

Let's GO Healthy U!!

Volume 3 Issue 2

February 2015



Let's GO!

This edition of the Healthy U Express is chuck full of awesome ways, tips and ideas for all of us to get a little healthier, keep ourselves on a healthy path or just become more active in our own personal wellness plan!

All in all there is no time like the present to take care of YOU!

So Long Wellness Tiles... Hello Wellness Bars!



The WebMD Healthy U Rewards Page has changed! With the dawning of a new and fabulous year, we have the dawning of a new and fabulous Rewards Page!

Your Wellmark Wellness Center Powered By WebMD is sleek, easy and has

a clean look to it! Once you enter the Rewards Page, you will no longer see the familiar Wellness Tiles. Instead you will see two main Wellness Bars that follow the two-steps of Healthy U!

You will notice the Step 1 wellness bar deadline has passed. The left side of the wellness bar shows you what you have earned. This ranges from \$0, \$50 or \$100. Simply click on the bar to see the dates you completed either the biometric screening or the wellness assessment.



The Step 2 Wellness Bar

is where you will self-report the 6 activities you need to complete from the three wellness bucket areas (Preventive Screenings/Vaccinations, Personal Wellness Challenge and Healthy U EDU). Simply select the bar that says "Step 2-Click

Here to Report Completion on All 6 Activities" Click on that bar, and select the activity you are self-reporting on! Date it, and Save it! **Deadline to self-report and earn the \$100 in Healthy U Incentive dollars is June 1, 2015.**



Healthy U HELP!!
Find it on the DMPS Healthy U Website!

- ✓ Do you need another tracker for the latest wellness challenge?
- ✓ Are you looking for the personal goal setting sheet?
- ✓ Looking for Fitness ideas and discounts?
- ✓ Want to watch a webinar?

Then go and check out the DMPS Website, and visit Healthy U located under the Staff Tab!



The Healthy U Buzz...What's Shakin'

Healthy U EDU HealthChats Coming you way!

If you Missed 101, Don't Miss 102!

Nutrition 102-Carbohydrates and Fat!

When: Monday, February 9th 12-1pm **OR** Tuesday, February 10th 5-6pm **OR** Thursday, February 12th 5-6pm.

Location: Dean Avenue Operations Center, 1917 Dean Avenue. **Register Today!**
tammy.steinwandt@dmschools.org

Self-Report as a Healthy U EDU activity!

Legacy Financial Group Presents:

"A Brain Food Series!" Join the adventure, as we begin tasting **Genealogy!** That's right - explore your family tree!

- ✓ Where did your ancestors come from?
- ✓ Did your great-grandpa REALLY stow away on a ship to America?
- ✓ Perhaps your family fled hardships, only to find themselves in a country where they didn't speak the language?

When: February 21, 2015

9:00-10:00 AM

Location: Legacy Classroom
2400 NW 86th St. Des Moines

Theresa Liewer, President of the Iowa Genealogical Society, will speak! Her presentation is designed for beginners. Learn how to organize what you know and what resources may reveal answers to your mysteries.

The class is free and open to the public, but an RSVP is required as space is limited. If you are interested in attending, contact Kathy at (515) 334-5266 or



Feeling Stressed?? Then Join us for "Relaxation Techniques for Mind Body Wellness"

Stress can be a tremendous detriment to our mind-body wellness. Understanding the importance of keeping calm to help lower our stress level is important! Learn great techniques! **WHEN:** Tuesday Feb 24th 12-1pm **OR** 5-6pm **OR Choose** Thursday Feb 26th 5-6pm **LOCATION:** Dean Avenue Operations Center, 1917 Dean Avenue. **Email your Registration to:** tammy.steinwandt@dmschools.org





Simply Health... The DMPS Employee Idea Outlet



This time of year it seems as though many of us are looking for that new change in the new year. We want something to help us break old habits, make new habits, and start afresh! Below are some options, programs, discounts and ideas for you. They are truly options and are meant to give you choices or an opportunity to create change.

FITBIT HELP!!

Your FitBit comes with a one year manufacturer's warranty from the date you registered it! If you are having issues or questions the FitBit website is a great place to visit and troubleshoot your questions!

Below are two links that you can use to access FitBit! #877-623-4997

Web help: <http://help.fitbit.com>

Email: <http://help.fitbit.com/customer/portal/emails/new>

If FitBit determines they will replace your Flex or One, or send you any other new parts, please inform them that you received your device as an incentive through a company wellness program initiative and that you do not have a receipt. You may also tell them DMPS purchased these devices through our vendor Lifetime Fitness. They are AWESOME to work with!



Employee Assistance Program... (EAP) 1-800-356-7089 there when you need it 24/7! FREE and Confidential! Check it out!

Or visit online: <https://www.magellanassist.com/loginemp/default.asp?AccessKey=9E586221-A076-4471-ADC0-805AC9FFA44F>



2015 Team Weight Loss Challenge!
Feb 27-May 22! A Fun, Simple Weight Loss Game!

- ✓ Sign up on your own, or with coworkers, friends and family.
- ✓ Make a team of 5 players or Healthy Wage will match you with new friends if you don't know people taking part.
- ✓ Registration Costs: \$70, includes fun online tools, tips, and weekly games to keep you going and help you hit your weightloss goals!
- ✓ Get your weight verified twice – once at the start and once at the end.
- ✓ The team that loses the greatest percent weight in the challenge wins \$10,000, 2nd place wins \$5,000, and 3rd place wins \$3,000. There are also prizes for activities throughout the Challenge!

Get started today! Questions? If you've any questions, get in touch with HealthyWage directly. You can email info@healthywage.com or call (888) 636-3832.

Find out more and sign up today at: healthywage.com/clients/dmschools

Blue365 and Healthways Fitness Your Way™

Healthways Fitness Your Way offers you the flexibility to work out at any network fitness location, on your time and on a budget that you can live with. It's one of the most flexible, affordable and accessible ways to adopt a healthy lifestyle and remain committed to it.

The annual membership of \$25 will be waived during the promotional period, and then it is only \$25 per month per person. Promotion Starts January 15th-February 15th! More Info Available on the DMPS Healthy U Website! (Under Fitness)

Enroll on the phone by calling a customer service team member at 1-888-242-2060, Monday through Friday, 8 a.m. – 9 p.m. in all U.S. time zones. They can answer all of your questions and redeem your FITNESSDSM code. Or you can go to Blue365deals.com. The DMPS code is: FITNESSDSM to waive the \$25 Enrollment Fee.



GET MOBILE-Download the Wellmark App Today!!



Healthy U FREE Health Coaching!!!



This confidential, FREE, and excellent opportunity is waiting for you!

As a DMPS employee you have a wonderful and exciting benefit for you to take advantage of! Meet with your own personal health coach and set your own health goals! Work on nutrition, weightloss, stress reduction or learn how to increase your exercise. Whatever your goal, your personal health coach will guide and help motivate you to be the healthiest YOU yet! You simply participate in One on One Health Coaching with a Unity Point Health Coach! To count this as a Healthy U EDU activity you must complete a minimum of 2 sessions scheduled at least 3 weeks apart. (May utilize a total of 4 FREE sessions paid for by Healthy U)

Call (515) 241-5061 To Schedule Today!

