



Healthy U Express!



Deadlines...Deadlines...Deadlines!



Healthy U Deadline Is Fast Approaching!

Head to the Healthy U finish line for 2014-2015! Just as our school year is quickly winding down, so is Healthy U!

Now is the time to finish up all of your Healthy U wellness activities from Step 2 and get them self-reported on the Wellmark WebMD Rewards page!



The deadline to self-report is June 1, 2015.

Your \$100 wellness incentive is ready and waiting for you by simply completing all six activities from the Step 2 wellness buckets!

The Healthy U Incentive Guide will show you what counts in each wellness activity bucket. You can find this guide on the DMPS website under the Staff tab, then Healthy U. Once you are on the Healthy U page, please select Incentive Guide from the



The Healthy U Buzz...

Don't Miss The Year End Healthy U Opportunities!

"Bon Appetit" Healthy Living Class!

Join Lincoln High School on May 13th at 3:30pm!

Come find out how to fit healthy choices back into your busy schedule! We will be talking about whole foods, easy to implement tips, simple solutions, reading labels and more!

For Questions Contact:
susan.krantman@dmschools.org

"Profile By Sanford-Weight Management Program Information Session"

Profile is a new comprehensive weight management program in



Des Moines. This program is designed by Sanford Health Physicians and scientists as a simple, effective and sustainable solution for weightloss and healthy living!

Come and Join the DMPS Open House!

Come and check it out! No hassles, No pressure! Enjoy FREE Food samples and just learn more! Special Membership pricing for DMPS Employees. **No Registration Required!** Come when it works best for you! Informal Open House from 3:00-5:30pm offering samples and conversation. Light presentations offered at two times beginning at 3:45pm-4pm and again from 4:30pm-4:45pm

When: May 20th 3pm-5:30pm
Location: Dean Ave Operations
1917 Dean Avenue

list on the right hand side of the page. You can also access this guide on the Wellmark WebMD Rewards page as well! The Incentive Guide shows you a list of qualifying activities for each bucket in Step 2!

Let's Take Another Quick Look At Each Bucket!



My Healthy U Preventive Screenings/Vaccinations.

You will complete and self-report 2 activities from the list!



My Healthy U Personal Wellness Challenges.

You will complete and self-report 1 challenge from those offered this year!



My Healthy U EDU

You will complete and self-report 3 activities from the list!

How Do I Self-Report?

There is a screen shot guide located on the DMPS Website. Again visit the Staff Tab, then Healthy U, go to Quick Access

Guides, then click on Wellness Rewards Reporting.

Remember in order to self-report you must have already created a Wellmark account at some point in time. Once you create your account, you can use it from year to year as long as your insurance status does not change!

Here Is A Quick Overview On How To Self-Report:

- ✓ go to www.wellmark.com and log in using the user name and password you created.
- ✓ From your Personal Claims Page, click on the box that says "Visit the Wellness Center"
- ✓ Once on the WebMD Wellness Center page click on "Rewards" or "Get Rewarded"
- ✓ Click on the wellness bar for Step 2
- ✓ Now select the activity you wish to report on. Click "I Did This" Now, add the date and hit "Save"
- ✓ Do this for all activities! Don't forget to keep a copy for your Healthy U records!



"7 Stretches for a Pain Free Day"



We welcome back Dr. David Krohse, of Compass Chiropractic as he teaches us the most effective stretches to reduce headaches, back, neck, arm and leg pain!

PLEASE RSVP for a FREE light lunch or supper as he guides us through another great presentation!

When: Thursday, May 28th
Time: 12pm-1pm **or** 5pm-6pm
Location: Dean Ave Operations
1917 Dean Avenue

REGISTRATION IS REQUIRED!

E-mail Your Reservation/RSVP to:
tanya.stark@dmschools.org
Deadline Tuesday, May 26th

These events qualify as a Healthy U EDU activity!

Reminder for DMPS Late Hires and Your Healthy U Wellness Program!

