

The Healthy U Buzz!



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Happy Holidays from Healthy U!

Here we are, and it is December 2013 already! I find myself echoing the words of my parents when I say, "Where has that time gone?" Maybe that's a good point to reflect on for a moment, as we get ready to leave 2013 behind and venture into our next journey of 2014!

So, what has 2013 brought to you? But more importantly what have you brought to 2013!

Healthy U Gossip... Catch it here!

- Did you know that over 2600 employees have completed the Healthy U Onsite Biometric Screenings?!
- Did you know that over 2500 employees participated in the Rethink Your Drink Personal Wellness Campaign?
- Did you Know that over 1500

employees are working on Beat The Holiday Bulge right now?

- Did you know that approximately 2400 employees have completed the online Wellness Assessment?



REMINDER! REMINDER!

Don't forget to Self-Report your

activities on the Wellmark WebMD Healthy U website on the Rewards Page! For example: Completion of Rethink Your Drink, self-report on the Personal Wellness Challenge tile, or if you did a Flu Shot, self-report it on the Preventive Screenings and Vaccination tile.

Do an Activity & Self-Report it!

Deadline Extended!!

Remember the deadline to com-

plete Step 1: the Online Wellness Assessment and the Onsite Biometric Screening has been extended to March 1, 2014.

Deadline for Step 2 to complete and self-report the 6 Wellness Activities is June 15, 2014.

Need Help finding the Rewards page? Access the Quick and Easy Access Guide found on the DMPS Website, under the Staff Tab, than Healthy U!

Please Remember:

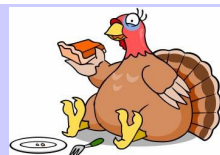


Biometric Screening

In order to earn the \$50 Biometric Screening wellness incentive for this year, you will

need to participate in the Onsite Screening offered through Healthy U. Screenings completed at other locations or through other programs will NOT earn the wellness incentive.

Personal Wellness Challenges!



Beat The Holiday Bulge!!

11/25-1/14

Don't forget to weigh the week of December 16th, and then final weight is January 1, 2014!

YOUR GOAL is to stay within 2lbs of your initial weight. You can weigh less, but don't weigh more!

Stay tuned for the Next Personal Wellness Challenges offered by Healthy U!

January: Surrender the Soda! (soda/pop free 30 day challenge)

February: Balance the Pressure (blood pressure awareness)

March: March Madness (increase your daily veggies)

April: Making Tracks (physical activity to get movin' n grooving')

Registration details coming soon!



Thinking about a fun "weigh" to start 2014? Create and Join a Live Healthy Iowa Team! Registration starts December 16, 2013!

Live Healthy Iowa is a 10-week wellness challenge!! It starts January 27-April 4, 2014. This fun and exciting challenge brings together families, friends, businesses and communities in team based wellness challenges designed to promote positive lifestyle changes! So, what do you think?? Go get a team together and have a blast!

Registration Link and More Information can be found at:

<http://www.livehealthyiowa.org>

Make it count as a community event or personal wellness goal under My Healthy U EDU!
GO TEAM!!

Walk-In Biometric Screening Opportunity December 23rd !!

We are happy to once again be able to offer a walk-in opportunity in addition to the employees already scheduled for the Biometric screenings being held on Dec 23 at EAST High School! Be patient and we will work you in, our last appointment time will be 11:45am. Screening opens at 6am-12pm!





Hey, My Biometric Screening Tile Hasn't flipped What Do I Do?

Well, the good news is nothing! That activity tile will flip automatically for you! Unity Point is currently working on inputting your results! Once that is completed, the tile will flip over, In addition your results will also be uploaded to your Wellness Assessment.

YOU Have 14 Opportunities Left to Get Your Biometric Screening Completed!

Visit this link: <http://www.unitypoint.org/scheduleyourscreening>

- ✓ Your Login will require: User Name: **DMPS** (all caps) Password: **SCREEN13** (all caps)
- ✓ Scroll down to the calendar to find a day or location that works for you
- ✓ Click **more** to see available appointment times

Be not afraid of going slowly, but afraid only of standing still...

--Chinese Proverb



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Check Healthy U Info!

Go To: www.dmschools.org

Go to Staff Tab, then click on Healthy U
Or click on Department, then HR, then click on Healthy U!

DMPS Employee Fitness Discount Opportunity:

Max3 Fitness located at 1441 Grand, (across from the sculpture park) is offering all DMPS Employees a fitness special! \$199 for the initial 12 weeks (that is \$100 off), then a 25% off membership after that initial 12 weeks! Your 12 weeks includes: an initial health assessment with follow-up, posture analysis and nutritional assessments. Go to: www.maxt3fitness.com to register or stop in person to Max T3! Bring your DMPS School ID! See why the Max T3 metabolic conditioning is the best way to maximize your health!

Contact Information:

Tammy Steinwandt, Wellness Coordinator
tammy.steinwandt@dmschools.org



Mmmmm Banana Nog!!

Thank You Iowa State Extension for a GREAT recipe!

Here is a healthier, low fat, richer texture alternative to traditional eggnog!

Ingredients:

- 4 bananas peeled
- 1 1/2 cups skim milk
- 1 1/2 cups plain nonfat yogurt

- 1 1/4 tsp rum extract
- Pinch of ground nutmeg

Directions:

Add all ingredients except nutmeg to a blender or food processor. Puree until smooth. Pour into four fancy serving glasses and top with a pinch of that nutmeg! Now enjoy!



Nutrient Info: 198 calories, 2g fat, 7mg cholesterol, 114mg sodium, 38g total carbohydrate, 3g dietary fiber, 26g sugars, 9g protein.

Success Story Spotlight!



"I thought the water challenge was great! I was amazed at just how much water I wasn't drinking, and by the end I was amazed how much better I felt by increasing my water"

"I really love the recipes on the WebMD Healthy U site"

"I lost 5lbs in October from Rethink Your Drink because I switched from my usual pop, and increased my water"

"Thanks Healthy U, For helping me find my motivation again"