

EMPLOYEE WELLNESS NEWSLETTER

January | 2018

2018 Wellness Initiative

The 2018 Wellness Initiative opens on Monday, January 8. Staff will be able to access the Health Assessment and Wellness Program, and get started earning the 2019 Health Care Savings. The deadline to complete the 2018 Wellness Initiative is Friday, October 19. To earn the Health Care Savings, staff and their covered spouse must complete steps 1 and 2:

Step 1- Health Assessment

Step 2- Wellness Program

To get started visit: www.healthpartners.com/wellbeing

Smart Nutrition Seminar- Beat the Winter Blahs

The holidays have passed, the novelty of the New Year is wearing off and the days are cold and dark. For many of us, the winter doldrums bring the winter blahs. Chef Marshall O'Brien will help you understand how you can stave off the winter doldrums by loading up on foods that elevate your mood, fight depression, prevent seasonal affective disorder (SAD) and add color to the dark, cold days of winter.

- Wednesday, January 17, 5-6 p.m. at 360 Colborne
- Thursday, January 18, 3:34-4:45 p.m. at Washington Technology

Visit www.spps.org/employeehealth to register

Staff Yoga

- Como Park Elementary
- L'Etoile du Nord- French Immersion

For details and to register, visit:

www.spps.org/employeehealth



January Financial Education Presentation: Life Insurance

Is life insurance really necessary? We will discuss the various types and forms of protection. We will show you how to evaluate your own needs and maximize the effectiveness of your existing or prospective policies.

This course will be offered on **Thursday, January 18 - 5:00 p.m.** at 360 Colborne- Room K

NEW WAYS TO GET REWARDED IN 2018

What: Prize drawings

Deadline: May 31st, 2018

Requirements: Complete health assessment and TWO wellness programs*

Prizes: 4 Grand Prize winners; 15 additional prize winners

Grand Prizes: Apple watch, Blue Apron subscription, Friend that Cooks (in-home personal chef experience) & gift card for a new bicycle!

Additional Prizes: Gift cards to local healthy vendors, Fitbits, and more!

*Must be two unique programs. Only one program can be Virtual Coaching



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