



Healthy U Express!

Healthy U and the Biometric Screenings!

Know Your Numbers!



What's in a number?

Did you ever stop to think how much of our lives we live around numbers? We don't have to be mathematicians, engineers, or even accountants to see, feel, hear and touch the numbers around us!

We seem to live our lives by numbers such as: phone numbers, employee numbers, office numbers, addresses, pin numbers, stock market, social security numbers, our paychecks, watches, clocks, bills and the list goes on... The point is we spend a lot of time working with and around numbers!

Our biometric screening results are also full of numbers! Knowing YOUR numbers may just help to save your life! Being aware of YOUR numbers can help you achieve and become the healthiest you yet!

That's one of the reasons

we focus on and place so much importance on our biometric screenings! Knowing your numbers is the key! Your healthy numbers may be the winning ticket to a more Healthy U!



At-A-Glance here are some of the numbers you will get from your Healthy U biometric screening!

- ✓ Cholesterol
- ✓ LDL—bad cholesterol
- ✓ HDL—good cholesterol
- ✓ Triglycerides
- ✓ Blood Sugar (Glucose)
- ✓ Blood Pressure
- ✓ Body Fat %
- ✓ Weight, Height
- ✓ Waist circumference
- ✓ BMI (Body Mass Index)

All great journeys begin with a small step! It is those same small steps that create change and walk with you on your healthy road! **Register today and take part in your Healthy U biometric screening this year!** Below is the link, username and password to get signed up!

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

Please Use the following User Name and Password. It is case sensitive:

User name: **DMPS** (all caps)
Password: **SCREEN15** (all caps)

Earn your Healthy U Wellness incentive dollars by participating! If you carry the DMPS insurance and are the primary on the policy you can earn \$50 by participating. Plus like last year, it is reported and credited for you!!



If you are a non-insured employee or an employee that is the dependent on the plan, you can count the screening as one of your wellness activities, by self-reporting it!



Health Chats & More! The Healthy U Buzz!



“Bang Head Here”

Are you feeling **STRESSED?**

Join Dr. Jennifer Thompson from Balance Chiropractic and Wellness to find the strategies you need to handle stress more effectively AND help improve your quality of life! **Thursday Sept 17th from 12-1pm at Dean Avenue Operations Bldg.** This can count as a Healthy U EDU Wellness Activity!

REGISTER TODAY!

Simply send an email to:
tanya.stark@dmschools.org

Healthy U Financial Health Series!

Learn ways to have more control of your finances, potentially decrease your stress and improve



your health! We have a 4-part series that will take a comprehensive approach to all things financial! **You can register for the entire series at once or individually!** All sessions are taught by Stephanie Bolles, CFP, Bearence Management Grp, & the Financial Health Network. This can count as a Healthy U EDU Wellness Activity!

Register by emailing: tanya.stark@dmschools.org

Session #1 Building YOUR Solid Foundation: Learn how to create YOUR blueprint to a healthy financial wellbeing. Learn how to maximize your cash flow so a budget is a guideline not a straight-jacket, how to set and accomplish realistic goals, have a debt management plan & learn how to maximize your credit for a great credit score!

Session #	Date	Time	Location
#1 Building YOUR Solid Foundation	Tues Sept 15 th Thurs Sept 24	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations
#2 Building YOUR Future	Tues Oct 20 th Thurs Oct 22	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations
#3 Protecting YOUR Future	Tues Nov 17 th Thurs Nov 19 th	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations
#4 Living YOUR Future	Tues Dec 15 th Thurs Dec 17	5-6pm 12-1pm	Callanan MS Cafeteria Dean Ave Operations

Did You Know?



Hey the word on the Biometric Screening Street is “water bottle”! Are you looking for a super cool way to jazz up your water intake? Get registered today and participate in the Healthy U Biometric Screening, and you can totally earn your very own “MyHydrate” Water Bottle! This isn't just another ordinary bottle! Watch it light up with every eight ounces you drink. Plus it reminds you to drink up even if you have forgotten! It's a great incentive and another way to stay healthy!



Wellness and Well-Being walk hand in hand together!

When we think of wellness we also think of Well-Being! At Healthy U we try to incorporate all facets of wellness in the programs we offer and the activities we do!

“WELL” done... Caught In The Act Of Wellness!



Coming soon to your building! Healthy U is excited to roll out a brand new employee recognition program called **“WELL” done!** This program is designed for all of us to feel empowered to recognize each other for the great “wellness” things we are doing!

Being caught in the act of wellness can be as simple as: helping a co-worker with the Healthy U website, bringing a healthy snack option, being supportive of others as they work to become healthier, being a wellness cheerleader, or putting forth an extra effort for wellness in your building. Or you recognize someone for quitting tobacco or losing weight. The ideas are endless!!! Stay tuned for more details as we begin to get caught in the act of wellness!!!

Contact Information:

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

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

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!

walk at the
whistle

healthiest state walk 2015

MARK YOUR CALENDARS!!

**2015 Healthiest State Walk-
Wednesday, October 7th!**

“Walk at the Whistle” is this years theme! The Healthiest State Initiative, the State Fire Marshal Division, and Live Healthy Iowa Kids are encouraging Iowans to “Walk at the Whistle” on Wednesday, October 7, as part of the fifth annual Healthiest State Walk. The day will feature walks in conjunction with fire drills for schools and businesses. You can walk at home or at your building! The main thing is to literally join with thousands of Iowans as we all walk 1-mile! What a fun and healthy way to earn a Healthy U EDU activity! - For More Information Visit: <http://www.iowahealthieststate.com/healthiest-state-walk>

**There is no elevator to success,
You must take the stairs!**



More Healthy U EDU Opportunities and Ideas!!

- ✓ **Join us for any HealthChats!**
Have an idea for one? Then shoot us an email!
- ✓ **Step Out Walk To Stop Diabetes!**
September 26, 2015 at Principal Park! Join the American Diabetes Association for a Healthy tailgate and Wellness Expo! Along with a 5k or 1 mile walk to raise diabetes awareness. Wellness presentations begin at 8:45am walk starts at 10am. Check it out by visiting <http://stepout.diabetes.org>
- ✓ **Zero Prostate Cancer 5K Run/Walk!** Saturday, September 19th, 2015 at Principal Park. Help End

Prostate Cancer. Bring your whole family out. Kids are encouraged to dress in their favorite super hero outfit and “dash for dad, grandpa and other male role models” There are lots of kids activities to help make this a fun family event!
Register by visiting:
www.zeroprostatecancerrun.org/des-moines

✓ **10th Annual Out of the Darkness Community Walk!** Walk to help bring suicide out of the darkness. Sunday, September 20, 2015 2:00pm. Des Moines Area Community College Ankeny campus, Building 1. Walk in memory of a loved one lost to suicide, or walk to help support those who struggle

with mental health issues! Walk to help raise awareness and bring suicide out of the darkness.

Register at: www.outofthedarkness.org
Or to volunteer the day of the walk go to the VolunteerSpot link:
<http://vols.pt/ivejD3>

✓ **17th Annual Survivors of Suicide Loss Day.** Nov 21, 2015 10pm-3pm at Des Moines University, Student Education Center, 3300 Grand Ave. Admission is FREE, and lunch is provided. Walk-ins are welcome but pre-registration is suggested to help with lunch planning. **Register online at:** www.dmu.edu/event/survivor For questions please call 515-323-3205

