


# EMPLOYEE WELLNESS NEWSLETTER

March | 2018

## HAVE YOU COMPLETED YOUR 2018 HEALTH ASSESSMENT?

Take the first step to earn your 2019 Health Care Savings: Complete your Health Assessment. To get started and complete your Health Assessment, visit: [www.HealthPartners.com/wellbeing](http://www.HealthPartners.com/wellbeing) Use SPPS as your company name. Use your username and password to access your well-being account. If you need username/password assistance, please contact HealthPartners Well-being Service Center at 952-883-7800.



\*Company name

\*Username

\*Password

Passwords are case sensitive

**Log on**

Register for an account

### March Financial Education Presentations: Estate Planning Basics

We will take a look at some general estate planning concepts and strategies. While there is no such thing as a “one-size-fits-all” estate plan, this overview may assist you as you consider your own estate planning needs, and help you determine whether you might benefit from working with a professional.

This course will be offered on **Thursday, March 8 - 5:00 p.m.** at 360 Colborne- Room K

### Planning for Long-Term Care

Long-Term Care can be a substantial expense, especially for retirees on a fixed income budget. This seminar will provide an overview of various strategies to protect your assets, and discuss how to manage your savings in order to provide adequate income should you experience a Long-Term Care event

This course will be offered on **Thursday, March 15 - 5:00 p.m.** at 360 Colborne- Room J

### Staff Yoga

- Johnson Senior High
- Riverview West Side School of Excellence

For details and to register, visit:  
[www.spps.org/employeeewellness](http://www.spps.org/employeeewellness)



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### Smart Nutrition Seminar- Foods to Boost your Metabolism

A high-functioning metabolism is critical for efficiently burning calories, maintaining weight, and having sustained energy. Join Chef Marshall for this helpful and insightful session where you will learn which foods help your metabolism work its best. This presentation includes an entertaining and fun cooking demonstration with delicious food samples, and easy recipes to make at home.

- Wednesday, March 21, 5-6 p.m. at 360 Colborne
- Thursday, March 22, 3:34-4:45 p.m. at Washington Technology Magnet

Visit [www.spps.org/employeeewellness](http://www.spps.org/employeeewellness) to register