



# Healthy U Express!



## Healthy U On The Go!



### It's time for the 5th Annual Grand Blue Mile Event!!

The Grand Blue Mile is the Midwest's premier community street run for ALL ages and ALL Abilities! This annual event has hosted more than 13,300 participants including Olympians, American record holders and many of the worlds finest track and field athletes!

Don't miss your chance to experience it! Whether you are a marathoner, casual jogger, a walker or someone just getting active. Grab your running shoes and jump on 5,280 feet to fitness!

The Grand Blue Mile was created by Wellmark Blue Cross Blue Shield and the Drake Relays to encourage healthy habits and empower positive change. This annual event brings family and friends together for a one mile run/walk in Downtown Des Moines! From competitive to recreational, there's something for everyone at the Grand Blue Mile! Its Your Race, Your Pace, Your Mile!

**Discount Alert!** ALL DMPS Employees can register for only \$15 by using the discount code below!! Normal Registration fee is \$25 you save \$10!!



## Get Ready...Get Set...Get Registered!

### More Healthy U Events!

Join any one of these offerings and you can use them as a qualifying activity to help earn your Healthy U Incentive Dollars! It's as simple as this: Register\* Attend\* Self-Report! These activities will count under the My Healthy U EDU tile on the Rewards page of the website!

### Aroma Therapy Essential Oils 101

Join Andrea Wright at Cowles Elementary School on Wed., April 23rd at 3:50 pm. Learn more about the healing qualities of essential oils! Sign-up today as space is limited. Email: [andrea.wright@dmschools.org](mailto:andrea.wright@dmschools.org)



### Benefits 101 Understanding Your Benefits and Open Enrollment

With open enrollment just around the corner we are offering several HR/Employee Benefits Information Sessions.

If you have questions about your health insurance, Healthy U Wellness, Dental, Flexible Spending, Blue Access vs Alliance Select, than these sessions are for you!

### No Registration Needed!

**YOU pick the locations, the date and the time that works best for you! Take a look!**

Monday April 28 5-6pm

Tuesday April 29 5-6pm

Wednesday April 30 5-6pm

**Above Times are Located at Callanan Middle School Auditorium**

Thursday May 1 8:30am-9:30am

Thursday May 1 12:30-1:30pm

Friday May 2 12:30-1:30pm

**Located at Dean Operations Bldg, 1917 Dean Ave**

### YOGA Class At Central Campus



Join Patty your instructor from Iowa Yoga Therapy. Classes begin April 1-May 27, and meet on Tuesdays or Thursdays from 3:30-4:30pm. Contact Patty at: [pattyb@gmail.com](mailto:pattyb@gmail.com) for cost and sign-up. Or call 515-491-5822.

**Deadline to complete the six activities in Step 2 is June 15th!**

**Self-report your completed Healthy U Activities on the Rewards page. Go to the Wellmark WebMD Healthy U Website! (Click the Tile, Date It, Submit It!)**





## Personal Health Assistant 24/7 Puts Control in Your Hands

You want to ask a few questions of a medical professional, but don't want to sit in a waiting room. Personalized and confidential support for your health and wellness are just a phone call away.

Wellmark Blue Cross and Blue Shield's Personal Health Assistant 24/7 – 1-800-724-9122 – goes the extra mile to ensure your questions and concerns are answered and you receive the guidance about your health that you need.

### New to the service?

Here are a few tips you should know.

- All employees and their covered dependents 18 years and older can call Personal Health Assistant 24/7.
- Dependents 17 years and younger may speak with a nurse or care coordinator if verbal consent is provided by a parent/legal guardian.

First, a care coordinator will greet you and identify your need. Your call may be directed to one of these services:

**Care Navigation.** Just learned you have a health condition? You can receive information from a health professional to help you understand your diagnosis and treatment, and learn about resources for support.

**Decision Support.** Unsure if you should have a surgery or what treatment path to follow? Talk to a nurse to learn about your options. And if you're wondering how your benefits might affect your decision, Personal Health Assistant 24/7 can transfer you directly to a Wellmark Blue Cross and Blue Shield customer service representative to answer your coverage questions.

**Nurse Support.** Having side effects from a drug? Need to know how to take care of a cold or bug bite? Talk to a registered nurse who can assess your symptoms and recommend next steps.

**You** don't have to  
go fast...  
**You** just have to **GO!**

### Community Education!

Did you know that taking classes through Community Education is **EASY, AWESOME, AND REASONABLE !!**

Check out the catalog or access it online at: [www.dmced.org](http://www.dmced.org)

Classes range from exercise, living holistically, retirement, financial, writing, language and culture, computer, & so much more!

Check it out!!

### Contact Information:

Tammy Steinwandt,

Wellness Coordinator

[tammy.steinwandt@dmschools.org](mailto:tammy.steinwandt@dmschools.org)

### Making



Tracks

**The Final Healthy U Personal Wellness Challenge is about to start! Register Now!**

**April 14-May 12th**

Spring is here and it is time to bust out of the winter blahs and start moving! **Making Tracks** is the last personal wellness challenge for 2013-2014, and it's all about physical activity. The American Heart Association recommends that adults get 150 minutes or more of moderate-intensity physical activity each week! Now

don't be intimidated by that number, just break it down and aim for 30-minutes a day, 5 days a week!! Still feeling unsure? Studies show that you can also benefit from breaking up your time in two or three time segments of 10 to 15 minutes each per day!

**YOU CAN DO IT!!**

Simply register with the link below! Then use your **Making Tracks** form, and track your minutes per day of physical activity! Your choice, Your way, Your day!

<http://fs8.formsite.com/DMPSchools/form41/index.html>

**Lost your tracker?** No worries, You can always find it on the DMPs Website. Look under the Staff Tab, Than Healthy U, and it is in the Personal Wellness Challenge section.

**Making Tracks** counts as a wellness activity under the Rewards tile: "Healthy U Personal Wellness Challenge" or if you need a "Healthy U EDU" wellness activity, you can count it there as well! That's a Healthy U Bonus! Once you have completed the challenge, as it is with all your Healthy U activities, self-report it on the Rewards Page. (Flip and date your tile)

