



# Healthy U Helpful Hints!



## Healthy U Helpful Hints!

This edition of Healthy U Express is full of pointers, common issues and questions about the wellness program and incentives!

### Where and How do I self-report my wellness activities?

- ✓ Log in: [www.wellmark.com](http://www.wellmark.com)
- ✓ Hover and Click On "Healthy Living"
- ✓ Visit the Wellness Center
- ✓ Click on Rewards
- ✓ Select the Wellness Tile that matches your completed activity
- ✓ Date the Tile and Submit

### Who Do I Contact for Help with the Wellmark Website?

- ✓ Wellmark Wellness Center Help Desk at 1-877-252-8412. or Tech Support at 1-800-407-0267

## What is the Step 1 Deadline?:

March 1, 2014

## What is the Step 2 Deadline

June 15, 2014

### What Do I Have to Do to Earn the \$200 Wellness Incentive?

#### Complete Step 1: \$100

- ✓ Online Wellness Assessment (\$50)
- ✓ Onsite Healthy U Biometric Screening (\$50)

#### Complete Step 2: \$100

- ✓ Complete 2 Activities from My Healthy U Preventive Screenings/Vaccinations
- ✓ Complete 1 My Healthy U Personal Wellness Challenge
- ✓ Complete 1 week of My Healthy U Online Health Coaching
- ✓ Complete 2 Activities from

My Healthy U EDU

### Where Can I Find Healthy U Information?

- ✓ DMPS Website, Look under the Staff Tab, Than Healthy U.

### Can I use the lab results from my doctors office to count toward my biometric assessment?

**No.** In order to earn and qualify for the \$50 Healthy U Biometric Incentive outlined in Step 1, you will need to participate in the Healthy U Biometric Screening event. Screenings completed at other locations or through other programs will NOT earn the wellness incentive.

### How Do I Cancel My Biometric Screening Appointment:

Send an email to [penny.kilen@unitypoint.com](mailto:penny.kilen@unitypoint.com)

## REGISTER NOW!! Beat the Holiday Bulge Personal Wellness Challenge #2!



### Beat The Holiday Bulge!!

11/25-1/14

Register **ONLINE** now for the next Personal Wellness Challenge Healthy U is offering! Self-Report your participation and help earn your incentive dollars!

Beat the Holiday Bulge is a challenge to help you maintain your weight through the Holiday Season! Average weight gain over the holidays is about 10lbs! This year don't let the pounds pack a punch on you! Together let's MAINTAIN and not GAIN

through the 2013 eating season! **Registration opens 8AM Monday, November 8th -Sunday, November 24th at 10PM.** Located on Infinite Campus on the DMPS Website! Or try this link! <http://fs8.formsite.com/DMPSchools/form34/index.html>

Beat the Holiday Bulge officially starts Nov 25th-January 1, 2014. For more information and your Bulge Tracking form go to the DMPS website, under Healthy U Monday, November 25th!

#### Here is how it works:

- **YOUR GOAL** is to stay within 2lbs of your initial weight.

You can weigh less, but don't weigh more!

- Complete 3 Independent Weigh-Ins. The weeks of November 25, December 16th, and Final weight in January 1, 2013.
- Receive helpful hints and support through out the 5 week Journey!
- Kick off the Challenge and earn another activity by attending the SoundBites Health Chat below!
- On January 1, Self-Report your completion on the Rewards page!

### Join us for a Soundbites Health Chat: "Healthy Holiday Eating"

Come and Enjoy a FREE Health Chat on how you can make your holiday a little healthier, and still enjoy the festivities! Average Weight Gain is 10lbs from Halloween thru New Years! Give yourself a healthy boost this season of eating! **Nov 18th at 4:15pm at Goodrell, OR Nov 19 at 4:00pm at Callanan. Our Presenter is LeAnn Sundberg from Jenny Craig! Your Choice, Pick One!**



## Healthy U Helpful Hints...Continued

**What Do I need to do after my biometric screening to receive credit on my Rewards Page?** The Good News is nothing! Your screening will automatically be reported for you! Unity Point is currently working on inputting your results! Once that is completed, the tile will flip over, In addition your results will also be uploaded to your Wellness Assessment.  
**How do I register for the Biometric Screening?**

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

You may select the time, date and building that works the best for you!

**Rethink Your Drink Update:** If you want to be included in the Prize Drawing all forms should be returned no later than Nov 13th. **DON'T FORGET** to Self-Report your Completion on the Rewards Page located on the Wellmark WebMD Healthy U website.

**Do I have to participate in Healthy U?** No. You can choose to be as active or inactive as you want to be. Healthy U gives you an opportunity to earn \$200 in wellness incentive dollars by completing the activities set forth in Step 1 and Step 2. These incentive dollars will be applied to your health insurance premium starting July 1, 2014. If you choose not to participate than you do not have to do anything further and inturn starting with your first pay period in July 2014, that \$200 premium cost will simply be divided out amongst each of your pay period for the year. However, with that being said, Healthy U hopes you will be active, participate, and work towards and continue to become the Healthiest U, you can be or want to be!

**What if I flipped my Rewards Tile and didn't mean to or What if I put the wrong date on it?** No worries! In your personal records you are keeping for your Healthy U completed activities, just make yourself a note of the error, and keep track of what you meant to do, or what date you meant to put down. It is just that simple!

**What Activities do I need to complete?** All of that information can be found on the Healthy U Incentive Guide located on the DMPS Website, under the Staff Tab, than Healthy U.

**If you received an ID Card in the mail from Wellmark, don't throw it away! That is your personal ID number for Healthy U Access to the Rewards Page**

Forget all the reasons it won't work and believe the one reason that it will...

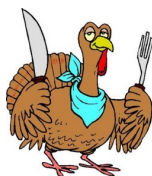
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### DID YOU KNOW???

- > *Getting your Flu Shot counts as a wellness activity ( Under My Healthy U Preventive Screenings/Vaccinations)*
- > *That you can Complete 2 Personal Wellness Goals ( Under My Healthy U EDU) and it counts for both of your activities?!*
- > *Did you know that 2300 DMPS Employees participated in Rethink Your Drink?*

> *According to Harvard Health, a 125 pound person raking the yard for 30 minutes will burn 120 calories. A 155 pound person will work off 149 calories in the same span.*



> *The average American will consume more than 4,500 calories and 229 grams of fat on Thanksgiving Day alone.*

### Check Healthy U Info!

Go To: [www.dmschools.org](http://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](mailto:tammy.steinwandt@dmschools.org)