Don't forget that even as a DMPS late hire the Healthy U activities you participate in this year will count toward your employee contribution next year for your health insurance. As a new employee your premium costs were waived, so beginning July 1 with our 2015-2016 year, those wellness incentive dollars you earned from this first year are paid forward and count as your employee contribution toward your health insurance! You should have received an email from Healthy U with the Incentive Guide and Late Hire schedule attached!

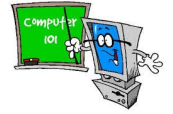




Healthy U Is On Twitter!

Check it out! Healthy U Wellness is now officially on Twitter! Catch quick, simple, and informative messages! **Follow us today!** <https://twitter.com/DMWellness4U>

Healthy U Computer Help For You!!



Do you need help? Difficulty Logging in? Can't remember your Username and Password? Not sure where or how to self-report your awesome wellness activities? If you need help then we want to help you! **The remaining computer lab help sessions are listed below!**

Healthy U along with your Health Benefits Advisory Committee (HBAC) and your Building Wellness Champions want you to be successful!! Join us at any of the Open House Help Sessions below! Stay as long as you would like and come when it works best for you! **Don't Miss Out!!**

No Registration Needed!

Wednesday, May 13th 1pm-5:30pm Prospect Support Facility Computer Lab 2nd Floor

Thursday, May 21st 6:30am-6pm Prospect Support Facility Computer Lab 2nd Floor

What Do you Need to Bring:



Bring yourself and your Wellmark Insurance Card or Wellmark ID card! Plus don't forget your list of Healthy U activities so we can help you enter them!

Employee Assistance Program! (EAP)



Available 24/7! For you or anyone that lives in your household!

Confidential counseling and referral services that can help you and your family successfully deal with life's challenges. It's FREE! It's CONFIDENTIAL! 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. **Call 1-800-356-7089**

There's More! In addition to counseling services Magellan offers a full array of Work-Life services! Enjoy other valuable discounts on car rental, motels, trips, clothing, restaurants and literally thousands of goods/services. You have access to this through the LifeMart Discount Center! Another bonus includes quick and confidential access to help with legal or financial questions/services! Those experts are available to help you! Call 1-800-365-7089 or access the website today! **ALL SERVICES AND ALL ACCESS IS CONFIDENTIAL! Here is the link:**
<https://www.magellanassist.com/mem/default.aspx?AccessKey=9E586221-A076-4471-ADC0-805AC9FFA44F>

**Be Watching For New Details on
Healthy U 2015-2016!**


**As negotiations come to a close
Healthy U Program details will
soon be made available!**

Contact Information:

Tammy Steinwandt
Wellness Coordinator
E-mail: tammy.steinwandt@dmschools.org

Tanya Stark
HR/Wellness Executive Assistant
E-mail: tanya.stark@dmschools.org

Have Issues With your Fitbit?!

 Your Fitbit comes with a one year manufacturers 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! **Call: 1-877-623-4997**

Web help: <http://help.fitbit.com> or **Email:** <http://help.fitbit.com/customer/portal/e-mails/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.



Healthy U Employee Spotlights:

**Read on for some awesome
achievements DMPS employees have
made this year:**

"After we did that Surrender the Soda Challenge, I have not drank any soda for over a year! I have lost weight and feel great!"

"Since the Rethink your Drink Challenge, I've been bringing a water bottle to work everyday! I also did the March Madness Challenge and it has helped increase my fruit and veggie intake. I wasn't a believer at first but this program has made a difference for me."

"Thanks to Healthy U for helping to make DMPS a healthier place to work"

"I just loved the classes you have been offering, especially the one on Stress! Plus

I really liked the class on carbs and fats!"

Recipe For Happiness

2 heaping cups of patience

1 heart full of love

2 hands full of generosity

Dash of laughter

1 head full of understanding

Sprinkle generously with kindness

Add plenty of spirit and mix well

Spread over a period of a lifetime

Now serve to everyone you meet!

....Adapted from an old cookbook

