



# Healthy U...Wellness is No Joke!

## April Fools! Happy Spring!!

April Fools day is one of my favorite days of the year and being a bit of a jokester I have pulled my share of great April Fools jokes on my family and friends! Plus I have had my share of reverse April Fools! All have been well deserved I am sure!

But our health and wellness is no joke, not on Aprils Fools or any other day! The gift of health is a treasure! Healthy U is just one small piece of a huge life puzzle! Take what you can, and be as active as you want to be!

I came across a quote years ago and it has always sort of grounded me and makes me think. I have used it many times because it is simple, yet effective.

In the words of G.M Trevelyan, "I have two doctors...my left leg and my right leg" He said this in the early 1900's and I believe the quote was his way of saying stay active! So from Healthy U... Get... Stay... and be as healthy as

you can be!



## What's New: Check it out... Twitter!

Healthy U Wellness is on Twitter! Catch a quick, simple, and informative daily message! **Follow us today!** <https://twitter.com/DMWellness4U>



## Healthy U FREE Health Coaching!!!

**This confidential, FREE, and excellent opportunity is waiting for you!**

As a DMPS employee you have a an exciting perk just waiting for you! The opportunity for you to have your own personal health coach is here! Set your own health goals to: work on nutrition, weightloss, stress reduction or learn how to increase your exercise. Whatever your goal, your personal health coach will guide and help motivate you to be the healthiest YOU yet! You simply participate in One on One Health Coaching with a Unity Point

Health Coach! To count this as a Healthy U EDU activity you must complete a minimum of 2 sessions scheduled at least 3 weeks apart. (May utilize a total of 4 FREE sessions paid for by Healthy U) **Call (515) 241-5061 To Schedule Today!**

## Need to Register on Wellmark?

If you have not yet registered or created an online account with Wellmark, no worries you still have time! With MyWellmark, enjoy a single sign on to the MyWellmark homepage, and then access to the WebMD Wellness Center and the Healthy U Rewards Page for self-reporting your wellness activities! Online registration is easy! Primary Insured DMPS Employees will use their Wellmark insurance card, DMPS employee dependents or even employees who do not carry the DMPS Health Insurance will use a Wellmark ID card! If you can't find your card contact Rhonda Wagoner, Benefits Specialist, or Tammy the Wellness Coordinator for help in locating your ID number!



## The Healthy U Buzz...



### Upcoming Healthy U Health Chats for April!

Our financial health series continues this month as we discuss debt. Debt is no joke and it can seem unmanageable and overwhelming at times! Join us and our friends with the Financial Health Capability Network as we gather some great tools to help us deplete our debt and SAVE!

As always choose the date and time that works best for you!



**"That Darn Debt! Understanding How To Deplete Debt & Save"**

### Pick a date and time:

Tuesday, April 28th  
Callanan MS Auditorium 5-6pm  
Or Thursday, April 30th  
Dean Avenue Operations (1917 Dean Avenue) from 12pm-1pm or 5:30-6:30pm

Registration link:

<https://caleo.wufoo.com/forms/dmps-that-darn-debt/>

### The Final Personal Wellness Challenges for 2015!



**"Balance the Pressure"  
Begins April 23-  
May 22, 2015**



High Blood Pressure is a major risk factor for heart attack, stroke, heart and kidney failure! Take part in this 4-week challenge and get to **"Know Your Numbers"**

Register Today by using this link: <https://fs8.formsite.com/DMPSchools/form219/index.html>

### Queue Up Your Coffee Begins April 23-May 22, 2015



Do you have a serious caffeine addiction, or do you just enjoy an occasional cup of coffee? Healthy U wants to challenge you for the next month to curb your coffee/caffeine routine!

Register today with this link! <https://fs8.formsite.com/DMPSchools/form220/index.html>

## Healthy U Step 2 Deadline June 1, 2015

Make sure you log into your Wellmark WebMD Healthy U Rewards Page and self-report the completion of all six activities you need to earn the \$100 Wellness Incentive! ([www.wellmark.com](http://www.wellmark.com)) Click "Visit the Wellness Center" and then Click "Rewards" on the WebMD page! Locate the wellness bar that says Step 2, Click on it and find the wellness category that matches your activity! (I.E. Preventive Screenings/ Vaccinations, Personal Wellness Challenge or Healthy U EDU). Enter the date and hit "Save"!!



The secret to change  
is to focus all your  
energy, NOT on  
fighting the old, but  
on building the new"

-Socrates

Magellan  
HEALTHCARE

### Employee Assistance Program! (EAP)

Available 24/7! For you or any-  
one that lives in your household!

