



Healthy U Express!



Healthy U... What's Next!



Healthy U What's Next?!

That's a wrap for the Healthy U biometric screenings for 2015-2016! Thank you to everyone that participated this Fall! We are on track for another great year!

Sooooo, What's Next...

As the great Yogi Berra once said "It ain't over till it's over"

The biometric screening was simply Step 1. With Healthy U, you can choose to be as active or inactive as you want to be. The more wellness activities you do, the more wellness dollars you can earn! Even if you didn't complete the screening you can still earn wellness dollars!

Moving forward and the answer to the "what's next" question, is the completion of the Online Wellness Assessment in Step 2!

The Wellness Assessment is taken online through the Wellmark WebMD Wellness Center website! It will officially open

for you to take it on January 1, 2016! You will have until March 31, 2016 to complete it. This series of online questions will take you approximately 20-minutes to complete! Also note your biometric screening information will be automatically loaded and ready for you! The scoring of your assessment ranges from 0-100 points. The higher your personal score the healthier you may be. Be honest, have fun, and answer the questions on how you are currently feeling and what you are doing. There is no right or wrong way to answer any of the questions, it is YOUR assessment!

Please note that you are the only person to see this score and know what the results are. Healthy U only sees group results, or how DMPS scored as a whole. In order to receive the Healthy U Wellness Incentive you must complete it between 1/1/2016-3/31/2016. Assessments completed out of this range will not receive incentive dollars.

Remember that Healthy U is a

three step program for all employees who are the Primary on the health insurance.

Step 3 is the completion and self-reporting of 6 wellness activities from three different wellness buckets! Activities done after July 1, 2015 through June 1, 2016 are eligible! The deadline for self-reporting is June 1, 2016!

Show Me The Money!...

All Primary insured employees are eligible to earn \$200 by completing all three steps! Employees who are the dependent on the health insurance or those employees who do not carry the health insurance are eligible to earn \$100 in taxable income by only completing and self-reporting the Step 3 activities!

For more details check out the Incentive Guide online on the DMPS Website or view it on the Wellmark WebMD Wellness Rewards page! Contact Healthy U with any questions!

Make 2015-2016 a Healthy U kind of year!



Healthy Buzzzzzz... GREAT Opportunities!

Upcoming HealthChats!!



"Living Your Future"

Learn strategies for retirement planning, minimizing taxes, and address risks facing today's retirees and the risk future retirees may face! We'll discuss how much you may need at retirement, employer sponsored plans, individual retirement accounts, Medicare, Pension and Social Security Maximization strategies. This session is taught by Stephanie Bolles, CFP, Financial Advisor, Beance Management Group

Simply pick the date and time that works for you!

✓ Tues, Dec 15th from 5-6pm
Callanan MS Cafeteria

✓ Thurs, Dec 17 from 12-1pm
Dean Avenue Operations.

Register by emailing:
tanya.stark@dmschools.org

"12-Week Weightloss and Transformation Program Info Sessions!"

Come and learn about Life Time Fitness's Onsite Weightloss and Transformation Program! Attend one of the Information sessions and see if this is the right time and right program for you! This 12-week program provides you with personalized nutrition and exercise guidance for anyone looking to lose weight or just live a healthier life!

Some of the benefits include:
**Weekly meetings with a Life Time Registered Dietitian and/or a Personal Trainer.

**Attend weekly fun and interactive seminars with weigh-ins and body fat % measurements throughout the program

**Extra, one-on-one coaching over the phone

**Cost \$190, DMPS will reimburse 50% of the program cost for those who attend 10/12 weekly seminars.

**Minimum number of participants needed is 25. Bring a friend!

**Will begin the third week of January 2016!

Info sessions being held:
Thursday December 10th, either 12-1pm Admin Offices 2323 Grand Ave-Conference Room B or 5-6pm Carver Elementary Cafeteria **Come and check it out!**

