

BE HEALTHY

LCIC Health and Wellness Newsletter

September 2018



“When last did you go on an adventure? Your biochemistry responds with happy hormones when you do.”

-Cari Corbet-Owen

Choose your next healthy adventure!

I am fairly adventurous and have been since I was a kid, riding roller coasters, white water rafting, ziplining (in Alaska) with my family and this summer I took a learn to row class to learn sculling on the Susquehanna River. When you try something new, your body responds with excitement, trepidation, exhilaration and a whole host of other emotions/hormones that actually promote health! Whatever it is you have been wanting to try or do, take the first step. What I want my kids to remember is that I participated in things **with** them. I don't want to be standing on the sideline of their life while they enjoy all the adventure. Now of course there are things I might draw the line on, but for the most part, I want to be involved. Adventure doesn't have to mean jumping out of planes or climbing Mt. Everest. It may just mean making a healthy choice to try something new, eating a new food, trying a new activity or whatever it is that makes you feel good about yourself. And don't be afraid to fail! In fact, most times we need to fail in order to get better at things. You certainly didn't get on a bike for the first time and ride off into the sunset, so give yourself a break and choose a new healthy adventure for yourself and don't forget to drag a friend or family member along. Just ask plenty of my friends or family...they get dragged on many different adventures with me!

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Employee Assistance Program

2018-19 Choose Your Healthy Adventure

BeHIP is designed to help you make healthy choices so this year's theme is Choose Your Healthy Adventure. There are so many options for earning points, we want you to choose the ones that work for you. In this year's program, we have added some screening exams back into the program for points. We have also added a Platinum level for those of you eager to take your health to the next level. The platinum level comes with some requirements, one of which is taking a 1.5 hour stress management course taught by me. You only have to attend one over the course of the next year and there will be several dates to choose from, but it is a requirement.

I have also added a healthy grocery shopping tour that will be offered several times during the year for those that want help with choices in the grocery store. Being healthy doesn't have to be expensive at the store, there are plenty of options that fit within your budget.

We have added a new tracker that includes strength training twice a week. It's so important to keep your strength and that doesn't mean you have to be muscle bound to participate. I used to balk at strength training and loved to run, but having spent much of the last 3 1/2 year strength training with cardio, I see a whole host of benefits, one of which is keeping up with my kids!

So which BeHIP adventure will you choose this year? You can make a difference in your physical, social, and emotional health by participating! Go to www.health.iu17.org for more information and the BeHIP guide.

| | | |
|---------------------|------------|--------------|
| Bronze Level | 550 | \$150 |
| Silver Level | 625 | \$225 |
| Gold Level | 700 | \$300 |
| Platinum Level | 900 | \$375 |

An employee assistance program (EAP) is a work-based intervention program designed to identify and assist employees in resolving personal problems (e.g., marital, financial or emotional problems; family issues; substance/alcohol abuse) that may be adversely affecting the employee's performance. EAP services are usually made available not only to the employee but also to the employee's spouse, children and non-marital partner living in the same household as the employee. EAP plans are usually 100% paid by the employer. EAP's offer so much more than these specific things to their clients. They have trainings, certifications, webinars and general information on life-style, finance, well-being, caregiving, bereavement, legal issues, wills and much more.

Many of our districts and Penn College have their own EAP. It's completely confidential and is a great service for our employees to take advantage of. Check out your employee benefits to find your EAP provider.

Logging into Health Advocate

Please follow the directions below for access. It is open for all insured employees and their spouses.

Login Directions:

Go to Healthadvocate.com

Click on Member login up top right or down below in middle

Use Organization LCIC. If you are having difficulty, please click on Not my Organization and make sure you are on LCIC.

Type in your username and password

New Registrants:

Follow the same directions as above and when it asks for username and password, click Register.

Then it will ask you a series of questions that you will need to fill out.

If you are having difficulty, please try using another browser. **If that doesn't work, please contact 1-866-695-8622.** That is the health advocate number and they should be able to help you.

Become a Platinum Incentive Member

Platinum Level has specific requirements. You must meet the following:

1. Signed contract for Platinum Level* (please find at <http://health.iu17.org>)
2. Annual Physical
3. Biometric Screening
4. Stress Management Course -Classes will take place in October, December 2018 and February, April 2019.
5. And then choose one of these Healthy Options:
 - a. Meet 3 out of 4 healthy benchmarks
 - b. Improvement of healthy benchmarks at free spring screening event
 - c. Health Coaching with Carmen

*The contract just lets me know not to turn you in at the Gold level. If you don't make your required points for Platinum you will drop down to the next point level you attain.

Take the first step on a new health journey.

“I love WW Freestyle™. It makes the impossible feel possible—every day!”

Rebecca

48, Maidens, VA

Following Weight Watchers® through an employer program

Lost 17 pounds*

*People following the Weight Watchers plan can expect to lose 1-2 lbs per week. Rebecca lost weight on prior program and is continuing on WW Freestyle.



Imagine the freedom to lose weight like never before. That's the **Weight Watchers Freestyle** program. With over 200 zero Points® foods, you'll have more flexibility with your food choices. We'll also help you fit more movement that you love into your life, and teach you skills that will shift your mindset along the journey. Join the millions who are forming new healthy habits in simple, achievable steps.



