

# Healthy U... My Guide For Fall Planning!



## Welcome to Healthy U!

This edition of the Healthy U Express is dedicated to common questions, programs, offerings and what is happening this fall! So grab a glass of water, pull up a chair and lets talk "Healthy U"

### Wellmark WebMD Healthy U Website

First things first! If you **have not** already created your account on the Wellmark website, I would encourage you to do so. Visit [www.wellmark.com](http://www.wellmark.com) and get your account active. To get started the first time you will need your Wellmark insurance card if you carry the DMPS Health Insurance. If you are not enrolled in the DMPS health insurance, OR you are the DMPS employee spouse/dependent on the plan than you will use the Wellmark ID card currently being mailed to your home.

If you are having difficulty registering, logging in, or having issues with the user name or password you have created **PLEASE** do not hesitate to reach out to the **Wellmark Wellness Center Help Desk at 1-877-252-8412**. They can help direct and guide you!

### Healthy U Incentive Guide

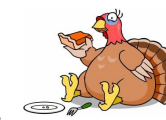
The Healthy U Incentive Guide is a must have and great resource for you to use! You can always access this document on the DMPS website. It is located under the "Staff Tab" and then under "Healthy U". You will find the steps you need to follow plus a list of all Healthy U approved incentive activities.

**YOUR** DMPS website is also a great resource for Healthy U Information! You will always be able to find up-to-date program information, guides to help you

take your well-ness assessment, and how to log your activities on the Rewards page. Plus you will see information on upcoming challenges, Magellan Employee Assistance Program (EAP) information, fitness center discounts, videos, and so much more! Don't hesitate to check it out for any and all information!

### Personal Wellness Challenges

"Re-Think Your Drink" Hydration Campaign is off an running! Over 1500 DMPS employees are taking the water plunge! Don't forget to log/self-report on the Wellmark/WebMD Healthy U Site that you completed the challenge on October 31st! The next personal wellness



challenge "Beat The Holiday Buldge" will start November 25-January 1, 2014! Registration Starts

November 4th. More Info coming soon!

## Register Today For Your Healthy U Onsite Biometric Screenings!

### Register Today For Onsite Biometric Screenings!

Registration for the Healthy U Onsite Biometric Screenings is now underway! Registration is easy, confidential and completed online. You can access the registration link on your Wellmark/WebMd Healthy U website, or by visiting the link below:

<http://www.unitypoint.org/scheduleyourscreening>

After clicking on the link, please follow the log in process to the right to help you in the registration process.

- ✓ Your Login will require:  
User Name: **DMPS**  
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!**

Here is what to expect from the Healthy U Biometric screening. Upon your arrival you will be greeted and checked in. From there you will have your blood

profile done via an easy finger stick. The lab value information you will receive is: Total Cholesterol, HDL, LDL, Triglycerides, Total Cholesterol/HDL ratio & Glucose (blood sugar). You will also have your Blood Pressure, Waist Circumference, Height, Weight, Body Fat Analysis and BMI (Body Mass Index) measured. Once complete you will have a brief Consultation with a health professional to highlight your individual results!

**See the DMPS Website for more screening information!**

### PLEASE NOTE:

**In order to receive the \$50 Healthy U Wellness Incentive, you must complete the onsite biometric screening offered by your Healthy U Program. This screening is FREE. Screenings done at other locations or through other programs will NOT earn the wellness incentive dollars.**

#### Contact Information:

Tammy Steinwadt,  
Wellness Coordinator-  
[tammy.steinwadt@dmschools.org](mailto:tammy.steinwadt@dmschools.org)  
515-242-7791



## Quick Steps To Access Your Wellmark/WebMD Healthy U Website & Self Report Your Activities!



**Obstacles are those frightful things you see when you take your eyes off the goal.**

**-Henry Ford**

### 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!

1. **Go To:** [www.wellmark.com](http://www.wellmark.com) Log in or create your account (first time users have your Wellmark insurance card or your Wellmark ID card handy)
2. A screen will appear asking if you wish to take your online wellness assessment, you can either "proceed" or click "remind me later" The choice is yours as long as you complete it by 12/31/2013. You do have the option of waiting until your biometric screening results are downloaded or you can always proceed and take it. For those questions you do not know the answer too, simply click "don't know".
3. The next screen will take you to "Your Personal Site" and will have your name across the top. Click on the tab labeled "My Health" than Click on "Wellness Center"
4. Now Click on "Visit the Wellness Center", You will officially arrive at the DMPS Healthy U page, which is your personal wellness center and confidential page. This is powered by WebMD. Welcome to your Site!
5. **To begin logging/self-reporting your wellness activities go to the top of the page and click on "Rewards". There you will see all the "Reward Tiles". Click on the tile that matches your activity category. i.e. Preventive Screening" or EDU #1, or Personal Wellness Challenge" or Online Health Coaching" Now just click on the tile, and put the date you completed it! Congratulations will appear, and you will receive your activity credit!**

Call the Wellmark Wellness Center Help Desk if you are having issues, concerns or questions about the Healthy U site. 1-877-252-8412

### Wellness Incentive Activity Idea!

Participate in the 1k Healthiest State Walk for Iowa on Wednesday, October 9th and you can count it as the "Community Event" Under the My Healthy U EDU Wellness Activity Category!  
**Get Out, Get Healthy!**

### FREE Trial Month Membership at Fitness World West!

Are you looking for a new fitness opportunity? Fitness World West is offering DMPS Employees a "Try It" for a Month FREE Offer!

For the entire month of October stop down and see Personal Trainer Mike Turner and he will get you started! DMPS employees will also receive 2

free training sessions along with a free fitness assessment! Mike is looking forward to working with you! To access your FREE month, just bring proof that you are a DMPS employee, and talk to Mike. After you have talked with Mike, you can access either location in Ankeny or use the West Des Moines location. Membership discounts are available to any DMPS employee who wishes to join. Fitness World is located on 3200 Westown Pkwy, West Des Moines (near Valley West Mall) Check it out!



### FLU SHOTS!

DMPS employees who are covered by DMPS Health

Insurance will be able to go to their primary doctor's office or any participating pharmacy in our Network and get a flu shot at no charge (**free**). You need to take your insurance card and it is 100% covered. This also includes your dependents currently covered under your policy.

If you have more specific questions or need a list of participating pharmacies, you can access the information at the Wellmark Website or call 1-800-247-0961.

Looking for a Healthy U Wellness Activity? Getting your flu shot counts! Self-report it under the My Healthy U "Preventive Screening/Vaccination" category!

