

Healthy Rewards Program Calendar

January 2011

These programs are open to all Saint Francis Medical Center employees and volunteers. Full-time and part-time employees enrolled in the Healthy Rewards Employee Incentive Program receive Wellness points for participation. If you have any questions, please call Wellness at ext. 5970.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
						1					
2	12:15-12:25 pm Stretch Break	3	4	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	5	Noon-12:40 pm Healthy Bites Luncheon	6	11:30 am-noon "Younger Next Year" Book Club	7	8-8:30 am Health & Fitness Tip of the Month	8
9	10:30-10:40 am Crunch Time!	10	11:30 am-1 pm Wellness Walk	11	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	12	3:30-4 pm Nutrition Know-how – Understanding Supermarket Labeling	13	11:30 am-noon "Younger Next Year" Book Club 2:30-3 pm OR 3:30-4 pm Fit Fare Cooking Demo	14	15
16	12:15-12:25 pm Stretch Break	17	5:30-6 am and 8:30-9 pm Health & Fitness Tip of the Month	18	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	19	Noon-12:30 pm Food of the Month 2-2:30 pm Sidestepping Diabetes	20	11:30 am-noon "Younger Next Year" Book Club Noon-12:45 pm TLC (Therapeutic Lifestyle Change)	21	22
23	24	Noon-1 pm Bone-density Screenings	25	New Freedom From Smoking® session begins 7-10 am Heart & Health Screenings 11-11:45 am Weight-wise 11:30 am-12:15 pm Healthy Weigh	26	Noon-12:30 pm Bottoms Up! What's in Your Drink?	27	Noon-12:30 pm DASH Diet 11:30 am-noon "Younger Next Year" Book Club	28	29	
30	31	 SAINT FRANCIS MEDICAL CENTER <i>Medicine to the Highest Power</i>					 Healthy Rewards				
							211 Saint Francis Drive • Cape Girardeau, MO 63703 • 573-331-3000 • www.sfmc.net				

Healthy Rewards Program Calendar

February 2011

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	3 Noon-12:40 pm Healthy Bites Luncheon	4 11:30 am-noon "Younger Next Year" Book Club	5 8-8:30 am Health & Fitness Tip of the Month
6	7 12:15-12:25 pm Stretch Break	8	9 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	10	11	12
13	14 10:30-10:40 am Crunch Time!	15 5:30-6 am and 8:30-9 pm Health & Fitness Tip of the Month	16 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	17 Noon-12:30 pm Food of the Month 2-2:30 pm Sidestepping Diabetes	18 Noon-12:45 pm TLC (Therapeutic Lifestyle Change)	19
20	21 Move It and Lose It session begins 12:15-12:25 pm Stretch Break	22 Noon-1 pm Bone-density Screenings	23 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	24 9-9:45 am How to Start an Exercise Program 11 am-12:30 pm Raising the Bar Noon-12:30 pm Bottoms Up! What's in Your Drink?	25 Noon-12:30 pm DASH Diet	26
27	28 9-9:30 pm Wellness Walk					

Healthy Rewards Program Calendar

March 2011

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	3 Noon-12:40 pm Healthy Bites Luncheon	4	5 8-8:30 am Health & Fitness Tip of the Month
6	7 12:15-12:25 pm Stretch Break	8 11:30 am-1 pm Wellness Walk	9 7-10 am Heart & Health Screenings 11-11:45 am Weight-wise 11:30 am-12:15 pm Healthy Weigh	10	11 10-11 am National Nutrition Month Bananagrams®	12
13	14 10:30-10:40 am Crunch Time! 8-8:30 pm Bottoms Up! What's in Your Drink?	15 5:30-6 am and 8:30-9 pm Health & Fitness Tip of the Month	16 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	17 Noon-12:30 pm Food of the Month 2-2:30 pm Sidestepping Diabetes	18 Noon-12:45 pm TLC (Therapeutic Lifestyle Change) 2-2:30 pm OR 3-3:30 pm Fit Fare Cooking Demo	19
20	21 12:15-12:25 pm Stretch Break	22 Noon-1 pm Bone-density Screenings	23 New Freedom From Smoking® session begins 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	24 Noon-12:30 pm Bottoms Up! What's in Your Drink?	25 Noon-12:30 pm DASH Diet 3:30-4:30 pm National Nutrition Month Calorie Trivia Challenge	26
27	28 9-9:45 pm How to Start an Exercise Program	29	30 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	31		

