

Healthy Rewards Program Calendar January 2012

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 Breaks	3	4 7-10 am Heart & Health Screenings 11:30-12:15 pm Healthy Weigh-in	5 7-9 am Express Screenings 12:10-12:40 pm Healthy Bites Luncheon	6	7 8-8:30 am Minute Moves 1-2 pm Nutrition 101
8	9 1-1:15 pm Crunch Time! 2-3 pm Fit or Fat?	10	11 7-10 am Heart & Health Screenings 11:30-12:15 pm Healthy Weigh-in	12	13 Noon DASH Diet	14
15	16 12:15-12:25 pm Stretch Breaks	17 5:30-6 am Minute Moves 11:45-noon Noon-12:15 pm Stress Breaks	18 7-10 am Heart & Health Screenings 11:30-12:15 pm Healthy Weigh-in	19 11:30-noon SideStepping Diabetes 12:30-1 pm Food of the Month	20 Noon-12:45 pm TLC (Therapeutic Lifestyle Change)	21
22	23	24 Noon-1 pm Bone-density Screenings Noon-12:30 pm Wellness Jeopardy!	25 7-10 am Heart & Health Screenings 11:30-12:15 pm Healthy Weigh-in Noon-12:30 pm Bottoms Up! What's in Your Drink?	26	27	28 12:30-1:15 pm How to Start an Exercise Program
29	30	31 11:30-1 pm Wellness Walks				

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Medicine to the Highest Power



Program Descriptions

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 email! If the Wellness department does not have your email address, please email 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.”

Bone-density Screening – 15 points

Find out if you are at risk for developing osteoporosis. Screenings are recommended for women older than age 50 or for those with 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
- 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. **Scheduling an appointment is strongly recommended.** Call ext. 5399 to schedule your screening.

January 24, February 28, March 27; noon-1pm (takes about 10 minutes)

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

Drop by the Tuscan Sun Restaurant to sample the beverage of the month. You'll also learn what is in popular beverages (sports drinks, juice blends, shakes, etc.) and if it is good for you. Held the last Wednesday of each month.

January 25, February 29, March 28; noon-12:30 pm (stop in for 5 minutes)

Crunch Time! – 10 points

Take a quick break and join us for a quick session of abdominal exercises designed to strengthen and firm up your core muscles. Held second Monday of the month in the Fitness Plus Multipurpose Room on the first floor.

January 9, February 13, March 12; 1:00-1:15 pm

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 blood pressure reading is outside the desirable range, or you may use the 25 points for the Wellness portion. **Preregistration is REQUIRED! Call ext. 5970 to register.**

January 13; noon, Health and Wellness Center Conference Room 1

February 10; noon, Health and Wellness Center Conference Room 3

March 9; noon, Health and Wellness Center Conference Room 1



Express Screenings (for enrollment/re-enrollment in Healthy Rewards ONLY)

These screenings are ONLY for employees whose annual evaluation is due and include having your blood work drawn (be sure to fast overnight), blood pressure checked, height/weight recorded, etc. Your online Personal Wellness Profile (PWP) MUST be completed prior to participating in the screening. A separate appointment with Wellness is required to review results. Spouses and dependents of employees who are enrolled in the SFMC insurance plan are also eligible to participate in a screening during the time of the employee's annual evaluation. NO Wellness points are awarded for Express Screenings; these are simply for enrolling/re-enrolling in Healthy Rewards.

Usually held the first Thursday of the month in Health and Wellness Center Conference Rooms 1 and 2.

January 5, February 2, March 1; 7-9 am

Fit Fare- 25 points

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 help give you some new ideas in a delicious way! Held in the Health and Wellness Center Conference Rooms 1 and 2. **Preregistration is REQUIRED! Call ext. 5940 to register.**

Two sessions to choose from:

March 30; 11:30 am

March 30; 12:30 pm

Fit or Fat?- 15 points

Do you want to learn what your body fat percentage is? Would you like to know if it is in the ideal range for your age and gender? Then this is for you! We will be measuring body fat percentage using our skinfold calipers, the most widely used method of estimating body fat percentage in the fitness field. Held in Health and Wellness Center Conference Room 3. Call ext. 5970 to register. Preregistration is STRONGLY RECOMMENDED. Test takes approximately 10 minutes.

