

BE HEALTHY

LCIC Health and Wellness Newsletter

Sept 2019



I have to be honest, I struggled to find a topic to talk about in this month's newsletter. That's unlike me, but I know it is due to some brain fog. Why am I having this.. I have been sidelined with a foot injury off and on for about a month and now I am in a boot. So my routine has changed. I am used to getting up and working out at 5:15am but since I am unable to do this, it has changed many things, including the way I feel physically and my mood! No one wants to wake up and feel unhealthy, in pain or ill. Think back to times you have woken up with a fever, a cold or something else. It brings us down, our mood, our energy and more importantly our health. So when you look at this year's theme of "Why Be Healthy?", imagine all the reasons to put health back into your life! I am sure everyone wants to wake up in the morning feeling healthy, have tons of energy and smiling (after that first cup of coffee, right?) So are **you** doing things to make that happen? Even implementing new, small habits can make a big difference in your life and well being! Back to my foot, I went to workout this morning and although I did no impact (unlike what I am used to), I was able to do many things sitting down, standing and lots of bicycle crunches and various other crunches. (Hoping to have a 6 pack for Christmas, LOL). But my mood today is much better and I feel better. So even when the world throws us a sucker punch, we get back up! If you remember our May newsletter, I talked about resilience and that is exactly what I am trying to do. So remember, wake up and make one small change to improve one thing. It could be as simple as packing your lunch the night before (better nutrition), laying out your clothes to make your morning easier (less stress), getting to bed 15 minutes earlier at night (more sleep). Whatever it is, try one thing in the next 7 days. This is how healthy habits are built, one task at a time!

"The chains of habit are generally too small to be felt until they are too strong to be broken."

-Samuel Johnson

In This Issue

- BeHIP 2019-20
- Weight Watchers
- Health Screening



Where do I go for Information?

For more information on the wellness programs, stress management courses or other opportunities in wellness, go to

Health.iu17.org

Welcome to the 2019-20 BeHIP - "Why Be Healthy?"

Going into our 8th year of wellness for the LCIC makes me so happy. Over the last 8 years, I have seen so many employees make serious changes to their health. Many have reduced or eliminated medications from their daily routine, many people have lost 1,000s of pounds (yes that is accurate), many have been able to detect an illness through our health screenings before it became a chronic condition and a couple people have found a serious medical issue that was able to be treated before it caused serious health complications! I love what I do and I love interacting with all of you. The many emails I get from people that have seen significant health benefits from participating makes my job so worthwhile. I hope that if you are new or are a veteran employee and have finally decided to participate that you find as much worth in this program as I have in working with you!

We made some simple changes to this year's program, mostly small additions such as personal challenges and points for up to 4 races.

The platinum level requires a signed document that tells me you are trying to attain that level of 900 points and must be turned into me by 12/1/2019. This was emailed to you at the end of August.

In order to start earning points, login to:

Healthadvocate.com

Use the organization:

LCIC

If you are new, click on the register now button and get started.

For returning members, simply login and get going on this year's program!



Weight Watchers® is on an exciting journey.

We'll always help people lose weight, but now we're embracing a new mission to become the world's partner in wellness.

We are welcoming everyone who seeks to be healthier, not just manage their weight. No matter what your goal is—to lose weight, eat better, move more, develop a more positive mindset, or all of the above—we will bring you the science-based programs, tools, and experiences that work and fit into your life.

You'll see innovation in everything from our app to our new rewards program, **WellnessWins™**.

As a reflection of our new mission, we are moving from Weight Watchers to WW—and we are introducing a new tagline that you will begin to see: Wellness that Works.

Sign up and get access to these great features:

- 1 **Wellness Workshops series** (formerly At Work Meeting Series) gives you access to hands-on weekly guidance from a Wellness Coach in your own workplace.
- 2 **Connect**—our social platform, makes you part of our super-supportive online community.
- 3 **More than 4,000 healthy recipes** give you so many delicious ways to love what you eat.
- 4 **New expert, exclusive mindfulness content**
- 5 **Fun ways to approach fitness**

BLaST IU 17, 2400 Reach Rd, Williamsport, PA

Wednesdays, 4:15-4:45pm

New Series starting on 9/25

Why Wait any longer to lose weight?

