



Healthy U Express!



Thankfulness!



Thankfulness!!

It's that time of year again when we hear so much about giving thanks, and being thankful, but what does it mean?

In my quest for such answers, I took to an online Thesaurus and found a plethora of words that describe "thankfulness".

Reading through all those different words not only made me smile, tear up, and laugh out loud but they triggered memories and stories!

Indulge me for just a few minutes to share with you a few of the meanings I found. Such words are: admiration, perception, love, grasp, affection, realization, gratitude, enjoyment, esteem, awareness, gratefulness, liking, knowledge, sympathy, responsiveness, appraisal, sensitivity and the list goes on!

As we gather ourselves through this November, and as we travel through our work days, our weekends, our time with family and friends, and even in our alone time, I challenge each of us to take a few minutes and reflect on what thankfulness means to you. Look at the power in what that one single word can hold! Then simply savor, enjoy and be present in that moment of what makes you feel and appreciate "thankfulness!!"

On behalf of Healthy U, thank you to each of you for the amazing work you do every single day as a DMPS employee. Thank you for being good friends, neighbors, spouses, sisters/brothers, parents, aunts/uncles, partners, grandparents, etc in what you do and how you live each and every day!

Biometric Screening Registration...



You Still Have Time!

Follow the link below:

<https://www.unitypoint.org/desmoines/services-schedule-your-screening.aspx>

PLEASE NOTE: Use the following User Name and Password.

Username: **DMPS** (all caps)

Password: **SCREEN15** (all caps). Select the date and time that works for you!



Participate To Earn Your Healthy U Wellness Incentive! **Deadline is December 5, 2015!**

Get Screened Today!



Healthy Buzzzzzz... GREAT Opportunities!

Earn Wellness Incentive Dollars By Attending! Simply Self-Report It!

Healthy U Financial Health "Protecting Your Future"



Learn the importance of having a strong risk management plan and how to protect the things you care about! We'll discuss strategies for estate planning basics, unexpected disability, premature death and eldercare needs.



Your Choice of Time/Date!

Simply pick the date and time that works for you!

✓ Tuesday, November 17th from 5-6pm Callanan MS Cafeteria

✓ Thursday, November 19th from 12-1pm Dean Avenue Operations.

Register by emailing:
tanya.stark@dmschools.org

17th Annual Survivors of Suicide Loss Day

People who have survived the loss of a loved one to suicide have found help by turning to others who have been through a similar experience. They understand grief. And they understand the guilt, anger and confusion that can accompany grief.

Find comfort and hope and know that you are not alone. Join others for a day of healing, support and empowerment.

When: Saturday, November 21, 2015 10am-3pm

Located: Des Moines University Student Education Center 3300 Grand Avenue.

Cost: FREE—lunch provided

Register online:
www.dmu.edu/event/survivor or call 515-323-3205

Sponsored by: Des Moines University, Polk County Health Services, Out Of The Darkness Community Walks, American Foundation for Suicide Prevention

****Count it as a Healthy U EDU!****

Another Health Chat Opportunity...Profile By Sanford



Looking for a weightloss program that can help you be successful? Looking for personal help and someone to help you stay on track? Want to learn more? Join Judd for a free NO PRESSURE Or OBLIGATION information session. Just the facts, food samples, and a healthy weightloss option.

Wednesday, Nov. 18th Callanan MS Cafeteria 3:45pm-4:45pm or Monday, Nov 23rd East High School Cafeteria 4pm-5pm Register by emailing: tanya.stark@dmschools.org



The Great American Smoke-Out!!

Quitting tobacco is hard! But you can increase your chances of success with help! November 19th, 2015 is your day to **Quit for a Day...Quit for a Lifetime!**

Research shows that smokers who have support are more likely to quit for good!! Every year the American Cancer Society helps smokers across the nation think about giving up tobacco! Use the day to make your plan to quit or use this day to start your new life's journey and begin it by being tobacco-free!

Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times.

—Mark Twain

Nicotine is HARD to give up! Don't get discouraged!

Keep Trying!

Combine and Use as many resources as you need!

To Help You or a Loved One Quit, Here Are Some Fabulous Resources and Tools to Help You Get Started!

- > The American Cancer Society: 1-800-227-2345 Call them today! Or visit the web-site at: www.cancer.org/smokeout
- > Quitline Iowa: 1-800 QUIT.NOW (1-800-784-8669) or visit them at their website at: www.quitlineiowa.org Support available to you: phone coaching, online coaching, quit guides and even text support!
- > The American Lung Association: www.lung.org/stop-smoking/i-want-to-quit
- > Focus On YOU personal health coaching! Call 1-515-241-5061 Through Unity Point and Healthy U. Up to 4 FREE confidential help sessions!
- > For patients of Mercy Health Systems, call Lorene K. Mein DNP, ARNP, FNP-BC, at 515-643-0833 for class information and personal assistance! Or email: lmein@mercydesmoines.org
- > Utilize your Wellmark Health Benefits! Since July 1, 2015 your DMPS health insurance covers the cost of nicotine replacement therapies (NRT) such as name brand Chantix, Zyban, Nicotrol, or generics like Buproban, Bupropion HCL SR. Talk with your provider to see if this is an option for you!

Contact Information:

Tammy Steinwandt,
Wellness Coordinator
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Tanya Stark
HR/Wellness Executive Assistant.
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The more tools you use, the better chance for success you have in reducing use and in quitting for good! Don't be discouraged, it takes the average tobacco user anywhere from 7-11 attempts to quit! It's a tough habit to break, but with help YOU can do it!!! **Make November 19th YOUR new day!!!**



Need A Little Extra Financial Help??

Are you looking to build/repair your credit?
Establish a savings plan? Reduce debt?
Then look no further!!



Come to the Evelyn K. Davis Center and ask for Alexis Davis, your Personal Financial Coach! No worries, coaching sessions are free! The more money in your pocket, the better! Office Hours are 9 am-5 pm Monday through Friday. For more information, contact 515-697-1450. See you soon! Remember, **This can count as a Healthy U EDU Activity!**

Don't Forget: to Self-Report your wellness activities from the Step Three Buckets!



Healthy U Preventive Screenings/Vaccinations
(complete 2 activities)



Healthy U Personal Wellness Challenge
(complete 1 challenge)



Healthy U EDU (complete 3 activities)

Here's How:

- Go To: www.wellmark.com and Log On
- Click on "Visit the Wellness Center"
- Click on "Rewards"
- Click on "Step 3" and Report in the Correct Bucket!



Deadline to Self-Report Step 3 is 6/1/2016