Their BeWell story
Keenan Johns and Keith Marin: Second prize BeWell winners!

Keenan Johns, Assistant Director of Compliance Services at Stanford Athletics, has been a BeWell Program participant for three years. Learning of this year’s BeWell Refer-a-Colleague Program, Keenan convinced Keith Marin, Financial Analyst at Stanford Athletics, to join the BeWell Program — and per contest rules, both completed their Screening & Advising by August 15 and were entered (as a pair) into a drawing for taxable cash prizes.

Keenan and Keith each won the second prize: $500 each!

How do you two know each other?

We do not technically work together, but are down the hall from one another and often see one another in passing.

How did the referral come about?

Keenan read the email blast about the Refer-A-Colleague program and spoke with Keith. Keenan is such a BeWell proponent that when he interviews people, he mentions that the BeWell program is a Stanford perk and a reason to come to work here. Keith was planning an international vacation and was in the process of getting some vaccinations. As a result, Keenan thought his friend, Keith, would be open to doing BeWell — and he was right. Although Keith had not previously participated, he jumped in.

Referrer: How long have you been with BeWell, and what do you especially like about the program?

Keenan shares the BeWell experience with all of his colleagues all the time. He has been at Stanford three years and has come to BeWell every year. He notes that some employees are reluctant to participate due to concerns about their personal data. Keenan has had great experiences. The first time, as a result of his screening, he bought a fancy scale that measures body fat, etc. A second time, he received a screening result which led him to reach out to his primary care physician to have a second test done. He appreciated the fact that BeWell focused his attention on these screenings.

Referred: Tell us about your first experience with Be Well. What perks and resources are you looking forward to trying out?

Keith has a background as a personal trainer, extensive nutrition knowledge, and coaching in a previous chapter of his professional life. As a result, he likes blunt feedback. His first experience was positive: while his numbers were good, the coach sensed that he was there for an additional reason, and she was right. He had two additional reasons for being there and she was able to make relevant referrals for each subject.

Keith believes that BeWell really is a perk at Stanford. He has moved back to Stanford (previously worked here part-time) from San Jose State and says there is nothing comparable.

If we were to do another Refer-A-Colleague program in the future, what words of wisdom would you give to those who did not participate this year?
Keenan would say, “Do it.” He has spoken with friends at Apple, Tesla and Google, and they say there’s nothing comparable where they work. Both Keenan and Keith would be happy to spread the word individually and as a pair if we do it again.

They both also believe that the key to getting individuals to participate is to have managers on board who emphasize, at staff meetings, the importance of participating in BeWell. A suggestion was made that managers could be encouraged to do this at the Managers’ Academy.