Confidential counseling and referral  
services that can help you and your  
family successfully deal with life's chal-  
lenges. It's FREE! It's CONFIDENTIAL!  
The EAP can help with things like stress,  
anxiety, depression, relationship prob-  
lems, job or work stress, parenting,  
alcohol and drugs, legal issues, and  
financial concerns. Call 1-800-356-7089

#### Contact Information:

Tammy Steinwandt

Wellness Coordinator

tammy.steinwandt@dmschools.org



## GRAND BLUE MILE!

### Wellmark's Grand Blue Mile!!! Tuesday, April 21st!

Come One, Come All!!! 1000's of people across our state and beyond  
will be participating! Its the largest street event going!! You can Run  
it or Walk it, Plus It's a great way to kick off the Drake Relays!! Con-  
sider Joining this 1-Mile Trek, it includes a ton of fun, great activities  
before you get started, a great walk/run, and a t-shirt for registering!

Fun for the entire family as well!

### DMPS Registration Discount Begins March 13th-April 19th!

DMPS employees use code "GBMDMPS15" to provide \$10 off adult registration.

Register Now! Here is the Link: <http://www.grandbluemile.com/register/>

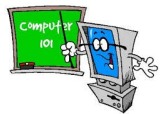


## My DMPS Health Benefits and Open Enrollment Coming Soon! Stay Tuned For Details!!

Change is in the air! We have some new and exciting benefits changes  
happening during our upcoming open enrollment for 2015-2016!  
Stay Tuned! Learn More!

## Healthy U Computer Help For You!!

Do you need help? Difficulty Logging in? Can't remember your Username and Password?  
Not sure where or how to self-report your awesome wellness activities? If you  
need help than we want to help you! Listed below are the open computer lab help  
sessions. Healthy U along with your Health Benefits Advisory Committee  
(HBAC) and your Building Wellness Champions want you to be successful!! Join  
us at any of the Open House Help Sessions below! Stay as long as you would like  
and come when it works best for you! **No Registration Needed!**



- > Thursday, 4/16 1:30pm-5:30pm Prospect Support Facility Computer Lab 2nd Floor
- > Tuesday, 4/21 3pm-5:30pm Prospect Support Facility Computer Lab 2nd Floor
- > Monday, 4/27 1:30pm-5:30pm Prospect Support Facility Computer Lab 2nd Floor
- > Wednesday, 5/6 1pm-5:30pm Prospect Support Facility Computer Lab 2nd Floor
- > Wednesday, 5/13 1pm-5:30pm Prospect Support Facility Computer Lab 2nd Floor
- > Thursday, 5/21 6:30am-6pm Prospect Support Facility Computer Lab 2nd Floor

**What to bring:** Your Wellmark Insurance Card or Wellmark ID card, & Healthy U dates of activities to enter!



### FITBIT HELP!



Your Fitbit comes with a  
one year manufacturers war-  
ranty from the date you registered it! If  
you are having issues or questions the Fit-  
bit website is a great place to visit and  
troubleshoot your questions!

Below are two links that you can use to  
access Fitbit! Call:1-877-623-4997

**Web help:** <http://help.fitbit.com> or **Email:**  
<http://help.fitbit.com/customer/portal/emails/new>

If Fitbit determines they will replace your  
Flex or One, or send you any other new  
parts, please inform them that you received  
your device as an incentive through a com-  
pany wellness program initiative and that  
you do **not** have a receipt.



### New To Healthy U!

We have a new face here in  
Healthy U! Tanya Stark, is a  
new name you will be seeing  
through emails and other well-  
ness communications! Tanya is  
an Executive Assistant and will be split-  
ting her time between HR and Wellness  
duties. Welcome Tanya!

### HELP! Quinoa... I Cant Pronounce This Let Alone Cook With It!



### QUINOA... pronounced "KEEN-wah"

Quinoa is a delightful ancient grain. It pro-  
vides all 9-essential amino acids, is gluten-  
free and has the highest protein content of  
all grains! And It Tastes GREAT! There  
are lots of delicious recipes using this

delightful whole grain! **Try This EASY, Fast  
and Hearty Breakfast Quinoa!**

- 2 cups milk (whole or low-fat)
- 1 cup quinoa (rinsed)
- 3 T Splenda brown sugar (or light brown sugar)
- 1/8 tsp cinnamon
- 1 cup blue berries (or fruit of choice)



Bring milk to a boil in saucepan. Add quinoa,  
and return to a boil. Reduce heat to low, sim-  
mer covered, until most of milk is absorbed  
approximately 15 min. Stir in sugar and cinna-  
mon. Cook, covered, until almost all the milk is  
absorbed, about 8 minutes. Stir in fruit of  
choice, and cook for 30 seconds. Now Serve!  
Add extra milk, light sugar, cinnamon or add  
slivered almonds... the sky is the limit! Makes  
4 servings.

-Courtesy: Martha Stewart Living