



It's a Wrap...Healthy U



It's a Wrap!

Healthy U is almost a wrap for the 2013-2014 school year! Let's take a look at a few things to help you get finished!



The deadline for self reporting your final Step 2 Activities is June 15th!

Don't miss the opportunity to earn your final Healthy U Wellness Incentive Dollars this year!

The Completion and Self-Reporting of the six activities in Step 2 is worth \$100!

It's easy to see and check what you have earned. Just log into your Wellmark account and follow these quick steps.

- > Log in: www.wellmark.com
- > Click on "My Health"
- > Click "Wellness Center" then "Visit the Wellness Center"

- > Click on "Rewards", and scroll down to look at your tiles! If you are the primary on the insurance you will see a total of eight Rewards Tiles. If you have completed all of Step 1 and Step 2, those eight tiles will be flipped over, turned blue and will say "Congratulations" on them!

Overview of Step 1 and Step 2

Step 1: Completion Earns \$100
These activities automatically report to the Rewards Tiles.
Deadline March 1, 2014

- ✓ Completion of Online Wellness Assessment \$50
- ✓ Completion of Onsite Biometric Screening \$50

Step 2: Completion Earns \$100
Complete and Self-Report the Six Activities as outlined from each category below.
Deadline June 15, 2014

* **My Healthy U Preventive Screenings/Vaccinations**
(complete 2 activities)

* **My Healthy U Personal Wellness Challenge**
(complete 1 challenge)

* **My Healthy U Online Health Coaching**
(complete 1 week)

* **My Healthy U EDU**
(complete 2 activities)

Employee participation in the Healthy U Wellness Program could help you earn the \$200 toward your premium cost!

For non-insured employees or employees covered as the dependent on the DMPS Health plan: These employees through the completion and self reporting of the six activities in Step 2 had an opportunity to participate and earn \$100 in tax-able income.



ONLINE HEALTH COACHING TIPS! **FINISH**



Helpful & Quick Online Health Coaching Tips!

Here are some quick tips to help you set-up and complete your My Healthy U Online Health Coaching Activity!

Let's Get Started!

- Log into Wellmark at: www.wellmark.com
- From the Personal Wellness Screen, click on "My Health", then "Wellness Center", now "Visit the Wellness Center"
- From the WebMD page click on "Rewards" and go to the Online Health Coaching Tile and click "Let's Do

This." **OR** you can also access the same page by clicking on "Healthy Living" at the top of the page, and select Online Health Coaching from the menu. (Either way works!)

- You will see a variety of coaching choices like: nutrition, fitness, stress, tobacco, etc. Simply place a check mark in the square by the topic you want to do for the one week requirement. Uncheck any topics you do not wish to try.
- Select 1-3 goal ideas, then click "I am finished" Your plan is now created and you may begin your week!

Things To Remember:

- ✓ You only need to complete this goal for 1-week!
- ✓ In order to receive credit for participating, each goal has a check mark box located to the right of the goal. Make sure at the end of your week, that you actually check off each check mark for each of the goals!
- ✓ The progress bar located in the right hand corner, starts at 0% and moves to 100% as you check off each mark. Once it hits 100% your tile will flip for you and show you have completed it!

Please note: You **do not** need to check in everyday! As long as you check in at the end of the week you are working in, you will be in GREAT shape!



DEADLINE TO COMPLETE THE 6 ACTIVITIES IN STEP 2 IS JUNE 15th!
Self-report your completed Healthy U Activities on the Rewards page. Go to the Wellmark WebMD Healthy U Website!
(Click the Tile, Date It, Submit It!)





TODAY is your day!
Your mountain is
waiting! So... get on
your way!!

—Dr. Seuss



Contact Information:

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



Need Healthy U EDU Ideas!?!

A SoundBites Health Chat Upcoming Event:

“How to Stay Young Your First
100 Years at Work!”



Date/Time: May 27th 12pm-1pm **or** 5pm-6pm

Location: Dean Avenue Operations Building!

Join Dr. David Kroshe from Compass Chiropractic and learn more about living pain free! Dr. David will give a brief talk about living pain free and will teach simple strategies and exercises to help reduce neck and back pain! A light supper from Centro will be offered!

Registration required!

Deadline to sign-up is Monday, May 26th.

Register Today by Emailing Healthy U at:

tammy.steinwandt@dmschools.org

This class is free!

Other Healthy U EDU Ideas might be:

- Create your own personal wellness goal! (form available on the DMPS Website, Under the Staff Tab, Than Healthy U! It's Your Goal, Your Way, Your Time!
- Did you participate in more than one Personal Wellness Challenge this year? If you did, count it as an Activity under The Healthy U EDU category too!
- Walks, runs, exercise classes, workouts, building challenges and lots of other events or classes count too! See the Healthy U Incentive Guide for 2013-2014 for a list of ideas! Located on the DMPS Website, as mentioned above!



Did You Know?

YOU have a **FREE** Personal Health Assistant available! This service is available 24/7 to all DMPS employees and covered dependents.

Have you ever debated on whether you should call your doctor? Are you wondering if you should go into the Emergency Room? Did you recently find out about a new health condition? The Wellmark Personal Health Assistant can help you get answers you want! They can be your advocate and are

ready and willing to help you get the care you need!

Help is really just a phone call away!
Call 1-800-724-9122

Take a quick minute and add this number to your phone contacts list!

The Wellmark Personal Health Assistant is ready when you are any time of the day or night! This FREE 24/7 coverage is there to help you!

SUPER SLICK SALAD IDEAS!

From ISU Extension here is a super easy



salad idea for life on the GO!

Ingredients: 1/2 cup salad greens per person, (arugula, romaine, spinach, etc.), 1/2 cup veggies per person (broccoli, shredded carrots, peas, cabbage, cucumbers, onions, black beans, tomatoes, etc.) & 1-2 tbsp. salad dressing per person.

Directions: Grab a gallon zip-lock bag for your family, or a quart sized for yourself! Toss the salad greens, veggies and salad dressing in the bag. Seal it up, & shake, shake, shake your mixings! Make it ahead to eat later, or dump and serve now! Its fast, It's Portable, It's Easy and It's Delicious!