal		1	1										0
Attain 50% wei	ight loss goal													0
Attain 75% wei 50 pts	ight loss goal		/_											0
Attain 100% we	eight loss goal													0
Quarterly weight lo	oss challenge winners f quarter	4		a	gainst oth	ner teams	to win e	rt of a tea xtra weig	ht loss p	oints. At				
25 pts Seco	place nd place I place							down bo						0
	points	15		0	0	0	0	0		0		0	0	

• Physical Activity Section

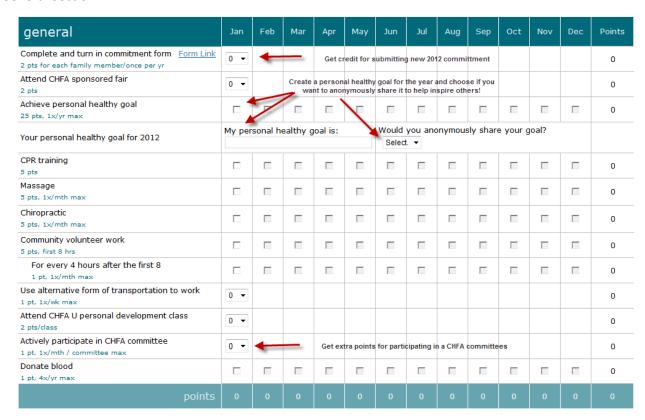
physical activity	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Points
Personal Trainer / Coaching 5 pt/session, 1x/mth max	V	П						П					5
Workout in a CHFA fitness class 1 pt, 1x/wk max	2 🔻	+	Receive	credits fo	r your ov	vn physic	al activitie	es, coach	ing				2
30 minutes of continuous fitness activity 1 pt, 1x/day max, 365 credits/yr max	0 🔻												0
Participate in quarterly fitness challenge 1 pt/mth	V												1
Achieve quarterly fitness challenge milestone 1 15 pts/milestone		Г			П		П		П	П		П	0
Achieve quarterly fitness challenge milestone 2 25 pts/milestone		1											0
Quarterly challenge winners enter place at end of quarter 100 pts First place 50 pts Second place 25 pts Third place		//			to win ex	citing mi		oints as	HFA's qua well as e teams.				0
points	8	0	0	0	0	0	0	0	0	0	0	0	8



Preventative Section

preventative	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Points
Annual medical wellness checkup 10 pts, 1x/yr (adult family)	0 🔻	0 🔻											0
Semi-annual dental checkup 5 pts, 2x/yr/family member	0 🔻	0 🔻											0
Vision checkup 10 pts, 1x/yr/family member	0 •	0 🔻											0
Child wellness visit 5 pts, 2x/yr/child	0 🔻	0 🔻											0
Prenatal care 10 pts (family member)	0 🔻	0 🔻											0
Medical screenings 15 pts, 1x/yr per screening per adult family member (mammogram, pap, prostate & colon exams, depression screening and dermatology/cancer screening. Please refer to your physician for recommended screenings)	0 🔻	0 🔻											0
Flu shot (regular and/or H1N1) 2 pts, 2x/yr max per family member	0 🔻	0 🔻		If you	ı are a ı	non-sm	oker, cla	aim your	monthl	y credit			0
Quit smoking 50 pts, 1x during the life of the program		<u>_</u>	Г										0
Nonsmoker 5 pts, 1x/mth; dependents excluded	V	✓											10
points		5		0	0	0	0		0	0	0	0	

General Section



responsible division

Human Resources will maintain this procedure as well as the overall structure of the CHFA Challenge employee wellness program. Human Resources will continue to receive active feedback on the program from the Wellness Committee as well as all CHFA staff, executives and directors.

This procedure pertains to all CHFA staff either participating in or considering participation in the CHFA Challenge. This document is a suggested guide for introducing and utilizing the automated CHFA Challenge tracking form.



review date

Initial review date for this procedure is 1/4/2012. This procedure will be reviewed and updated as necessary but at least every year beginning in 2011.

version

1/12.v2

Colorado Housing and Finance Authority CHECK DISBURSEMENT FORM

Today's Date:	July 1, 2014
Requested By:	Jerilynn Martinez
Payment Due Date:	July 1, 2014
Funds Requested Fo	or:
Funds Requested Fo	

Seminars

X Other

Reserve for Replacements

Loan Disbursements

Construction Rehabilitation Reserve

FOR FINANCE USE ONLY	
Vendor #	_
Reviewed By	

X | Mail check - standard envelope

Mail with enclosure(s) ***

Source of Funds: X General Operating		
Y General Operating		
A General Operating	Escrow	Reserve Reimbursement
Description (Include proje 2014 NCSHA Award Nom		name, loan type, bond issue, reason):

Washington, DC 20001 Mail to other than payee ***

*** Please provide pre-addressed envelope

Please note: Internal Controls require that all checks be mailed by Accounting. You have the choice of mailing enclosures separately. Confidential information mailed by accounting should be provided in a sealed envelope and labeled appropriately.

Requester Agreement (Required)

2014 Annual Awards at NCSHA

444 N. Capitol Street, NW, Suite 438

I certify that all information is correct. I understand that any travel advances outstanding for thirty (30) days will be deducted automatically from my paycheck.

Requester Signature: Jerulynu Moutius?	Date:7.1.2014
Authorization	
Manager or Designee: Journal Martine	Pate: 7/1/19
Director or Designee:	Date:
Executive:	Date: