



Healthy U Express!

Wellness ...Why We Do It!

Oh That Crazy Wellness Lady!



As we were doing our biometric screenings a few weeks ago, I had an employee filling out their paperwork look up at me and did a double take. They said smiling, "hey are you Tammy, that crazy wellness lady?" After a good laugh, and a small confession, I admitted it was me. As we visited for a few minutes, we talked about "why wellness" and why Healthy U has us do things like the biometric screening, the wellness assessment and all those crazy activities.

As we parted company... me, still smiling from our conversation, and the employee fading away down the hall with their new water bottle in tote, it just got me

thinking, about that burning question: "why wellness"??

Why Wellness!



To that question, I think, "why not wellness"! In creating a wellness program like Healthy U, one of the key factors is simply all of you, the employees and families of DMPS. Wellness programs are growing in numbers, growing in what they offer, and are making an impact on peoples lives!

It's a way not only to impact current health care costs, but a way to encourage employees to take an active role in their own health, the health of their families, and even the health in their communities. However big or small that may be, we strive to foster that movement toward improved health and personal wellbeing. It also includes shaping our home environ-

ments, driving a work culture that supports and nurtures a well place and encourages everyone to become as active as they choose to be and want to be in their own journey toward improved health.

The Biometric screening is one such wellness tool in our tool box. Knowing your numbers is a step toward that "why wellness". Taking the wellness assessment is just another tool that we can use to help gauge and monitor our health. Plus, doing the wellness activities is another avenue to help promote healthier lifestyles and to look at wellness from a different angle.

Its about continuing to do the healthy things you do right now, and also to try new things, and new ideas.

Wellness matters and wellness works!... "Wellness Indeed"



Healthy Buzzzzzz... What's Up With Healthy U!

Upcoming Health Chats!

Healthy U Financial Health "Building YOUR Future"



Learn the importance of investing and it's potential to provide financial freedom!! Great concepts everyone needs to understand in order to be an educated investor. Get this and more in a down to earth and easy to understand discussion. Come as a novice or an experienced investor.

Your Choice of Time and Date!

Tuesday, Oct 20th 5-6pm at

Callanan Middle School or Thursday, October 22nd 12-1pm at Dean Ave Operations.

Please Register by emailing tanya.stark@dmschools.org

All sessions are taught by Stephanie Bolles, CFP, Bearence Management Grp. In association with the Financial Health Network.

"Connections Matter"

Caring Matters and Caring Works! When we make those personal connections with students, family members, our co-workers,

with neighbors, or in our community, we can create something amazing! Learn how it works and how YOU can make it happen! Great for all ages, males and females alike! Join Marci Cordaro, RN, BSN, DMPS Director of Health Services for a great discussion!

Your Choice of Time and Date!

Tuesday, October 27, 5-6pm Central Campus Auditorium, or Thursday, October 29, 12-1pm Dean Ave Operations.

Please Register by emailing tanya.stark@dmschools.org

Count them as a Healthy U EDU



Biometric Screening Registration... You Still Have Time!

Register Today! Below is the link, username and password to get signed up!
<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!



November's Personal Wellness Challenge!

It's Time For Healthy U

“Wellness Bingo!”

Hey there... It's time for “Healthy U Wellness Bingo!”
Registration Starts October 22!!

Contact Information:

Tammy Steinwandt,
Wellness Coordinator
tammy.steinwandt@dmschools.org

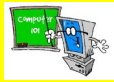
Tanya Stark
HR/Wellness Executive Assistant.
tanya.stark@dmschools.org

Your Goal Over the Month of November Is to Completely Fill Up Your Bingo Card and Make a Black-Out!! **Directions:** Each Time You Successfully Complete A Square, Simply Date It, Then Put An “X” Over The Square You Just Completed! **You have from November 2nd-November 30th to Complete The Wellness Bingo Card!! This counts as a Healthy U Wellness Activity!**

Registration Link: <https://fs8.formsite.com/DMPSchools/HUBingo/index.html>

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

- ✓ Healthy U Preventive Screenings/Vaccinations
- ✓ Healthy U Personal Wellness Challenges
- ✓ Healthy U EDU



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!

The same boiling water that softens the potato, hardens the egg... it is about what you are made of, NOT the circumstances!

...unknown



Are you Ready to Quit Tobacco?

If you are ready, now is the time! One of the great health benefits added in July was the addition of coverage for prescription smoking cessation products! The member cost share will be waived for prescription tobacco cessation drugs, as well as over-the-counter tobacco cessation drugs (**prescribed by a health care provider**), up to a total of 180 days per your benefit period.

See Your Provider, Discuss your readiness to quit, and let them know your insurance covers prescription smoking cessation products! Things like the generics Buproban, Bupropion HCL SR, and name brand Chantix, Nicotrol, Zyban (generic Buproban). Talk with your Provider, This may be the option for you!

Hey That Biometric Screening Is NOT So Bad!!!

The Staff at Moulton were feeling adventurous at their screening! Several employees jumped out of their comfort zone and were happy they did!

The Moulton Crew, like many other buildings enjoyed a great screening, a little comradery, and learned some awesome things about their health!

Thank you DMPS You Rock!



Do Healthy U From Your Smart Phone!!



Download the Wellmark App today and you can self report your Healthy U activities, have your insurance card at your finger tips, find providers, use the Health Assistant and much more!



Looking for Healthy U “Stuff”?

Want Healthy U Information? Need an Extra Incentive Guide? Need to Find a Tracker? What about that Personal Wellness Goal Form? Are you checking out some webinars or resources? Healthy U has just the spot... Check out the listings! Just go to the DMPS Webpage, Click on the Staff Tab, then Click on Healthy U!

It is just that simple!