

Let's GO Healthy U!!

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What Is At The End Of Your Rainbow?

Take a moment and simply let yourself just reflect. The word reflection has several meanings. Maybe for you its looking back on where you have been. Or it could be something you are giving careful consideration too from the past or in the present. A reflection could also be an image of something you want, and what you see for yourself in the future. Whatever it is for you, take a moment...be present in the moment, and see what you have at the end of your rainbow. Is it better health? Less stress? A new job or career? Different relationships, or changes you are ready to make. How many chances do you give yourself to just think and reflect.



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



Healthy U **FREE** Health Coaching!!!

It's confidential, FREE, and a super opportunity available to 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!

PERK ALERT
Count this as a Healthy U EDU Activity!



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). All coaching is done with a Unity Point Health Coach! **Call (515) 241-5061 To Schedule Today!**

NEXT HEALTH CHAT!



"Have Your Kale and Eat It To"

Join our own Amy Joens & Chelsea Krist on March 30, 12-1pm **OR** March 31, from 5:30pm-6:30pm! Located at Dean Avenue Operations!

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.**

Need Help Self-Reporting?

There is an excellent how to guide on the DMPS website! Simply Click on the Staff Tab, and Healthy U. Now Click Quick Access Guides and click Wellness Rewards Reporting.

Current Personal Wellness Challenge:

In Tune-Stress Management Started Feb 25th-April 8

Upcoming Personal Wellness Challenges March/April!

- March Madness –Fruit/veggie showdown!
- Balance the Pressure
- Cue Up the Coffee

Many of us have goals of eating healthier, but aren't comfortable with preparing certain fruits and vegetables or spending the money to try something new! Join us for a methods-based cooking course that will show you how to prepare fruits and veggies, especially those that grow in Iowa! Let's get prepared for growing season so you can try new things at farmer's markets, help in school gardens, or even grow your own produce at home! Don't Miss it!

Register Today!
RSVP Required for proper food count!

Email:
tammy.steinwandt@dmschools.org

DID YOU KNOW? Many of our schools have gardens, and those gardens need help! By volunteering your time to help with any of the DMPS School Gardens, YOU can count it as a Healthy U EDU Activity! Contact Amy Joens. FoodCorps Service Member for details and the list of gardens needing your help! amy.joens@foodcorps.org





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!



You Are Never Too Old To Set Another Goal Or To Dream A New Dream!

—C.S. Lewis



GET REGISTERED!



If you have not yet registered or created an online account with Wellmark, then let's get you signed up and get you going with your own personal and confidential account!

With MyWellmark, you will find all your health and wellness information in one place! You have a single sign on to the MyWellmark homepage, and then access to the WebMD Wellness Center! The secure MyWellmark website gives you quick, easy access to check your claims, review benefits, or track your healthcare expenses! You will also find the tools you need to help you learn more about your health and help you reach your health goals!

Online registration is easy and is open to Primary Insured Employees, Dependent Insured Employees or even employees who do not carry the DMPS Health Insurance!

Here is how to get started!

- Go to: www.wellmark.com
- Click on "Register Now"
- Use your Wellmark Insurance Card # or Wellmark ID Card # and follow the onscreen prompts and questions!
- You create your own User ID and Password! It's secure, confidential and your information is always protected and respected!

All DMPS Employees who are the primary person on the insurance will use their Wellmark Insurance Card number to create an account!

All other DMPS employees including those that are the dependent on the plan, or that do not carry the health insurance through DMPS will have a Wellmark ID Card number.

If you are unable to locate the ID Card that was sent to you in the mail from Wellmark, you may contact Tammy the Wellness Coordinator, or Rhonda Wagoner, Benefits Specialist in HR to help you find your number!

By creating your Wellmark account, you have a single sign on to not only great benefits and insurance information but it is your ticket to access the WebMD Wellness Center and Healthy U for self-reporting!! As you work on and complete Healthy U Wellness activities, you self-report them here and that's how you earn your Incentive Dollars!!

Come on and join us, get registered today and have tons of great information at your finger tips! If you have already created your account, then you do not need to create it again unless your insurance status ever changes!



WOW!!! GET MOBILE!! GET THE WELLMARK APP!!

Download the Wellmark App Today, and Have Your Benefits in the Palm of Your Hand!



Employee Assistance Program (EAP)



Here For YOU and your Family! It's FREE and Confidential! Check it out! 1-800-356-7089 there when you need it 24/7!

- ✓ Magellan offers Work-Life Services to ALL DMPS employees and family members: this includes doing the legwork for you to find services, resources and practical solutions that work for you. I.E. child or elder care resources, locating summer camps or college information, or utilizing pre-negotiated discounts on over 3,500,000 products and services! (and much more!!)
- ✓ Magellan offers confidential counseling and referral services that can help you and your family successfully deal with life's challenges. EAP services are available to you at no cost, as your employer has prepaid these services. You have up to 5 counseling sessions available to you. The EAP can help with things like stress, anxiety, depression, relationship problems, job or work stress, parenting, alcohol and drugs, legal issues, and financial concerns. Available 24/7 1-800-356-7089