

NOVAFIT

PROJECT DESCRIPTION

NovaFit is the employee wellness program which includes onsite health screenings, access to HealthCoaches and a website with support tools and resources. These screenings, in conjunction with the Personal Health Assessment, provide employees with a more complete view of health, and the Health Coaches can help employees achieve any health improvement goal they set. Currently, NovaFit is only available to full-time employees who receive health benefits through the University.

PROJECT UPDATES

N/A

PROJECT OUTCOMES

Expand Thrive 365 initiative to include access for graduate and law students.

Explore vendors who might expand the Thrive 365 online portal interactive features to make it more attractive and engaging for students.

Explore vendors who might provide NovaFit and Thrive 365 portals to bridge efforts between employees and students.

Conduct periodic health and well-being assessment of employees and students that measure health, well-being, resilience, coping and thriving.

AFFECTED METRICS



Metric	Metric Description	2021 Key Result
2.2	Proportion of students, faculty, and staff that are meeting their caloric and nutritional needs without consuming in excess.	Measure the nutritional health of Villanova's population and assess the needs of those with restricted diets due to allergies, religious restrictions, or other dietary restrictions.
3.3	Percentage of University insurance provided physical and mental health care that is an out of pocket expense for a student, faculty, or staff member.	
3.5	Proportion of students, faculty, and staff receiving age appropriate sleep per night during the semester.	
3.6	Thriving quotient.	Complete Thriving Quotient Study.
4.1	Graduation rate of Villanova undergraduate students in 4 years.	Maintain 2018 4 and 6 year graduation rates.
4.1	Percent difference of graduation rate in 4 years of the underrepresented groups.	Maintain current overall graduation rate for underrepresented student demographics.

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AFFECTED METRICS *(CONTINUED)*



Metric	Metric Description	2021 Key Results
8.3	Largest percent difference in attrition rates between genders and races for each job grouping.	
16.3	Proportion of students, faculty, and staff that feel like they are apart of an institution that is just and fair to its members.	Add questions to the climate survey to better represent satisfaction with Villanova's administrative justice.