



# Healthy U Express!

## Biometric Screening+FitBit=Healthy U



**Biometric  
Screening**



**+ FitBit**

**= HEALTHY U**

What do you get when you cross the Biometric Screening and a FitBit? Well you get a Healthy U of course!

This year Healthy U is excited and pumped to add a little extra incentive to this years biometric screening!

When you register and complete the onsite screening process this year you will have an additional incentive waiting for you as you walk out the door!

Each DMPS employee has a chance to earn a FitBit Activity Tracker for your participation and completion of the 2014 Healthy U Biometric



screening!

The FitBit is a great little device that can help you track your daily steps and physical activity. It will even track your sleep activity!



Healthy U will be offering FitBit Health Chats to help you understand how to use it and get the most benefit from wearing it everyday! Also, stay tuned for future FitBit personal wellness challenges! It is a fun and motivating tool to help us all continue on this wellness journey to be the healthiest we can be and want to become!

**So here is how it works...** Any DMPS employee who registers for and completes the Healthy U On-site Biometric Screening will receive their choice of the FitBit Flex or the FitBit One as they finish and leave the screening! The

Fitbit then belongs to you and you

are responsible for it. This FitBit has a one year manufacturers warranty, if something mechanically goes wrong with it during this time, contact the Healthy U Wellness Coordinator for help and potential product replacement if it is covered under the warranty. If an employee loses or damages the FitBit, you are responsible for replacement if you choose to do so. The FitBit once given to you, becomes your personal property and does not belong to DMPS.

This is going to be another exciting and great wellness initiative! Encouraging healthy behaviors, and being a part of Healthy U is for **ALL** DMPS employees!

**Our FitBits are being purchased through Lifetime Fitness Center in Clive. As a DMPS Employee you are eligible to receive a corporate membership discount Including \$200 in myLT Bucks for joining! Stop by or call Lifetime to find out more!**



## The Healthy U Buzz...



**Retirement Ready!  
403b...Retirement for Me!**

**Healthy U is kicking off 2014  
with our first HealthChat!**

**Thursday, August 28th  
12noon or 5pm. Located at the  
Operations Building  
1917 Dean Avenue**

Understanding your retirement is important! Come and learn more about YOUR 403b Retirement Savings Plan options! It is

never to late or early to start saving for your retirement!

As DMPS employees, we have a great opportunity to invest in our retirement! Its your money invested your way, to help with your retirement! Find out how it works, what it means and what a 403b can do for you!

Healthy U offers a variety of times for HealthChats to accommodate a variety of employee schedules. You pick the time that works best for you! Please remember if you attend during your work day, to get permission from your building supervisor and or take your personal time to attend.

This HealthChat is sponsored by

the Financial Capability Network and Legacy Financial Group.

Available at the end of the talk will be certified financial planners, Financial Coaches, and a representative from HR to answer any extra questions you have regarding 403b, retirement investments and how to get started.



Each presentation last approximately one hour with an additional 30-minutes dedicated for you to meet and talk with representatives if you would like extra help or have further questions at the end! **Follow this link to register:** <https://caleo.wufoo.com/forms/dmps-retirement-ready/>

**Biometric Screening Online Registration Officially begins August 25th!  
Screenings run from September 16-November 25th!**

**\*\*In order to earn the Incentive Dollars, employees will need to participate in the screening that Healthy U Offers. Screenings done at other locations will not be accepted for incentives.**





## Healthy U Fast Facts!!



**DMPS Employees enrolled as the Primary on the Health Insurance can earn up to \$200 by completing the activities in Step 1 and Step 2!**

### What's In Your Wellness Bucket for 2014-2015



**Step 1: Completion Earns \$100**  
(automatically reports after completion)

Onsite Biometric/Wellness Screening (deadline to complete 11/30/2014)  
Online Wellness Assessment (deadline to complete 12/31/2014)



**Step 2: Completion of 6 Activities Earns \$100**  
(complete & self-report on WebMD Healthy U Rewards Tiles, deadline 6/1/2015)

My Healthy U Preventive Screenings/Vaccinations (complete 2 activities)  
My Healthy U Personal Wellness Challenge (complete 1 challenge)  
My Healthy U EDU (complete 3 activities)

**Nothing can dim the  
light which shines  
from within**

—Maya Angelou

**DMPS Employees who are the Dependent on the policy or Non-Insured Employees can participate and earn \$100 in taxable income (per Federal Guidelines) by completing and self-reporting the activities in Step 2**

**Healthy U Officially began July 1  
2014~Activities completed from  
July 1, 2014 forward  
may be counted!**

**Don't Forget to Self-Report the  
6 Activities in Step 2!**

**Check out the Rewards Tiles!**  
[www.wellmark.com](http://www.wellmark.com)  
**Click on "Visit the Wellness**

**First Time Users:** For the Primary card holder, You must use your Wellmark Insurance card number and Register online at [www.wellmark.com](http://www.wellmark.com) If you are the dependent or non-insured employee you must use your Wellmark ID card number. Follow the registration process then you may access the Wellness Center.

**Returning Users:** Log in at [www.wellmark.com](http://www.wellmark.com) Then "Visit the Wellness Center" and your Rewards Page to Self-Report Completed Activities.

### Where Can I Find Healthy U Information?

You can locate Healthy U program information on the DMPS website. Click on the "Staff Tab", then click on "Healthy U". You will find information such as: Healthy U Incentive Guide, Biometric Screening Information and Registration Instructions, Magellan EAP information, Goal forms, Personal Wellness Challenge Trackers, Quick Access Guides to the Rewards Page, Webinar links, Healthy U Express Newsletters, videos and much more.

**Visit the site today and check back often for updates!**

#### Contact Information:

**Tammy Steinwandt**  
Wellness Coordinator  
[tammy.steinwandt@dmschools.org](mailto:tammy.steinwandt@dmschools.org)



**FYI...**

**Another Healthy U EDU  
Opportunity!**

**Step Out For Diabetes  
5k Walk...**

**September 20th Principal Park**

Check out the link if you are interested!  
Sponsored by the American Diabetes Association. [http://stepout.diabetes.org/site/TR/StepOut/StepOutContent?pg=entry&fr\\_id=9875&utm\\_source=Offline&utm\\_medium=Print&utm\\_content=stepoutdsm&utm\\_campaign=SO&s\\_src=vanity&s\\_ubsrc=stepoutdsm](http://stepout.diabetes.org/site/TR/StepOut/StepOutContent?pg=entry&fr_id=9875&utm_source=Offline&utm_medium=Print&utm_content=stepoutdsm&utm_campaign=SO&s_src=vanity&s_ubsrc=stepoutdsm)



**COLON CANCER  
COALITION**

**Get Your Rear  
In Gear! ...5k  
and 10k walk or  
run event!**

August 23rd, Raccoon River Park, West Des Moines. Check out the link:

[http://events.getyourrearingear.com/site/TR?fr\\_id=2200&pg=entry](http://events.getyourrearingear.com/site/TR?fr_id=2200&pg=entry)

Just a few great walk or run opportunities! Great causes and a great optional way to earn a Healthy U EDU wellness activity!



**Discount on Fitness  
Equipment and Fitness  
Accessories**

Are you looking to purchase your own fitness

equipment or accessories? Sears on Merle Hay Road is offering DMPS Employees a discount! Check out the DMPS Website to download your official coupon/form!

(Go to DMPS Website, Click on Staff tab, then Healthy U, Look under Fitness Center Discounts).

