

EMPLOYEE WELLBEING

March | 2019

Are you ready to shake things up this year?

Maybe you've been thinking about a healthy competition among colleagues. How about starting a book or walking club. Or have you always wanted your site to host Yoga Calm?

We're looking for champions interested in kick-starting a healthy revolution by engaging their colleagues in new activities in 2019.

Email District.Wellness@SPPS.Org with your ideas and ask for more information on how you can **Make Healthy Happen** at your site!

Smart Nutrition with Chef Marshall O'Brien

Seminars are scheduled for 2019.

Go to the [Employee Wellness](#) webpage for details and to register.

Be Well Moment

Studies show acupressure can reduce stress and tension.

Next time you're feeling tense try this:
Gently massage the fleshy area between your thumb and index finger for 30 seconds.

Looking for more Wellness Activities?

Keep a watchful eye on, [The Bridge](#), the [Employee Wellness](#) webpage, and the [Employee Wellness](#) calendar.

Activities and event registrations are posted once they're scheduled.

Take your health on the go!

Login to healthpartners.com/wellbeing from your mobile device to complete your Health Assessment and enroll in one Wellness Activity today!

Staff and covered spouse must each complete the Health Assessment and one Wellness Activity in 2019 to earn the 2020 Health Care Savings.