

Welcome to a Healthy U 2014!



Happy New Year 2014!

I decided to look up the word "resolution" and I was surprised at the number of definitions I found. Some were quite formal, others really didn't say all that much. I was looking for the "Ahh Ha" Moment. That exact moment in time where the stars and moon aligned, the chorus sang and bells could be heard ringing through out the land. I wanted the perfect 2014 resolution to magically appear to me.

Hmmm ...I have to tell you, that the choirs didn't sing, no bells rang out, but what I did find was a simple definition, one that started me on the incredible journey of 2014. Here it is: **"Resolution- a firm decision to do or not do something"** WOWSA!!! There it is, exactly what I needed! Simple, straight forward, and finally

defined! 2014 is my year! I have the power within myself to do "something!" I, like each of you have the "power" to do "something!" It doesn't have to move mountains, or sail across the sea, or make millions. It is simply I can make the decision to do "something!" What will your "something" be in 2014? Mending relationships? Better physical health? Changes in diet? Finances? Whatever it is, know that you have the power to do "something" and it doesn't matter how big or small because it is yours to do!

Be A Flu Fighter!



Don't let the flu get you! The CDC recommends that all

persons aged 6 months and older be vaccinated annually with rare exceptions! Did you know that people with the flu can spread it to others up to 6 feet away through

sneezes and coughs?! Its not to late to get your shot! DMPS employees who are covered by DMPS Health Insurance will be able to go to their primary doctor's office or any participating pharmacy in our Network and get a flu shot at no charge (**FREE-No Copay, No Hassle!**). Remember to take your insurance card and it is 100% covered. This also includes your dependents currently covered under your policy.

Tips and Tidbits!!

Don't Forget: **YOU MUST SELF-REPORT** your completed activities on the Wellmark WebMD Healthy U website on the Rewards Page! For example: after you get your flu shot, self-report that on the My Healthy U Preventive Screenings and Vaccinations Tile. Click "I did this" enter the date you completed and hit "Submit" Your tile will flip over and say "Congratulations" Its that easy!

2014 Personal Wellness Challenges!



Beat The Holiday Bulge!!

11/25-1/1/14

Don't forget your final weigh in! Challenged ended January 1, 2014! Self-Report completion on the Rewards Page! FLIP YOUR TILE!

2014!

January: Surrender the Soda! Give up your soda for the next 30 days!



Registration open until January 5, 2014 at 10pm. Challenge starts January 6-Feb 5, 2014! You can do it!!! Register with link below

<http://fs8.formsite.com/DMPSSchools/form41/index.html>

Upcoming Challenge: **February:** Balance the Pressure (blood pressure awareness) More info to come!



Thinking about a fun "weigh" to start 2014? Create and Join a

Live Healthy Iowa Team! Registration is going on now! 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!

Last Chance to earn your Biometric Screening Incentive Dollars!!

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, than Register Now!!





**If You Fell Down
Yesterday, Than
Stand Up Today...**

—H.G. Wells

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!

Contact Information:

Tammy Steinwandt,

Wellness Coordinator

tammy.steinwandt@dmschools.org

DMPS EMPLOYEE PERKS PAGE!!

DMPS Employee Fitness Discount Opportunities:

- > 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!
- > Fitness World West is offering DMPS Employees a Try it for a month FREE. Stop in and see Personal Trainer Mike Turner and he will get you set up. Bring your DMPS Employee ID, after your meeting with Mike, you will be able to access the Ankeny Location as well. Membership discounts are available! Located at 3200 Westown Parkway (by Valley West Mall)
- > Greater Des Moines YMCA's Waves the \$50 Joiners Fee for DMPS Employees. Bring your Employee ID and stop in to check it out!
- > Farrell's Extreme Body Shaping, \$299 for 10-week challenge class, limited class times and not available with other offers! Inquire and show DMPS Employee ID. Next session begins January 11, 2014.



MAKING "CENTS" OF YOUR FINANCIAL HEALTH!



Another wellness opportunity coming soon!

More details to come!

HEALTHCHAT! January 15th

Essential Oils and Aroma Therapy 101...

A great balance of harmony with your mind and body! Learn more about this natural, unique and age old way to increase brain function, obtain pain relief, enhance your mood, or even relieve stress! Come and experience and see what this form of alternative medicine could offer you! January 15th 1-2pm or 5-6pm, Operations Building, 1917 Dean Avenue.

**You can count as a wellness activity
Under My Healthy U EDU**

Success Story Spot- light! Read what your DMPS peers are sharing!

"I completed my challenge for the Beat the Holiday Bulge and actually went from 168lbs to 167lbs. I loved this challenge! It really helped me be aware of my food intake during the holidays and had cooked a really healthy Thanksgiving and Christmas meal!

"Thank you for encouraging us to make better choices. Since I signed up to take the biometrics testing I



got motivated and changed my weight lifting routine & it is working! I had been pretty much out of the gym for a few months and unmotivated to get back into it"

"I met the challenge and remained within two pounds of my weight over the holidays. It really helped me keep on track and kept checking to make sure I wasn't overdoing it. Thanks!"

"I did the Holiday Bulge challenge, and I am actually 7lbs lighter than when I first weighed in November, I didn't do anything extra, but knowing I was keeping track helped me to not over eat! "