



Healthy U Express!



American Heart Month



February 2014 Marks 50 years that the American Heart Association (AHA) has celebrated Heart Month! Heart disease is the number 1 killer of all Americans!

Did you know...

- > Every 34 seconds 1 American has some type of coronary event. Approximately every 1 minute 23 seconds one American will die from one.
- > On average every 45 seconds someone in the United States has a stroke.

What can you do?

The AHA recommends we start

"Balance the Pressure!!"

According to the AHA... High blood pressure is a major risk factor for heart attack, stroke, heart failure and kidney failure. The longer it's left untreated, the more serious its complications can become. . Knowing your numbers is a GREAT way to stay ahead of the game and a GREAT way to a Healthy U! Join our 4- Week Challenge! Here is the Link to register! <http://fs8.formsite.com/DMPSchools/form41/index.html>

Starts February 14, 2014!



PLEASE REMEMBER YOU MUST SELF-REPORT your completed wellness activities on the Rewards page of the Wellmark WebMD Healthy U website to receive incentive credit. For example: After you have completed a wellness challenge, self-report that on the My Healthy U EDU #1 or #2 Tile. Click "I did this," enter the date you finished and hit "Submit" Your tile will flip over and say "Congratulations" Its that easy!

Healthy U News To Know!



with the idea of "Life's Simple 7"

Get Active!!
Control Cholesterol!!
Eat Better!!
Manage Blood Pressure!! (great timing for the Healthy U "Balance the Pressure Challenge")
Lose Weight!!
Reduce Blood Sugar!!
Stop Smoking!!

For more information check out the AHA website. www.heart.org

The Wellness Mix:



Looking for a deal on Fitness Equipment: Sears on Merle Hay Rd, is offering DMPS employees a discount on exercise equipment. Attached to this newsletter email or on the DMPS Healthy U webpage, print off the coupon and redeem with them! This is good on all fitness equipment and accessories!



Upcoming Events!

"Fight For Air Climb"

Get a team going or do it individually and hit the Stairs for the American Lung Association! Date is Sunday March 16th, 2014. Take on 66 flights of stairs from the EMC Insurance Building, The Hub Tower and the Downtown Marriott! All participants are required to raise \$100! This event will challenge you physically and help those affected by lung disease! Check out the ALA website at: <http://www.lung.org/pledge-events/ia/des-moines-climb-fy14/>

Colon Cancer Foundation of Iowa is kicking off Colon Cancer Awareness Month in March with the "Bottoms Up Blues Bash" Fund-raiser at Woolys in East Village March 8th, 6pm. For more information and tickets go to: www.davidsfight.org

Des Moines Colon Cancer 5k Run/Walk March 29th— register at www.dsmcoloncancer.com

Upcoming Wellness Activities!



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Get Money Fit!

Last Chance to Register!
February 17th
5pm-6:30pm
Callanan Middle

School Auditorium! Come, listen and learn some great money management tools and tips! Registration Link Below!

<https://caleo.wufoo.com/forms/dmps-money-management-tools-and-tips/>



March Madness 2014!

Coming Soon!

Challenge yourself for 4 weeks to eat more fruits and vegetables! Registration Info Available February 20th! Challenge begins March 1-31st!

Check out the HealthyWage



Team Challenge Opportunity! More Information located on page 2.

SoundBites Health Chat

"Managing your health for stress and wellness" Coming in March! Registration coming soon!



"patience is the key to
paradise"

—Turkish Proverb

Community Education!

**Did you know that taking classes
through Community Education is
EASY, AWESOME, AND
REASONABLE !!**

**Check out the catalog or access it
online at: www.dmced.org**

**Classes range from exercise, liv-
ing holistically, retirement, finan-
cial, writing, language and cul-
ture, computer, & so much more!**

Check it out!!

Contact Information:

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

Looking to trim down? Need a new motivator? Than the HealthyWage Team Chal-
lenge may just be an option for you! This program is done nationally with businesses
and school districts across the United States. The next Challenge is set to begin March
28th, 2014. It goes for 12 weeks, and you have a chance as a team to win up to
\$10,000 if your team loses the greatest % of weight.

At a glance, here is how it works:

- Sign up on your own, or with coworkers, friends and family
- Make a team of 5 players. HealthyWage will match you with new friends if you don't know people taking part
- The Challenge costs DMPS employees \$23.33 a month and starts March 28, 2014.
- Get your weight verified twice-once at the start and once at the end.
- There are tips, guidance and games included to keep you going and make sure you hit your weightloss goals.
- The team that loses the greatest % weight in the challenge wins \$10,000, 2nd Place wins \$5,000 and 3rd Place wins \$3000. There are also prizes for activities throughout the Challenge.
- Find out more and sign up today at: healthywage.com/clients/dmschools/
- Questions: You can contact HealthyWage directly. Email: info@healthywage.com or call 888-636-3832

This is another **option** made available to DMPS employees, family or friends. We are all different and unique with what motivates us to make changes. This HealthyWage Challenge is just that, another tool to try. This program is entirely optional and available to you at your discretion.



Peer to Peer... Successes to Share!

One employee emailed to say: "I really appreciated the information the biometric screening gave me. The Unity Point person who explained my results was so thorough, nice and kept my information private! I was worried about my numbers being known by everyone, and that just didn't happen. They didn't even tell me I was fat, but gave me great tips of what I could do.

Thanks for offering!"

Another DMPS employee said:



"Down 12 lbs since October's water challenge and I am loving it! I love these challenges keep them up"

Here is a personal employee story: It all started with the finger poke...the nurse from the biometric screening talked to my spouse about the results. They picked up on some vague signs of things we were unaware of. From there we went to our primary doctor, and then to a cardiologist. After much testing, and scans, we

found out my spouse has cancer. We have had surgery and are recovering now. Had we not had this screening done, we would not have known about the cancer, and the outcome could have been very different. At least now we know what lies ahead of us. And it all started with a finger poke.
Thank you....