Healthy Rewards Program Calendar

April 2011

These programs are open to all Saint Francis Medical Center employees and volunteers. Full-time and part-time employees enrolled in the Healthy Rewards Employee Incentive Program receive Wellness points for participation. If you have any questions, please call Wellness at ext. 5970.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 8-8:30 am Health & Fitness Tip of the Month
3	12:15-12:25 pm Stretch Break 4	5	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh 6	Noon-12:40 pm Healthy Bites Luncheon 7	8	9
10	10:30-10:40 am Crunch Time! 11	12	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh 13	14	Noon-12:30 pm DASH Diet 15	16
17	12:15-12:25 pm Stretch Break 18	5:30-6 am and 8:30-9 pm Health & Fitness Tip of the Month 19	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh 20	Noon-12:30 pm Food of the Month 2-2:30 pm Sidestepping Diabetes 21	Noon-12:45 pm TLC (Therapeutic Lifestyle Change) 22	23
24	25	Noon-1 pm Bone-density Screenings 26	7-10 am Heart & Health Screenings 11-11:45 am Weight-wise 11:30 am-12:15 pm Healthy Weigh 27	Noon-12:30 pm Bottoms Up! What's in Your Drink? 1:30-2:15 pm How to Start an Exercise Program 28	29	2-3 pm Bottoms Up! What's in Your Drink? 30

Healthy Rewards Program Calendar

May 2011

These programs are open to all Saint Francis Medical Center employees and volunteers. Full-time and part-time employees enrolled in the Healthy Rewards Employee Incentive Program receive Wellness points for participation. If you have any questions, please call Wellness at ext. 5970.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8	9 10:30-10:40 am Crunch Time! 8-8:30 pm Bottoms Up! What's in Your Drink? 9-9:45 pm How to Start an Exercise Program	10 11:30 am-1 pm Wellness Walk	11 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	12 11 am-12:30 pm Raising the Bar	13 Noon-12:30 pm DASH Diet	14
15	16 12:15-12:25 pm Stretch Break	17 5:30-6 am and 8:30-9 pm Health & Fitness Tip of the Month	18 New Freedom From Smoking® session begins 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	19 Noon-12:30 pm Food of the Month 2-2:30 pm Sidestepping Diabetes	20 Noon-12:45 pm TLC (Therapeutic Lifestyle Change)	21
22	23	24 Noon-1 pm Bone-density Screenings	25 7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	26 Noon-12:30 pm Bottoms Up! What's in Your Drink?	27	28
29	30	31				

Healthy Rewards Program Calendar

June 2011

These programs are open to all Saint Francis Medical Center employees and volunteers. Full-time and part-time employees enrolled in the Healthy Rewards Employee Incentive Program receive Wellness points for participation. If you have any questions, please call Wellness at ext. 5970.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
			7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	Noon-12:40 pm Healthy Bites Luncheon 2-2:30 pm Sidestepping Diabetes		8-8:30 am Health & Fitness Tip of the Month					
5	12:15-12:25 pm Stretch Break	6	7	7-10 am Heart & Health Screenings 11-11:45 am Weight-wise 11:30 am-12:15 pm Healthy Weigh	8	9	10	11			
12	10:30-10:40 am Crunch Time!	13	14	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	15	Noon-12:30 pm Food of the Month	16	Noon-12:45 pm TLC (Therapeutic Lifestyle Change)	17	18	
19	12:15-12:25 pm Stretch Break	20	5:30-6 am and 8:30-9 pm Health & Fitness Tip of the Month	21	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	22	11 am-12:30 pm Raising the Bar Noon-12:30 pm Bottoms Up! What's in Your Drink? 1:30-2:15 pm How to Start an Exercise Program	23	Noon-12:30 pm DASH Diet	24	25
26	27	Noon-1 pm Bone-density Screenings	28	7-10 am Heart & Health Screenings 11:30 am-12:15 pm Healthy Weigh	29	30					

Many of these programs offer extra incentives for your attendance to help keep you motivated along the way! You can also earn Wellness points by completing the CBL quizzes (5 points each) through Saint Francis NetLearning on the Internet at <http://si.netlearning.us/saintfrancis> and by doing the Wellness Challenges (10 points each – one each month) on the Health Activity Tracker™ at <https://wellsuite.com/sfmcwellness/hat/>.

