

# EMPLOYEE WELLNESS UPDATE

January | 2017

## 2017 Wellness Initiative

The 2017 Wellness Initiative opens on Monday, January 9. Staff will be able to access the Health Assessment and Wellness Program, and get started earning the 2018 Health Care Savings. The deadline to complete the 2017 Wellness Initiative is Friday, October 20. 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

Step 3- Save Money

To get started visit: [www.healthpartners.com/wellbeing](http://www.healthpartners.com/wellbeing)



### Need some help?

If you need help improving your health, managing a health condition, or meeting your health goals; working with a **HealthPartners Health Coach** is a great option. To get started, call your coach at **952-883-7800**.

### Financial Education Program Thursday, January 12, 5:00 p.m. Life Insurance

This course will discuss the various types of life insurance products, and the forms of protection they can provide. The seminar will help you evaluate your insurance needs, and maximize the effectiveness of your existing or potential coverage. [Click here](#) to register for this presentation.

### Contact info:

Brian Nepl  
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

### Staff Yoga

- Linwood Monroe Upper
  - Starting Wednesday, Jan 11
- Nokomis Montessori South
  - Starting Thursday, Jan. 12

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

