

# EMPLOYEE WELLNESS NEWSLETTER

September | 2017

## Have you earned your 2018 Health Care Savings?

The deadline to earn the 2018 Health Care Savings is October 20, 2017. To earn the savings both employee and their covered spouse must complete the Wellness Initiative. The Wellness Initiative has two steps:

**Step 1:** Complete your Health Assessment, available at [www.HealthPartners.com/wellbeing](http://www.HealthPartners.com/wellbeing)

**Step 2:** Complete your Wellness Program. For the list of available programs visit:

[www.spps.org/employeewellness](http://www.spps.org/employeewellness)

### Staff Yoga



- Crossroads Elementary
  - Starts Wednesday, September 13

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

### Join the Attitude of Gratitude Challenge

This challenge is a great opportunity to complete your 2017 Wellness Program. The program will focus on recognizing and appreciating the many things we have to be grateful for. The Attitude of Gratitude starts Monday, September 26.

[www.spps.org/employeewellness](http://www.spps.org/employeewellness)

### Smart Nutrition Seminars

Seminars return in September. If you have not previously attended, you are encouraged to attend the introductory seminar first. Attend two unique seminars prior to the October 20 deadline for the Smart Nutrition Seminars to count as your 2017 Wellness Program.

#### Smart Nutrition Seminar- Introductory Session

- Tuesday, September 19, 5-6 p.m. at 360 Colborne

#### Smart Nutrition Seminar- Rebuilding Nutritious Habits for the Fall

- Tuesday, September 26, 5:00 p.m. at 360 Colborne  
- Thursday, September 28, 3:30 p.m. at Washington Technology

#### Smart Nutrition Seminar- Foods for Better Sleep, Sleep for Better Health

- Wednesday, October 11, 4:30 p.m. at 360 Colborne  
- Thursday, October 12, 3:30 p.m. at Washington

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

Financial Education Presentations return starting the week of September 18<sup>th</sup>. Each month staff will have the opportunity to learn about a different financial topic. For topics and to register, visit: [www.spps.org/employeewellness](http://www.spps.org/employeewellness)

### Contact info:

Brian Neppi  
Health and Wellness Program Manager  
651-767-8154  
[District.Wellness@SPPS.org](mailto:District.Wellness@SPPS.org)

HealthPartners Well-being Service Center  
952-883-7800