Monday, January 9; 2-3 pm

Tuesday, February 21; 11:30 am-12:30 pm

Friday, March 9; 3-4 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. Come try the healthy food each month to taste and learn about delicious new options. Held in the Tuscan Sun Restaurant (stop by for a few minutes).

January 19, February 16, March 15; 12:30-1 pm

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, registration and payment is required at least one week prior by calling ext. 5399. Held the first Thursday of each month in Health and Wellness Center Conference Rooms 1 and 2 from 12:10 to 12:40 pm.

January 5 (TOPIC: New Year's Resolutions; SPEAKERS: Dana Glass, BS, HFS, and Shelly Gerard, BS, CTRS)

February 2 (TOPIC: Depression; SPEAKER: Stephan Jordan, PhD)

March 1 (TOPIC: Nutrition; SPEAKER: Janet Anders, RD, LD)



Healthy Weigh-in – 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 hallway outside the Assisi Conference Room.

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

Results in minutes! Blood pressure checks are free of charge, cholesterol and blood glucose tests require a small fee and 10-12 hour fast prior to test.

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.

Saturday, January 28; 12:30-1:15 pm

Friday, February 3; 11:30 am-12:15 pm

Monday, March 12; 7-7:45 pm

Minute Moves – 5 points

Stop by the trainer's desk (second floor of Fitness Plus) for a few minutes to have a trainer demonstrate the "minute moves" of the month! First Saturday of the month from 8 to 8:30 am and the third Tuesday of the month from 5:30 to 6 am. (Takes less than five minutes.)

January 7, February 4, March 3; 8-8:30 am

January 17, February 21, March 20; 5:30-6 am

Nutrition 101 – 25 points

This basic nutrition class will provide you with information to help get started no matter what your nutrition goals are. Held in Health and Wellness Conference Center Room 1. **Preregistration is REQUIRED. Call ext. 5940 to register.**

Saturday, January 7; 1-2 pm

Wednesday, February 1; 6-7 pm

Friday, March 23; noon-1 pm

SideStepping Diabetes – 25 points

With early detection and lifestyle change, you can reduce your risk of developing diabetes. Come learn how! This class is offered once per month; it will be the same information each month. This class may be taken for partial credit under the Diabetes portion of the Healthy Rewards goals if you have glucose/HgbA1c levels outside the recommended range, or you may use the 25 points for the Wellness portion.

Classes will be held in Health and Wellness Conference Center Room 1. **Preregistration is REQUIRED. Call ext. 5970 to register.**

January 18, February 16, March 15; 11:30 am – noon

Stress Breaks – 10 points

Take 10 (or 15!) and come join us for a midday relaxation session to help clear your mind and rejuvenate for the rest of your workday. Choose from two sessions, 11:45 am-noon or noon-12:15 pm

January 17; 11:45-noon or noon-12:15 pm, Health and Wellness Center Conference Room 1

March 13; 11:45-noon or noon-12:15 pm, Assisi Conference Room



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.

January 2, January 16, February 6, February 20, March 5, March 19; 12:15-12:25 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 a 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. **PREREGISTRATION is required! Call ext. 5970 to register.**

January 20, February 17, March 9; 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 body mass index is greater than 25, or you may use the 25 points for the Wellness portion. Held in Health and Wellness Center Conference Room 3. **PREREGISTRATION is required! Call ext. 5970 to register.**

February 29; 11-11:45 am

Wellness Walks – 15 points

Take part of your lunch break to burn off some calories (and stress!). You do not need to be a Fitness Plus member to participate in these Wellness Walks. Small prizes awarded! Walks conducted on the Fitness Plus track (meet by the Wellness office).

Tuesday, January 31, February 21; 11:30 am-1 pm (walk as long as you like)

Wellness Jeopardy! – 20 points

Come test your knowledge with a fun game of Jeopardy! Held in Health and Wellness Center Conference Room 1.

January 24; noon-12:30 pm

February 13; 6-6:30 pm

March 29; 9-9:30 am