You also can earn 1 point per Healthy Choice item (indicated by “HC” on your receipt) purchased in the Tuscan Sun Restaurant. Receipts must be turned in to Wellness.

Look for opportunities to earn Wellness points throughout the year via e-mail! If the Wellness department does not have your e-mail address, please e-mail us at healthyrewards@sfmc.net and let us know you would like to be added to our list.

Please note that we now offer a number of evening classes; be sure to check whether a class is “am” or pm.”

The Arthritis Toolkit – 30 points for completion of program

This kit from the Southeast Missouri Regional Arthritis Center contains information and tips that help people with arthritis and fibromyalgia live happier, healthier, more comfortable lives. It includes the basic building blocks for constructing a personal approach to managing the disease through exercise, pain management and relaxation. The kit also encourages goal setting, action planning, proactive thinking and acting ahead. For your Arthritis Toolkit, call 573-331-5880 or e-mail semorac@sfmc.net. Participants will be allowed four to six weeks to complete the toolkit.

Bone-density Screenings – 15 points

Find out if you are at risk for developing osteoporosis. Screenings are recommended for women older than age 50 or if you have any of the following risk factors:

- Maternal history of hip fracture
- History of smoking
- Thin build (less than 127 pounds)
- On medications associated with bone loss (i.e., steroids, gonadotropin-releasing hormone agonists, anti-seizure medications)
- Personal medical condition associated with bone loss
- History of fracture(s) after minimal trauma

Screenings are held in Health and Wellness Center Conference Room 3. Call ext. 5399 to make an appointment. **Appointment recommended.**

January 25, February 22, March 22, April 26, May 24 and June 28, noon-1 pm

Bottoms Up! What's in Your Drink? – 5 points

Drop by the Tuscan Sun Restaurant to sample the beverage of the month. Find out what is in popular beverages (sports drinks, juice blends, shakes, etc.) and if it is good for you. Held the fourth Thursday of each month, noon-12:30 pm, in the Tuscan Sun Restaurant and March 14, 8-8:30 pm; April 30, 2-3 pm; and May 9, 8-8:30 pm, in the **Deli Plus lobby**.

Crunch Time! – 10 points per session

Take a quick break and join us in the Assisi Conference Room for 10 minutes of abdominal exercises the second Monday of each month, 10:30-10:40 am.

DASH Diet⁺ – 25 points per class

Check out the diet plan that has been developed specifically to prevent or lower high blood pressure. The DASH (Dietary Approaches to Stop Hypertension) Diet class will cover the background information on the diet and give you specific guidelines to follow. This class may be taken for partial credit under the Blood Pressure portion of the Healthy Rewards goals if your initial blood pressure reading is outside the desirable range, or you may use the 25 points for the Wellness portion. **Classes will be held in Health and Wellness Center Conference Room 2 from noon to 12:30 pm on January 28, February 25, March 25, April 15, May 13 and June 24.**



Fit Fare Cooking Demo – 20 points per demo

Do you want to find some nutritious recipes that will help you meet your health goals? Join us for a fun, interactive cooking demo that will give you some new ideas in a delicious way! Call 573-331-5940 to reserve a seat. Demos held in Health and Wellness Center Conference Rooms 1 and 2.

January 14, 2:30-3 pm OR 3:30-4 pm

March 18, 2-2:30 pm OR 3-3:30 pm

Food of the Month – 5 points for each session

Ever heard of a Pluot®? How about a tomatillo? Join us on the third Thursday of each month to learn the health benefits of foods not typically found in our everyday diet. Held in the Tuscan Sun Restaurant from noon to 12:30 pm.

