



Healthy U News On The Go!



Healthy U Express!

Here We Go!

Quick Tips, Suggestions and Reminders for Healthy U!

Healthy U Wellness is back in full swing with buckets full of activities, wellness incentives, and fun ways to help you stay healthy, get healthy, and think about health! Our wellness buckets are fast at work and I hope you begin to see your bucket as half full and not half empty!

Biometric Screening

Register today!! Our Healthy U biometric screening starts September 16th! There are plenty of times and locations available! You have over 60 days and sites to choose from! Feel free to pick the one that works best for you!

PLUS DON'T FORGET!!

After you complete the Healthy U screening you will earn a FitBit Activity Tracker for your participation! The FitBit is a great little device that can help you track your daily steps and physical activity. It will even track your sleep activity!

Biometric Registration Link:

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

You can access full biometric screening registration instructions on the DMPS Website!

- Go to the Staff Tab!
- Click on Healthy U!
- Click on Biometric Screening!

When registering please use the following username and password: (All CAPS)

Username: DMPS

Password: SCREEN14

The schedule will appear on the first page.

- ✓ Scroll down to the calendar to find a month, day, time and location that works for you. Use the arrow by the calendar name to advance months.
- ✓ Pick a day, then Click **"MORE TIMES"** Scroll down using the bar on the right hand side of the calendar. Most Screenings start at 6am. Available times are designated in 15 minute increments.
- ✓ Click on the available time.
- ✓ **PLEASE** fill in required information, such as your name, address, date of birth, etc. You will need to enter an e-mail address to receive a message back confirming your appointment time.

✓ **Click Register!**



The Healthy U Buzz...

FitBit Help!

Come and join us for a FitBit Open House! We will have fitness experts onsite from our partners at Lifetime Fitness that will assist you personally with your FitBit!

Do you want help setting it up? Do you have "sync" questions? Or maybe you want to know how to track your sleep or use the FitBit App... Whatever your question, or whatever advice you need, please plan on attending one, two or all of the sessions

to get your questions answered. Each session is designed as a come as you are, and stay as long as you need to type of Open House! Session dates, times and locations are listed here!

September 29, 3-6pm Dean Avenue Operations Center 1917 Dean Avenue

October 14, 1pm-6pm Prospect Support Center 1915 Prospect Road (The bus garage) Computer Lab 2nd floor Rm 2370

October 28, 4-7pm Dean Avenue Operations Center 1917

Dean Avenue

November 13, 10am

-1pm & 4pm-6pm Prospect Support Center 1915 Prospect Road (The bus garage) Computer Lab 2nd floor Rm 2370

December 2 11am-1pm & 4-6pm Dean Avenue Operations Center 1917 Dean Avenue

Lifetime Fitness Membership Open Enrollment For DMPS Employees September 1-September 30th! Co-operate membership perks include no joiners fee/admin fee, \$200 in myLT bucks! **Stop by today for a tour!**



Biometric Screening Online Registration Going On NOW!

***In order to earn the Incentive Dollars, employees will need to participate in the screening that Healthy U Offers. Screenings done at other locations will not be accepted for incentives.**



Rethink **YOUR** Drink!

2014 Personal Wellness Challenge



Back by popular demand, is your first Personal Wellness Challenge! Join us and get registered today for Rethink **YOUR** Drink!

Let's get the burst on your thirst, the Think in your Drink, and let's Feel Great by Drinkin' 8!

Registration opens Monday, September 15th!

Follow this link! <http://fs8.formsite.com/DMPSchools/form41/index.html>

Rethink **YOUR** Drink! Starts October 1-October 31st!

Drinking water is very important to our daily health. A great way to stay hydrated is to drink eight, 8-ounce glasses every day!

Here's How You Do It!

Your challenge for the next 4-weeks will be to track how much water you consume each day! For each 8-ounce glass you drink, Simply Mark off the water bottle on the tracking form for each glass!

At the end of the 4-Week Challenge:

*Pat yourself on the back! *Then self-report you completed it as a Personal Wellness Challenge, on the Healthy U Rewards Tile!
Go To: www.wellmark.com Visit the Wellness Center, and Go To The Rewards Tile Page!



Positive and Negative are Directions..

Which Direction Do You Choose?

Healthy U Officially began July 1 2014~Activities completed from July 1, 2014 forward may be counted!

Don't Forget to Self-Report the 6 Activities in Step 2!

Check out the Rewards Tiles!

www.wellmark.com

Click on "Visit the Wellness

Contact Information:

Tammy Steinwandt

Wellness Coordinator

tammy.steinwandt@dmschools.org



What's In Your Wellness Bucket?



Do You Have a Smartphone? Download the Wellmark App today!

It's Easy -It's Fast and It's Awesome!! You can find a doctor, find a facility, find a dentist, see your claims information, and have a copy of your Wellmark Card at your fingertips!!

You can even find your personal health assistant on call 24/7 for you, ready to answer your health questions!! **BUT WAIT!! There's More!** With the Wellmark App you can do the Healthy U Wellness Program

from your phone!! Once you have downloaded the App, You will Log In, using the Wellmark username and password you have already created! Select MY Wellmark and you will see Wellness Services, now select that option and it will take you to the Wellmark Website Powered By WebMD! Now you can self-report your Healthy U Wellness Activities, or you can even take your wellness assessment, ALL from the Palm of your hand!



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Find the App
Register it and log in!
Get using it Today!

