

# Healthier Together

## Introduction

Please hold a session to introduce *Healthier Together* as part of your upcoming regular team meeting. To facilitate the session, please use the *Healthier Together* toolkit resources, available at [www.nshealth.ca/healthiertogether](http://www.nshealth.ca/healthiertogether).

*Healthier Together* belongs to all of us. Wherever you work, learn or volunteer in the organization, you have an important role to play in our *Healthier Together* strategy.

PLEASE CONSIDER SOME OF THE FOLLOWING IDEAS TO BEGIN THE CONVERSATION:

- It's hard to think about this when we already have so many competing interests on our plate.
- How can we move on the strategy when we aren't even sure how we fit into the new organization?
- What do the organizational values mean to our team?
  - Respect
  - Integrity
  - Innovation
  - Courage
  - Accountability

### How do the strategic directions touch our team?

#### 1. Person-centred, high-quality, safe and sustainable health and wellness for Nova Scotians.

NSHA will deliver a person-centred, high-quality, safe, accessible, equitable and sustainable health and wellness system through a focus on performance, accountability, education, research and innovation.

#### 2. A healthy, high-performing workforce.

NSHA will create a positive and healthy organizational culture that enables employees, physicians, learners and volunteers to support the health and wellness of Nova Scotians. We will foster safety, learning, respect, leadership, accountability, inclusiveness, role optimization and collaboration among our teams.

#### 3. Engagement with Nova Scotians to create a healthier future.

NSHA will engage Nova Scotians to promote and support our shared accountability for health and improvement in health status.

### Additional questions to stimulate discussion:

- What is *Healthier Together*?
- How does it support our vision of healthy people, healthy communities — for generations?
- Why should we support *Healthier Together*?
- Where does our team fit into *Healthier Together*?
- What are we already doing as a team to support the plan? What success stories can we share?
- What more can we do as a team to support the directions and goals that directly affect our work?
- What can we do as individuals to support the team and reach our goals?
- What can we do as a team to move it forward and ensure *Healthier Together* is a success? How can we make it part of our daily work?
- What support do we need from our leaders to make *Healthier Together* a success?
- When will we know our team has succeeded? How should we celebrate when we get there?

To learn more about what others are doing to support the plan, please visit [www.nshealth.ca/healthiertogether](http://www.nshealth.ca/healthiertogether).