Freedom From Smoking®+ – 20 points for each session (toward “Tobacco” portion of Healthy Rewards goals)

This six-week program offers coping strategies, encouragement, support and techniques to empower smokers to quit. Money vouchers are available for nicotine-replacement therapy. Call 573-275-2177 with questions. Registration is open only during the first class. Cost is \$10 for employees for the six-week program and is due at the first class. Six-week programs start on January 26, March 23 and May 18 at 7:30 am, 7:30 pm or by appointment. Held in Health and Wellness Center Conference Room 3.

Healthy Bites Luncheons – 20 points for each session

Open to the public, this monthly luncheon assists and supports those seeking to maintain a healthier lifestyle. Various professionals lead the programs, which cover health-related topics. It is free to those who bring their own lunch. If you would like to eat the healthy lunch provided, the cost is \$6.75 and registration is required at least one week prior by calling ext. 5970. Held the first Thursday of each month noon-12:40 pm in Health and Wellness Center Conference Rooms 1 and 2. Please call ext. 5970 for topics.

Health & Fitness Tip of the Month – 5 points

Stop by the Fitness Plus Trainers Desk (on the second floor of the Health and Wellness Center – you will need to enter from the first floor) for the Health & Fitness Tip of the Month. Drop in for 5-10 minutes.

January 8 – 8-8:30 am

January 18 – 5:30-6 am and 8:30-9 pm

February 5 – 8-8:30 am

February 15 – 5:30-6 am and 8:30-9 pm

March 5 – 8-8:30 am

March 15 – 5:30-6 am and 8:30-9 pm

April 2 – 8-8:30 am

April 19 – 5:30-6 am and 8:30-9 pm

May 7 – 8-8:30 am

May 17 – 5:30-6 am and 8:30-9 pm

June 4 – 8-8:30 am

June 21 – 5:30-6 am and 8:30-9 pm

Healthy Weigh – 5 points for each session (max 60 points per year)

This is a weekly weigh-in for anyone trying to lose or maintain weight. You will be provided with a new health tip each week, as well as motivation to keep you on track. Held every Wednesday from 11:30 am to 12:15 pm in the Assisi Conference Room.



Heart & Health Screenings – 5 points for each blood pressure (max 25 points); 15 points for cholesterol or blood sugar

These weekly screenings offer a wide variety of health screenings, including blood pressure, cholesterol, blood sugar and bone density (for women). Some screenings are available for a small fee. No appointment is necessary, and results are available in minutes. Held every Wednesday 7-10 am in Health and Wellness Center Conference Room 2.

How to Start an Exercise Program+ – 25 points

This program is ideal for those who are sedentary or are just beginning to exercise. This class may be taken for partial credit under the Exercise portion of the Healthy Rewards goals, or you may use the 25 points for the Wellness portion. Held in Health and Wellness Center Conference Room 1.

February 24, 9-9:45 am

March 28, 9-9:45 pm

April 28, 1:30-2:15 pm

May 9, 9-9:45 pm

June 23, 1:30-2:15 pm

Move It and Lose It – 50 points for each 10-week session

Need a little extra help with creating healthy lifestyle habits? This 10-week intensive program helps you take the appropriate steps to make lifestyle changes with proper nutrition and exercise. For less than \$20 a week, the program provides a 45-minute group exercise circuit training session two times a week (plus a pass to Fitness Plus to work out on your own an additional day); weekly support group sessions led by professional staff; pre- and post-assessments; a MetaCheck™ metabolism test to determine individual caloric needs; and a flexible meal plan, put together by a registered dietitian.

The next 10-week program begins February 21. Call ext. 5399 for more information or to sign up.

National Nutrition Month Bananagrams® – 10 points

Need a fun way to break up the day? Join us for a game of Nutrition Month Bananagrams®. You will compete to be the first person to use all your letters to form words about nutrition and cooking. If you like Scrabble, you will love Bananagrams! A new game will begin every 15 minutes. Held in Health and Wellness Center Conference Room 1.

