



# Healthy U Express!



## Healthy U...In The Know!!



### Last Chance! Don't Miss Out! Healthy U Biometric Screenings

If you haven't completed your biometric screening yet, you still have time! Don't miss out, Last Chance Screening Opportunities are here!

#### Screening times remaining are:

Monday, Nov 24th 6am-9am at Hannawalt Elementary and Windsor Elementary!!

Tuesday, Nov 25th 6am-10am at East High School!

#### LAST SCREENING OPPORTUNITY

Tuesday, Dec 2nd, 6am-10am  
Scavo High School

Walk-Ins Welcome, No Registration Required at this point!!

Don't miss an opportunity to earn your Healthy U wellness incentive PLUS get your FitBit!!



### Healthy U Online Wellness Assessment Deadline Changed!

The DMPS Healthy U Program will be launching enhanced tools effective January 2015 to improve usability and to enable additional technology on the Wellmark Wellness Center powered by WebMD.

These changes will include:

- ✓ The Wellmark Wellness Center home page will get a fresh look with DMPS Healthy U communications more visible!
- ✓ FitBit Integration will be enabled on the home page so your FitBit can sync to the

Wellmark Wellness Center and health trackers!

- ✓ Rewards Tracking for the Healthy U incentive will have a new look and feel based upon user testing!
- ✓ Wellness will go mobile allowing the Wellmark Wellness Center powered by WebMD to be accessed via your mobile device to take your wellness assessment, check your FitBit activity, access your rewards page, and more!

*In order to allow these changes, the Wellmark Wellness Center will need to be down from December 29, 2014 – January 1, 2015.*

Please be sure to take your Wellness Assessment, which is associated with the \$50 incentive premium, **prior** to December 29 to ensure you qualify for Healthy U activity due on December 31, 2014.

**NEW Wellness Assessment  
Deadline is December 28th!**



## The Healthy U Buzz...



### Final FitBit Help Session!

Do You have questions about your Flex or FitBit One? Or are you having syncing issues? Or maybe you just need to get it out of the box! Than you won't want to miss this personalized help session Healthy U and Lifetime Fitness have put together for you! Come when you can, stay as long as you need!

Plus if you attend, you may count it as a Healthy U EDU Activity!

**Mark your calendars now!**

**When:** Tuesday, Dec 2, 2014

**Time:** 11-1pm AND 4-6pm

**Where:** Dean Operations  
1917 Dean Ave.

**2014 Beat the Holiday Bulge  
is back!! December 1-  
January 1, 2015**

Stay ahead of the holiday weight gain game in 2014! Healthy U has a Personal Wellness Challenge that may just keep those pounds on the goodie platter and not on YOU! Register today by using the link below!

<http://fs8.formsite.com/DMPSchools/form41/index.html>

Using our **Beat the Holiday Bulge Tracking form**, simply weigh in on December 1 and then weigh in again on January 1, 2015! Your goal is to stay within 2lbs of your starting weight! Once you complete the final weigh in, Simply self-report it on your WebMD Wellness Center Rewards Page as your "Healthy U Personal Wellness Challenge"

**\*\*Perk Alert\*\*** If you have already completed one Personal Wellness Challenge, **you can** count this as a Healthy U EDU activity!

**REGISTER  
TODAY!**



### Healthy U Step 1 Deadline Fast Approaching!

Last Chance to earn your incentive for participating in the Healthy U Onsite Biometric Screening and to complete your Healthy U Online Wellness Assessment! Last Biometric Screening Opportunity is December 2, 2014! Online Wellness Assessment Completion is December 28, 2014!!





## Healthy Ways! Quick and Easy Things to Substitute in Your Cooking!!



**Start Today What  
You Are Thinking  
About For  
Tomorrow...**

— unknown

### Fun Turkey Facts:

- ✓ Turkeys will have 3500 feathers at maturity!
- ✓ Male turkeys gobble, Hens only cluck!
- ✓ It takes 75-80lbs of feed to raise a 30lb Tom turkey

### Contact Information:

Tammy Steinwandt  
Wellness Coordinator  
tammy.steinwandt@dmschools.org

<i>Instead of...</i>	<i>Try This!!</i>
Cream (for everything except whipping)	Evaporated skim milk OR low-fat butter-milk
Cream Cheese	Neufchatel OR Light Cream Cheese OR Ricotta Cheese
Butter or margarine	Light butter (use less or reduce the liquid elsewhere in the recipe) OR combination of light butter and fat-free cream cheese OR prune puree or baby food prunes OR applesauce
1 egg	2 egg whites OR egg substitute (amount will vary)
Chocolate chips	Mini chocolate chips and reduce amount OR use fewer chips
Sour cream	Plain yogurt OR fat-free sour cream
Nuts	Use less and toast for added flavor OR crispy rice cereal
Peanut butter	Reduced-fat peanut butter
Whole milk	Evaporated skim milk OR skim or low-fat (1 percent) milk
Oil (in baking)	Applesauce OR pumpkin puree OR prune puree OR mashed bananas
Mayonnaise	Reduced-fat mayonnaise OR mustard
Sour cream, mayonnaise, and cheese-based dips	Bean dips, roasted and pureed vegetable dips, salsa

Adapted from Allrecipes.com

### Scenes from the 2014 Biometric Screenings!



**Awesome!**

### FITBIT HELP!

Your FitBit comes with a one year manufacturers warranty from the date you registered it! If you are having issues or questions the Fit-Bit website is a great place to visit and troubleshoot your questions!

Below are two links that you can use to access FitBit!

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.

### FitBit Not Registered Yet?

If you haven't registered your FitBit yet, you can visit the website at :  
[www.fitbit.com](http://www.fitbit.com) That takes you to the main homepage! Now Click on "Get Started " and follow the steps .

