



# Healthy U Is BACK For 2015-2016! Fire Up YOUR Wellness Buckets!

Volume 3 Issue 8

August 2015



## Fire-Up Your Wellness Buckets! Healthy U is Back for Year 3!!

### WELCOME BACK!

Healthy U is fired-up, mega excited and ready to get this year started with you!

Year three for Healthy U is filled to the brim with exciting activities! Stay tuned for super health chat classes, new challenges and so much more!! In fact our wellness buckets are pouring over with awesome wellness activities, and motivational tools that we can all use to help us on this journey to be the healthiest we can be and want to become!

So, get a hold of your wellness bucket and see what's in store for you this year!

### Healthy U At-A -Glance!

All DMPS employees have an opportunity to participate in the Healthy U employee wellness

program and earn wellness incentive dollars! Your employee contribution toward your health insurance is \$200 annually regardless of the plan you choose. Healthy U gives you an opportunity to earn those dollars by participating in our program! The wellness dollars you earn this year, are applied toward next years employee contribution toward your health insurance!

### Thanks For Your Feedback!

Healthy U has made some positive changes based on your feedback! You spoke, we listened! Read on..

### Healthy U Now Has 3-Steps!

**Step 1:** Complete the Onsite Biometric Screening. **Step 2:** Complete the Online Wellness Assessment **Step 3:** Complete and self-report six wellness activities from the three wellness buckets!

### Healthy U Self-Reporting Just

**Got A Little Easier!** You will still need to self-report the date you completed the activity, BUT now you can type in what you did for that activity! Win/Win!!

**PLUS Get This...** We added the list of qualifying activities for each wellness bucket in Step 3! No more wondering what qualifies in each wellness bucket, its all right there on the Wellmark WebMD Rewards page!

Don't forget, with Healthy U, you always have the choice to be as active or inactive as you choose! **The more you complete the more you earn toward your employee contribution!** See page two of the newsletter for more program details!

### BIOMETRIC SCREENINGS!

Start earning your wellness incentive dollars now!! All DMPS employees are invited to participate in our annual biometric screening! Online screening registration starts Aug 24! If you carry the DMPS insurance and are the primary on the policy you can earn \$50 by participating. Plus like last year, it is reported and credited for you!!

If you are a non-insured employee or an employee that is the dependent on the plan, you can count the screening as one of your wellness activities, by self-reporting it!



## The Healthy U Buzz...Health Chats!

### "Bang Head Here"

Stress, Stress, Stress...Come listen, learn and enjoy Dr. Jennifer Thompson from Balance Chiropractic and Wellness and find the strategies you need to help handle stress more effectively while simultaneously changing your quality of life! We are offering at 2 different times and locations! Pick the one that works best for you!

1. Thurs. Sept 3rd 5-6pm at the Callanan MS Cafeteria .

2. Thursday Sept 17th from 12-1pm at Dean Avenue Operations Bldg.

Register by emailing:  
tanya.stark@dmschools.org



### YOUR Financial Health Series

Financial Health is defined as the dynamic relationship of one's financial and economic resources as they are applied to or impact the state of physical, mental, and social well-being. Three quarters of Americans attribute financial concerns as their leading cause of stress. Learn ways to have more control of your finances, and potentially decrease your stress and improve your health!

We have a 4-part series that will take a comprehensive approach to all things financial! You can register for the entire series at once, or individually! All sessions are taught by Stephanie Bolles, CFP, Bearence Management Grp, & the Financial Health Network. Register by emailing: tanya.stark@dmschools.org

Session #	Date	Time	Location
#1 Building YOUR Solid Foundation	Tues Sept 15 <sup>th</sup> Thurs Sept 24	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations
#2 Building YOUR Future	Tues Oct 20 <sup>th</sup> Thurs Oct 22	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations
#3 Protecting YOUR Future	Tues Nov 17 <sup>th</sup> Thurs Nov 19 <sup>th</sup>	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations
#4 Living YOUR Future	Tues Dec 15 <sup>th</sup> Thurs Dec 17	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations



**Biometric Screening Online Registration Officially begins August 24th!** Screenings run from September 1-Dec 5th! You have over 60 dates/locations to choose from! YOU pick the one that is best for you!

\*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.



