

Healthcare Heroes Week is *here!*



Be seen. Be heard. Be healed.

2023 TriHealth Healthcare Heroes Week Celebrating YOU All Week Long | May 8-14, 2023

We've planned a week of celebrations—activities, random drawings, gifts and prizes—in tribute to our very own TriHealth Healthcare Heroes! Check out the festivities below and visit Bridge between May 8-14 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5	6	
		TriHealth Unsung Hero (Tuesday, May 2-Monday, May 8)					
7	8	9	10	11	12	13	
TriHealth Unsung Hero			Town Hall 12:00pm		Guided Meditation		
	Show Off Your TriHealth Spirit (Monday, May 8-Sunday, May 14)						
	Share Your Appreciation (Monday, May 8-Sunday, May 14)						
	TriHealth Trivia (Monday, May 8-Sunday, May 14)						
14	15						
Show Off Your TriHealth Spirit							
Share Your Appreciation							
TriHealth Trivia							

Free Perks to Celebrate YOU!

- Enjoy a LaRosa's Meal from TriHealth.** Back by popular demand, TriHealth team members, physicians and volunteers will receive a FREE meal voucher via email from LaRosa's good for either a large 1-topping pizza OR 2 hoagys. Vouchers will be emailed to your TriHealth email address beginning Tuesday, May 9. Volunteers will receive their voucher through their primary email address on file.
- Reconnect to Wellness.** TriHealth Fitness and Health Pavilion is offering a **FREE** week for team members and their families to use the Pavilion facility resources. This "rolling week" can begin on any date of Healthcare Heroes Week (May 8-14) and will continue for 7 days after your first visit. Upon entrance, team members must show their badge and fill out a waiver form.
 - Available services include fitness floor and equipment, pools, sports courts, group exercise classes and childcare services.
- Healing Begins with YOU!** Wear your new Healthcare Heroes Week t-shirt proudly knowing that YOU are the reason our patients feel the way they want to feel: seen, heard and deeply cared for.
 - Team members can visit Bridge to place a late order. Orders must be placed by May 26.
- Local Celebrations, Treats, and Special Events.** In addition to all the system activities going on this week, your local leaders have also planned a number of fun on-site events and surprises to celebrate and recognize your own team's hard work and achievements, so be sure to enjoy them all!

Healthcare Heroes Week Contests and Special Events

TriHealth Unsung Hero

- We are kicking off this year's celebration by asking team members to nominate a **TriHealth Unsung Hero** by recognizing a team member whose quiet greatness may go unnoticed but is so appreciated for all that they do. You and the Unsung Hero you nominate will be entered into a random drawing to receive a \$100 gift card.
 - Nominations must be submitted between Tuesday, May 2 and Monday, May 8. The random winners, and the person who submitted the nomination, will be announced during the special Healthcare Heroes Week Town Hall on Wednesday, May 10 at 12:00pm.

Share Your Appreciation

- **Share Your Appreciation.** All week long, you can send an Appreciation Station e-card to recognize and celebrate fellow team members, physicians and leaders. Those who send an e-card between Monday, May 8 and Sunday, May 14 will be entered to win one of ten \$50 gift cards randomly drawn throughout Healthcare Heroes Week:
 - Five winners will be announced during the special Healthcare Heroes Week Town Hall on Wednesday, May 10 at 12:00pm.
 - Five additional winners will be announced on Bridge at the end of Healthcare Heroes Week on Monday, May 15.

Show Off Your TriHealth Spirit

- **Show Off Your TriHealth Spirit** and visit the TriHealth Way Facebook Page to enter a Healthcare Heroes t-shirt photo contest! Between Monday, May 8 and Sunday, May 14, submit a photo in a Healthcare Heroes t-shirt to be entered into two random drawings throughout Healthcare Heroes Week to win a FREE pair of tickets to an upcoming Cincinnati Reds game:
 - Six winners will be drawn on Thursday, May 11.
 - Six additional winners will be drawn on Monday, May 15.

TriHealth Trivia

- Complete the online **TriHealth Trivia** quiz to show how well you know TriHealth! Between Monday, May 8 and Sunday, May 14, test your knowledge of TriHealth Trivia with this quick quiz. Those who participate will be entered in a random drawing to win one of five \$50 gift cards.

Special Healthcare Heroes Week Town Hall

- Tune in to the **special Healthcare Heroes Week Town Hall** livestreamed on Bridge on Wednesday, May 10 at 12:00pm where we will reveal the ten randomly drawn winners of the Taylor Swift ticket giveaway in addition to five TriHealth Unsung Hero nominations and their nominators. Additionally, 100 team members will win some really cool TriHealth prizes for joining the celebration!

Virtual Guided Meditation

- Unwind with a **Virtual Guided Meditation** from TriHealth Lifestyles on Friday, May 12 from 12:00-12:30pm. The link to join the livestream will be available on Bridge.

Happy TriHealth Healthcare Heroes Week!