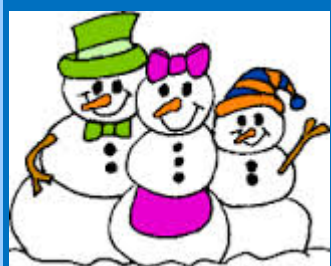


# Welcome Back to Healthy U 2015!

Volume 3 Issue 1

January 2015



**Happy  
New  
Year!!**



Warm greetings and welcome back to the second half of this AWESOME year!!

Healthy U is up and ready for the challenge of encouraging you to become the best YOU yet! Let's continue to build on the great things you are doing now as we launch into a fabulous 2015!

The year of YOU is now and it starts in 2015! It's okay to take time for yourself, and work on those things that help create, foster, motivate and sustain the healthier and happier you!

Take care of what's most important, and that is YOU! By nurturing our bodies through things like rest, activity, or nutrition, we can accomplish so much more-so much better!

Whatever your joys and passions are, from hobbies new and old, volunteering, teaching, caring for others, or working, Take time to enjoy it knowing you can accomplish and celebrate it. Remember, it starts with taking care of YOU!

Take 2015 by the hand and YOU lead it, guide it, and live it! Take a look inside your own wellness bucket and make it your year!

## What's Next!

**Starting January 1, 2015 your Wellmark Wellness Center Powered By WebMD got a new look!**

WebMD has created a new look and feel to our Rewards Page. This change was based on consumer/user feedback from across the United States.

This new look is sleek and easy to follow! The new and improved WebMD page has a simple layout! 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! Simply select the bar that says "Bucket 2-\$100 for completion of all 6 below" Click on that bar, and select the activity you are self-reporting on!

## Directions for Self-Reporting on Wellmark WebMD Rewards Page:

- Go to [www.wellmark.com](http://www.wellmark.com) and log in using your username and password.
- Click on 'Visit the Wellness Center' box. This redirects you to WebMD.
- Click on the "Rewards Tab" at the top of the page, or mid page you can click "Get Rewarded."
- Click on the one that says "Bucket 2 \$100 for Completion of all 6 below."
- Select which Wellness category you are self-reporting on.
- Click "I did this" add the date of completion and hit Save.

**All previously self-reported tiles will automatically carry over to the new Wellness Bar view!**



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

### Healthy U EDU HealthChats Coming you way!

Join us for the next round of Healthy U HealthChats!

We are starting off 2015 with two great sessions focused on improving our health with a nutrition twist!

#### Nutrition 101-Vegetables and Protein!

Join our featured speaker Megan, a Registered Dietitian from Lifetime Fitness as she pumps us full of great information and shares her tips for better nutrition!

You have your choice of meeting dates and times!

**When:** Tuesday, January 13th, 5-6pm **OR** Thursday, January 15th from 12-1pm or 5-6pm.

All classes are held at our Dean Avenue Operations Center, 1917 Dean Avenue.

Pick the Time. And Day that works best for you!



#### 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.

As always you pick the time and date that works the very best for you! You are welcome to come to both Nutrition 101 and 102 or you may choose to attend only one!

### Register Today! Email below

[tammy.steinwandt@dmschools.org](mailto:tammy.steinwandt@dmschools.org)



Self-Report as a Healthy U EDU activity!



### Next Healthy U Deadline!!! Complete Step 2 by June 1, 2015!

**Step 2 for Healthy U is worth \$100 in Wellness Incentive Dollars!** Complete and Self-Report your 6 required wellness activities from the three different wellness bucket categories! Healthy U Preventive Screenings/Vaccinations-complete 2 activities, Healthy U Personal Wellness Challenges-complete 1, and Healthy U EDU-complete 3 activities!

**You must complete and self report all activities to receive credit.**



**One of the secrets of life is to make stepping stones out of stumbling blocks.**  
~Jack Penn



Have you ever wanted to write a novel or learn more about long term care? Or maybe you have always wanted to learn more about the Irish Language and Culture or perhaps you just wanted to try yoga. Well look no further!! **Our very own Community Education Department offers a huge variety of classes! Check out the new Winter 2015 catalog! [www.dmcad.org](http://www.dmcad.org) call 515-242-8521**



#### Contact Information:

**Tammy Steinwandt**  
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## 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.

**Life Time Fitness: Open Enrollment Only Available January 1 - 31, 2015 Enroll as a Life Time member through DMPS and receive extra perks:**

- > **\$0 Joining Fees** (standard is \$110)
  - > **\$200 myLT BUCK\$ at time of enrollment** (in-club currency you can spend on programs and services, such as personal training, nutritional coaching, T.E.A.M. classes, spa, yoga workshops, swim lessons, kids' activities and more - *BUCK\$ exp. after 120 days*)
  - > **Complimentary Training SolutionsSM consultation** (1-on-1 session with a nationally-certified Personal Trainer)
  - > **Complimentary myHealthScoreSM assessment** (Total Health Assessment analyzing 6 key health indicators - standard is \$30)
  - > **14-day full money-back guarantee Month-to-month memberships only**
- To enroll as a Life Time member online, please visit: <https://ims.mylt.com/ims/promo/dmschools> or stop in to the Fitness Center. Bring your DMPS Picture ID badge.



### Profile By Sanford-weight management program

Profile is a new comprehensive weight management program here in Des Moines. This program is designed by Sanford Health Physicians and scientists as a simple, effective and sustainable solution. **DMPS Employee Special:**

- ✓ ½ off Initial one-year Profile membership-\$150.00 (Normally \$300.00) \*Smart Body Scale included in membership (tracks bodyfat, BMI, weight, hydration, and muscle \*20% discount on all food products throughout membership. \*Personal Profile page online and on smart phone which allows members to track their progress throughout the program. \*1:1 meetings with a Certified Profile Coach to guide members throughout their weight loss journey

**Want to learn more? Call Sonia Schumacher at 515-393-6477. Or attend a special DMPS 30-minute informational session. No pressures, No hassles, simply a meeting to give you more information and program details. (Count it as a Healthy U EDU wellness activity for going)**

**DMPS Informational Classes: Tuesday, January 20th 4:30pm OR Thursday, January 22nd at 5:00pm located at 1250 NW 128th Street, Suite 130 Clive, Iowa. (Behind Granite City off of University Ave). Call and let Sonia know you will be coming!**

### Personal Wellness Challenges!

**Stand Up Step Up! Your 10,000 Steps-a-Day Challenge!** Registration and Tracker Link Here: <http://fs8.formsite.com/DMPSchools/form186/index.html> This activity challenge starts January 12th!



**Surrender Your Soda 30-Day Challenge Starts January 19th! Register Now!**  
Registration and Tracker Link Here:  
<http://fs8.formsite.com/DMPSchools/form41/index.html>

**Blue365 and Healthways Fitness Your Way™** is a new way to get healthy and feel good on your own terms. A first-of-its-kind fitness program, Healthways Fitness Your Way offers you the flexibility to work out at any network fitness location, (over 9,000 facilities nationwide) 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!  
**Watch your email for the Flyer and Promotional Code prior to January 15th!**



**GET MOBILE** With the Wellmark App!