**Happiness has crazy  
mathematics..  
It multiplies when  
you divide it!**

—healthythoughts.in

**Healthy U Officially began July 1  
2015! Activities completed from  
July 1, 2015 forward  
may be counted!**

**Don't Forget to Self-Report the 6  
Activities in Step 3!**

**Check out the Rewards Page on  
www.wellmark.com**

**Click on "Visit the Wellness  
Center"**

**Contact Information:**

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

**Tanya Stark, HR/Wellness Executive Assistant.** Email: [tanya.stark@dmschools.org](mailto:tanya.stark@dmschools.org)

## What's In Your Wellness Bucket for 2015-2016!!!



**Primary Insured DMPS Employees:** DMPS Employees enrolled as the Primary on the Health Insurance can earn up to \$200 by completing the activities in Step 1, Step 2 and Step 3!

### Step 1: Onsite Biometric/Wellness Screening-Completion Earns \$50

Complete Onsite Biometric Screening, earn \$50-Screenings begin 9/1/2015-12/5/2015. Online Registration opens August 24. (All screenings are offered and completed through Healthy U. Screenings done at other locations will NOT be accepted for incentive dollars. **(Deadline to complete 12/5/2015)**)

### Step 2: Online Wellness Assessment-Completion Earns \$50

Complete Online Wellness Assessment, earn \$50- **OPENS January 1, 2016-March 31, 2016.** The Wellness Assessment is located on the Wellmark WebMD Rewards Website. **Deadline to complete is 3/31/2016.** (Any Wellness Assessment completed prior to 1/1/2016 or later than the 3/31/2016 timeframe will NOT be eligible for incentive dollars. The Assessment must be completed during the 1/1/2016-3/31/2016 time frame)

### Step 3: Completion and Self-Reporting of 6 Activities—Completion Earns \$100

(Self-report on Wellmark WebMD Rewards Page, **Deadline to complete is June 1, 2016.** Complete 6 activities as outlined below from the following 3 wellness buckets!



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)



**Non-Insured DMPS Employees, and DMPS Employees that are the dependents on the health insurance:** You can also participate and earn \$100 in taxable income (per Federal Guidelines) by completing and self-reporting the activities in Step 3

**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 DMPS employee dependent or a non-insured employee than 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.



Wellness is more than just eating better and working out, or as I like to say it's not just about eating apples and granola bars!! Those are important pieces but wellness is a much bigger picture! When we think of wellness we also think of Well-Being! At Healthy U we try to incorporate all facets of wellness in the programs we offer and the activities we do!

An excellent resource for Healthy U is to look at the 2015-2016 Healthy U Incentive Guide! You each have received a copy in your DMPS email. Take a look and see all the great things you can do that qualify as wellness activities!! You can find this and a ton of other Healthy U information such as wellness goal forms, tracker forms, EAP (Employee Assistance Program) information, webinars, fitness center discount information, biometric screening information, quick access guides, archived newsletters and more on the DMPS Website. Look under the Staff Tab, then Healthy U!



## More Healthy U EDU Opportunities and Ideas!!



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

The event strives to create colon cancer awareness and is also a fundraiser.  
August 29th, Raccoon River Park,  
West Des Moines.  
Register online: [www.wgryigdm.com](http://www.wgryigdm.com)

### Fahrrad 2nd Annual Bike Ride!

August 29th, Ankeny Fire Station, Ankeny,  
Supports Easter Seals Disability Services.  
40-Mile roundtrip bike ride!  
Register online: [www.fahrradiowa.com](http://www.fahrradiowa.com)

These events are just a few of many happening all around us! They support great causes and are a great optional way to earn a Healthy U EDU wellness activity!



## "WELL" done... Caught In The Act Of Wellness!

Coming soon to your building! Healthy U is excited to roll out a brand new employee recognition program called **"WELL" done!**

This program is designed for all of us to feel empowered to recognize each other for the great "wellness" things we are doing!

Being caught in the act of wellness can be as simple as: helping a co-worker with the Healthy U website, bringing a healthy snack option, being supportive of others as they work to become healthier, being a wellness cheerleader, or putting forth an extra effort for wellness in your building. Or you recognize someone for quitting tobacco or losing weight. The ideas are endless!!! Stay tuned for more details as we begin to get caught in the act of wellness!!!

## It's Time For a Little Healthy U Did You Know??



- ✓ That we had 84% of DMPS employees earn wellness incentive dollars last year!
- ✓ This year's incentive for participating in the biometric screening is an AWESOME smart water bottle called MyHydrate! Don't Miss the screening!!!
- ✓ That your Fitbit comes with a one year warranty? If you are having issues call Fitbit direct at 1-877-623-4997.
- ✓ You can check out the DMPS website for all your Healthy U information! It's an awesome resource! Go to the Staff tab, then click on Healthy U!