Experience a healthier you. Join today. [#WWWorksWithMe](#)

CONTACT: Carmen Terry, cterry@iu17.org or 570-323-8561 x1067

When: Wednesday, 4:15-4:45pm,

Where: 2400 Reach Rd, Williamsport, PA 17701

E-tools online platform is included as well as chat features online. New session started August 8th, please email or call for rate as pro-rated rate will apply to anyone who joins in the fall.

Please note: Meetings available in participating areas only. Minimum enrollment required to start and maintain meetings in the workplace.

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Fitness Your Way by Tivity Health™ Get access to nearly 9,500 fitness locations

Enroll Now Whether you want to lose weight and maximize your energy, or manage stress and improve your mood, here's a great, low-cost way to meet your goals. Fitness Your Way allows you to join a network of fitness facilities for a discounted rate, so you can work out anywhere when it's convenient for you — at a cost that doesn't stretch your budget.

How It Works Fitness Your Way gives you access to nearly 9,500 fitness locations, including select national chains. As a Fitness Your Way member, you can visit any participating fitness location — anytime, anywhere — as often as you like.

Pay only \$29 a month*, plus a low \$29 enrollment fee, and make a three-month commitment. Do it all online. Then put your fitness plan into action. Fitness Your Way will waive the \$29 initiation fee when you use coupon code.

How to Enroll

- Select Member Discounts.
- Scroll to Discounts & Rewards and select Blue365 Discounts.
- Select Login (or register for Blue365 by following the instructions)
- Once registered or logged in, select Browse All Deals and select Fitness Your Way.
- Enter the code when prompted*. **SEPTSAVE29** Coupon code valid from **9/1/2018 - 9/30/2018**
- Select Redeem Now to enroll.
- Start using your membership right away! Print your card or download it to your smart phone and present it at any participating facility.

Note: You will be billed for \$29 monthly. If you prefer, you can call 1-888-242-2060 to enroll. For member web support, please call 1-877-298-3918. The fitness center discount is separate and distinct from your health benefits plan. Please check website for participating gyms in the area.



Blue365.

fitness your way
by Tivity Health

Lycoming County Schools Partnership with YMCA

Lycoming County Schools
and Penn College have
partnered with the River
Valley Regional YMCA!



Joiner fee is waived for all employees who join the Y.

10% off of a monthly Adult, Family, and Single Parent Family Membership!

Simply present your employee ID at any of the 5 River
Valley Regional YMCA Branches.

Bradford County Branch Eastern Lycoming Branch Williamsport Branch Jersey Shore Branch Tioga County Branch

<https://www.rvrymca.org>

Free YMCA Week-October 8-14th

**River Valley Regional YMCA
Partner Appreciation Week**

**We invite you and your family
to join us for one FREE week to
the Y.**



October 8th– October 14th, 2018



**Simply present your employee badge or signed employment verification
letter at any of the 5 River Valley Regional YMCA Branches;**

Eastern Lycoming Branch

Williamsport Branch

Jersey Shore Branch

Bradford County Branch

Tioga County Branch

Joiner fee is waived for all employees who join the Y.

www.rvrymca.org

Easy Recipes loaded with Nutrition or

Choose Your Healthy Adventure: Easy Squash Recipes

If you find yourself with an abundance of summer squash here's an easy recipe for stewed zucchini: sauté onion, garlic, celery and green pepper in olive oil for a few minutes to release their flavor, add sliced zucchini and yellow squash, 1 can of diced tomatoes and 8 ounces of tomato sauce, cover and simmer on low for 45 minutes or until vegetables are tender. Add fresh ground pepper and grated cheese. Stewed zucchini makes a delicious high fiber side dish, add cannellini beans to increase protein content.



Acorn and butternut squash are high in vitamin A and C, beta carotene, potassium, magnesium, fiber and phytonutrients that fight inflammation. A simple way to prepare is to slice in half, scoop out seeds, add a drop of maple syrup in each and wrap tightly in foil; place on cookie sheet and bake at 350 for 30-45 minutes; add butter and mix well.

Acorn and butternut squash are considered starchy vegetables like white and sweet potato. One cup of acorn or butternut squash or ½ cup white or sweet potato is 1 carb serving or 15 grams of carb.

As you **Choose Your Healthy Adventure** consider new options with foods and cooking methods like roasting vegetables such as: asparagus, beets, bell peppers, broccoli, brussel sprouts, carrots, cauliflower, eggplant, mushrooms, onions, parsnips, potatoes, pumpkin, radishes, rutabagas,

Your Nutrition Adventure

sweet potato, tomato, and turnips. Toss vegetables with olive oil and salt and pepper and spread on a baking sheet, roast in a preheated 425 degree oven. Roasting time varies with softer vegetables like green beans and cauliflower taking 10 to 20 minutes and harder vegetables like winter squash and potatoes 30 minutes or longer.

Increasing your intake of vegetables will boost health, decrease the risk of diabetes, heart disease and cancer and help you stay at a healthy weight.