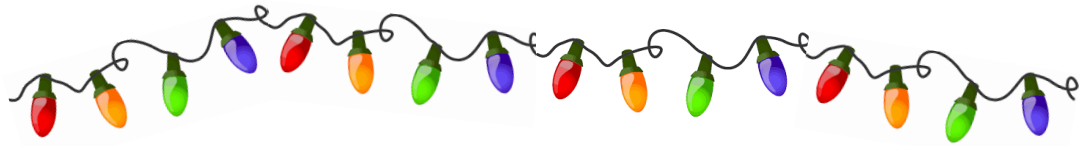
LIFE TIME

THE HEALTHY WAY OF LIFE COMPANY™

Do Your Healthy U From Your Smartphone! Download The Wellmark App Today!!!

Have Your Healthy U and Wellmark Benefits In The Palm Of Your Hand!





Holiday Health and Safety

Holidays are an awesome opportunity to enjoy time with family and friends, celebrate life, be grateful and reflect on what's important. It's also a time to appreciate the gift of health. From the Centers for Disease Control and Prevention (CDC) here are some holiday tips to support your efforts for a safe and healthy holiday season!

**Courage doesn't
always roar.
Sometimes
courage is the
quiet voice at the
end of the day,
saying, "I will try
again tomorrow."**

~ Mary Anne Radmacher

Contact Information:

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1. **Wash your hands often!** Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others!
2. **Stay Warm!** Stay dry and dress warmly in several layers. Cold temps can cause serious health problems, especially in infants and older adults!
3. **Manage Stress!** The holidays don't need to take a toll on our health and pocketbook. Keep your commitments and spending in check. Balance work, home and play. Get support from family and friends. Keep a relaxed and positive outlook. Plus get proper sleep!
4. **Travel Safely!** Whether traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seatbelt and always buckle your child in the car!
5. **Be Smoke-Free!** Avoid smoking and breathing other people's smoke. If you smoke try quitting today! Talk with your provider, or call 1-800-Quit-Now, Plus remember DMPs Health Insurance now covers prescription cessation medications.
6. **Get Check-Ups and Vaccinations!** Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives.
7. **Handle and Prepare Food Safely!** Cook foods to proper temperatures, refrigerate promptly and do not leave perishable foods out for more than 2-hours.
8. **Eat Healthy and Be Active!** With balance and moderation you can enjoy the holidays the healthy way! Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt and sugary foods. Find a fun way to be active, such as dancing to your favorite holiday music. Try to be active for at least 2.5 hours per week.

Don't Forget: to Self-Report your wellness activities from the Step Three Buckets!

Healthy U Preventive Screenings/Vaccinations
(must complete 2 activities)

Healthy U Personal Wellness Challenge
(must complete 1 challenge)

Healthy U EDU (must complete 3 activities)

Here's How:

- Go To: www.wellmark.com and Log On
- Click on "Visit the Wellness Center"
- Click on "Rewards"
- Click on "Step 3" and Report in the Correct Bucket!

Deadline to Self-Report Step 3 is 6/1/2016



Learn how to stay safe and healthy with this festive rendition of "The 12 Ways to Health Holiday Song"... check out this link!

<http://www.cdc.gov/family/holiday/12ways.htm>



Rise and Shine Breakfast Cobbler!

Serving Size: 3/4 cup | Serves: 4

Ingredients: 1 cup juice-packed canned sliced peaches, drained, 1 cup juice-packed canned sliced pears, drained, 6 pitted prunes (cut in half), 1/4 teaspoon vanilla extract, 1/4 cup orange juice, Orange zest (optional) 1 cup granola (low fat)

Instructions: 1. In a large microwave safe bowl, mix fruit, vanilla, orange juice, and orange zest. Stir mixture. 2. Top with granola. 3. Microwave on high for 5 minutes. Let stand 2 minutes. 4. Spoon into 4 bowls and serve warm.

Nutrition information per serving: 221 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 60mg sodium, 50g total carbohydrate, 6g fiber, 25g sugar, 3g protein

Source: Snap-Ed Connection