March 11, 10-11 am

National Nutrition Month Calorie Trivia Challenge – 10 points

Brush up on nutrition and game skills by participating in our wellness trivia game. Stop in for 10-15 minutes to play. Held in Health and Wellness Center Conference Room 1.

March 25, 3:30-4:30 pm

Nutrition Know-how – Understanding Supermarket Labeling – 20 points

Ever wonder what those symbols on the front of your favorite foods mean? Do you have a hard time selecting foods because of the variety of different symbols? Find out more about the supermarket labeling program and how to apply those symbols to your shopping routine. Held in Health and Wellness Center Conference Room 2.

January 13, 3:30-4 pm

Raising the Bar – 5 points

Stop by the Tuscan Sun Restaurant and find out more about portion sizes and ingredients to make a healthier salad.

February 24, May 12, June 23

11 am-12:30 pm (stop in for 5 minutes or so)



Sidestepping Diabetes⁺ – 25 points

With early detection and lifestyle change, you can reduce your risk of developing diabetes. Learn how you can avoid a lifetime of blood monitoring, medications or insulin injections! This class is offered once per month; it will be the same information each month. Held in Health and Wellness Center Conference Room 2. This class may be taken for partial credit under the Diabetes portion of the Healthy Rewards goals if you have a glucose/HgbA1c level outside the recommended range, or you may use the 25 points for the Wellness portion.

January 20, February 17, March 17, April 21, May 19, June 2

2-2:30 pm

Stretch Breaks – 10 points

Take 10 to come bend! These 10-minute stretching sessions will guide you through the proper way to stretch to help reduce stress and re-energize for the day. Meet in the hallway just outside of the Assisi Conference Room. Held the first and third Monday of each month from 12:15 to 12:25 pm.

TLC (Therapeutic Lifestyle Change)⁺ – 25 points

Does your heart need a little TLC? It may if you have high cholesterol or other risk factors for heart disease. TLC helps you take small steps that can result in big changes by lowering your risk for heart disease. This class is offered once per month; it will be the same information each month. Held in Health and Wellness Center Conference Room 1. This class may be taken for partial credit under the Cholesterol portion of the Healthy Rewards goals if you have cholesterol levels outside the recommended ranges, or you may use the 25 points for the Wellness portion.

January 21, February 18, March 18, April 22, May 20, June 17

Noon-12:45 pm

Weight-wise⁺ – 25 points

An introduction class covering the basics of nutrition and weight loss. Learn how to set small weight-loss goals, monitor your progress, track your eating and more! This class may be taken for partial credit under the Body Weight portion of the Healthy Rewards goals if your initial BMI is greater than 25, or you may use the 25 points for the Wellness portion. Held in Health and Wellness Center Conference Room 2.

January 26, March 9, April 27, June 8

11-11:45 am

Wellness Walks – 15 points

January 11, 11:30 am-1 pm (Fitness Plus track)

February 28, 9-9:30 pm (Fitness Plus track)

March 8, 11:30 am-1 pm (hall by Assisi Conference Room)

May 10, 11:30 am-1 pm (Fitness Plus track)

“Younger Next Year” Book Club – 20 points

Meet with us to discuss this entertaining book that reveals the important “rules” of living a lifestyle that allows us to enjoy better health – and a better life – as we gently grow older. Recommended for serious readers ages 35 and older. You will need to check out a copy of the book from Wellness by Wednesday, January 5, to participate. Call ext. 5316. Held in Health and Wellness Center Conference Room 2.

January 7, January 14, January 21, January 28, February 4

11:30 am-noon



Disease Risk Reduction Classes

These classes, indicated with +, may be taken for partial credit under certain portions of the Healthy Rewards goals if you are at risk of not meeting the required goal(s). Refer to your Healthy Rewards goals packet (given to you at your appointment with Wellness) to find out if you may attend a class for partial credit. These classes (except Freedom From Smoking®) are also available to ALL participants, regardless of health status, and the points can be applied toward the Wellness portion of the program.

These classes are:

DASH Diet

Freedom From Smoking

How to Start an Exercise Program

Sidestepping Diabetes

TLC (Therapeutic Lifestyle Change)

Weight-wise