Please contact Carmen Terry, cterry@iu17.org or 570-323-8561 x1067

Wellness that Works.



Health Screenings-Important Information

UPMC has changed their process for this year so logging in is different than last year. You will receive a letter at home if you are insured with a random assigned ID number to get started. This is the only time you should have to use this ID#. Below is the letter you will receive:



Member Name: [First Name] [Last Name]
Member ID: [ID Number]
Random Identification Number: [Random ID Number]

Follow the steps below to gain access your MyHealth Online portal to register for your 2019 screening.

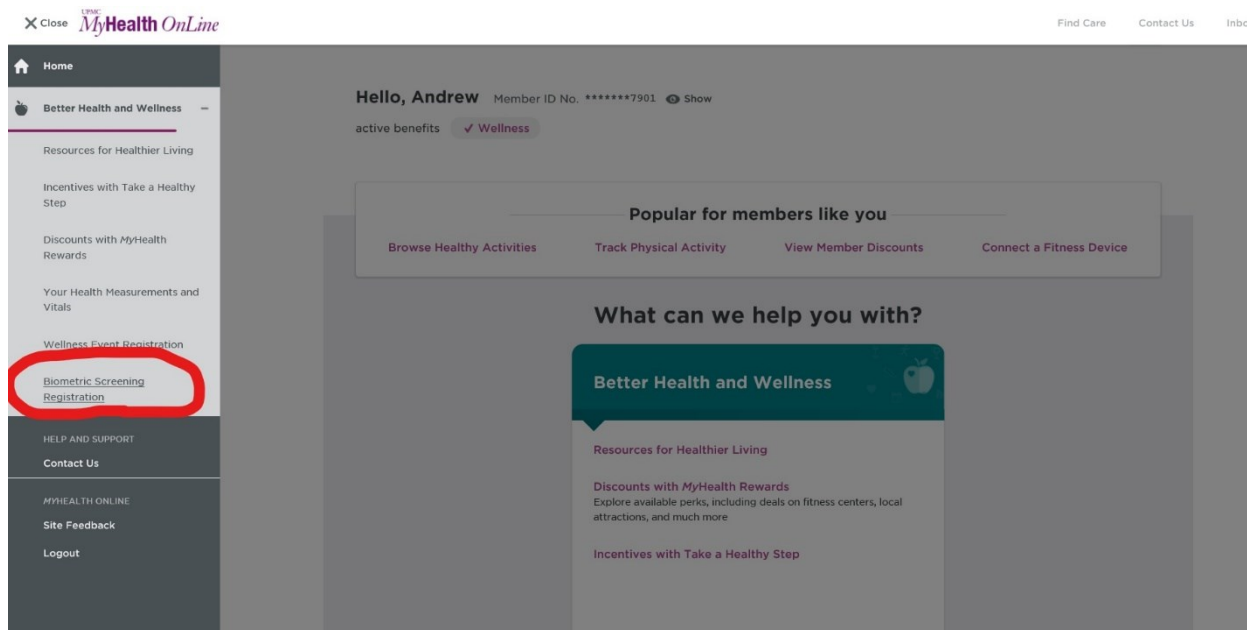
How to Register

Go to www.workpartners.com/access

Confirm your identity by entering your name, date of birth, and last four digits of your random identification number, (not the SSN#)
Use the member ID number above to complete registration

How to Sign Up for a Screening

Once you are logged in, choose *Menu* in the top left and select *Better Health and Wellness*, then choose *Biometric Screening Registration* to register.



Select the appropriate date and time from the screening days listed.

UPMC
Susquehanna



HealthyPartners
by UPMC Susquehanna
A Provider-Powered Wellness Solution



Health Screenings-Important Information



For Non-Insured Employees who want a Free Health Screening:

We can register you directly, please email me at cterry@iu17.org and we will get you registered.

Please remember that this is a fasting test, preferably 10-12 hours. You may drink black coffee and tea with nothing in it or water.



For Flu shots: We will still be providing flu shots on the day of the screenings, please bring a copy of the front and back of your insurance card. Flu consents will be sent via email to bring with you.

*Note if you have Geisinger insurance, please check with Geisinger to see if they will cover a flu shot with UPMC. We cannot guarantee coverage.

If you forgot your ID number or threw away your letter, please contact me, cterry@iu17.org as I have a list of the randomized ID numbers.