

# Wellness Project

## HISTORY

The Wellness Project was an internal venture for the Human Resource Program and the Bridge Development Program. The idea was to create an application to assist WYDOT Employees in tracking wellness activities.

The Development Group and Information Technology Oversight Committee chose to write a Web application, instead of purchasing a Commercial Off-The-Shelf (COTS) solution. This was due, in part, to the fact that most COTS were targeted specifically for individual users, instead of a corporate environment. In addition, the COTS systems included more features than WYDOT needed, like nutrition and physician appointments, while at a higher price than developing a customized application

## OBJECTIVES

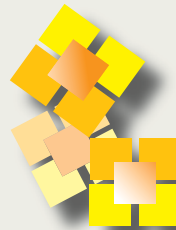
- Reduce/Eliminate Paperwork
- Assist in Analysis
- Reduce Data Entry Errors
- Reduce Administrative Overhead
- Simplify Recording Process
- Save Time
- Easy to Use

Software Development Group



## RECOGNITION

This project was a success due to the following people's hard work: Ann Myers, Dana Weickum, Dustin Massingale, Erin Cross, Jake Guzman, Jason Miller, John Lung, Joel Page, Kiana Zimmerman, Meleny Cox, Paula McAfoos, Shelly Erickson, Todd Moad, and Wesley Bay.



WYDOT Software Development

5300 Bishop Blvd  
Cheyenne, WY 82009 USA  
(307) 777-3904  
(307) 777-3825 fax  
<http://dot.state.wy.us>

Developing Organizational Solutions



Wellness Project

# Wellness Project System Development

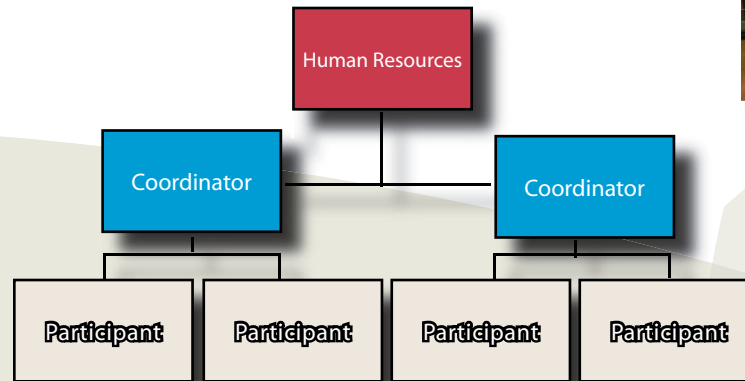
## SYSTEM

### Web Application

- Oracle Application Express (APEX) 2.2 running on Windows 2003 Server
- Oracle 10g database running on Windows 2003 Server
- Vault (Flat eDirectory Tree)
- Crystal Reports XI Rel. 2

### USER/Groups

- Human Resources
- Coordinators
- Participants



## APPROVED ACTIVITIES

Aerobics
Aquatic Exercise
Basketball
Bicycling
Boxing
Calisthenics
Cross-Country Skiing
Dancing
Elliptical Trainer
Hiking
In-Line Skating
Jazzercise
Jogging
Karate
Pilates
Racquetball
Rowing
Running
Snowshoeing
Soccer
Softball
Stair Climbing

## HOW IT WORKS

### Human Resources Privileges

- Create All Users
- Assign User Privilege Levels
- Update Security Level
- Override Time Entered
- View Status Of Participants
- Add Approved Wellness Activities
- Add Time to any Participant
- View Summarized Chart of Statistical Data on Participants
- View Coordinator and Participant Web Pages

### Coordinators Privileges

- Create Users for their Program
- Add Time to their Participants

- Update Status of their Participants
- View Summarized Chart of Statistical Data on Participants
- View all web pages that the participant sees

### Participants Privileges

- Enter Profile Information (e.g. name, date of birth, etc.)
- Enter Exercise Time
- View charts displaying the status of reaching their exercise goal
- Required to enter exercise time by noon Monday
- Must complete 13 hours a month for 6 months consecutively to qualify for 4 hours of compensatory time

## Internal Operations

Web Application Emails Participant When Entered in System

WYDOT uses a "rolling 6-month" time frame, This enables WYDOT employees to join the Wellness Program in any month, regardless of when the program initially started.

On the 14th of the month, a Crystal Report, listing the employee ID and name, is sent to Payroll. This is done so at the end of a 6-month consecutive participation period, 4 hours of compensatory time can be entered into PeopleSoft.

## WEB SITES

[http://www.oracle.com/technology/products/database/application\\_express/index.html](http://www.oracle.com/technology/products/database/application_express/index.html)  
<http://www.oracle.com/database/index.html>  
<http://www.businessobjects.com/products/reporting/crystalreports/default.asp>  
<http://www.novell.com/products/edirectory>  
<http://www.oracle.com/peoplesoft/index.html>

