

WELLNESS NEWS

MONROE COUNTY INTRODUCES: TOTAL WELLNESS

**TOTAL WELLNESS = BALANCE BETWEEN
HEALTH & WEALTH**

We have long been told of the benefits of being physically fit, but what about the benefits of financial health? The two may seem unrelated, but financial health does, in fact, have a link to physical health. Financial fitness can impact our productivity in the workplace and in our personal and family lives just as much as physical fitness.

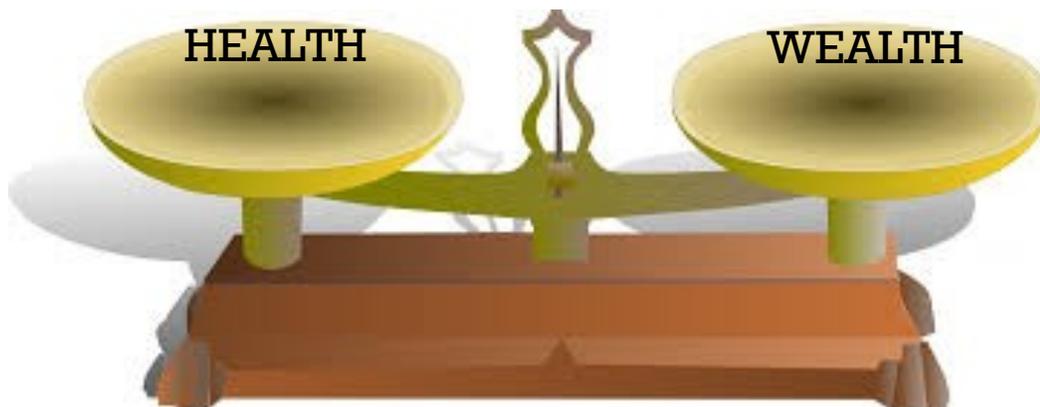
Get caught up on your financial health much like physical health:

- ◆ Check your credit score (Start off easy)
- ◆ Balance your budget; track expenses (Work out often)
- ◆ Find new ways to save money (Follow through until the end)

Inside This Issue

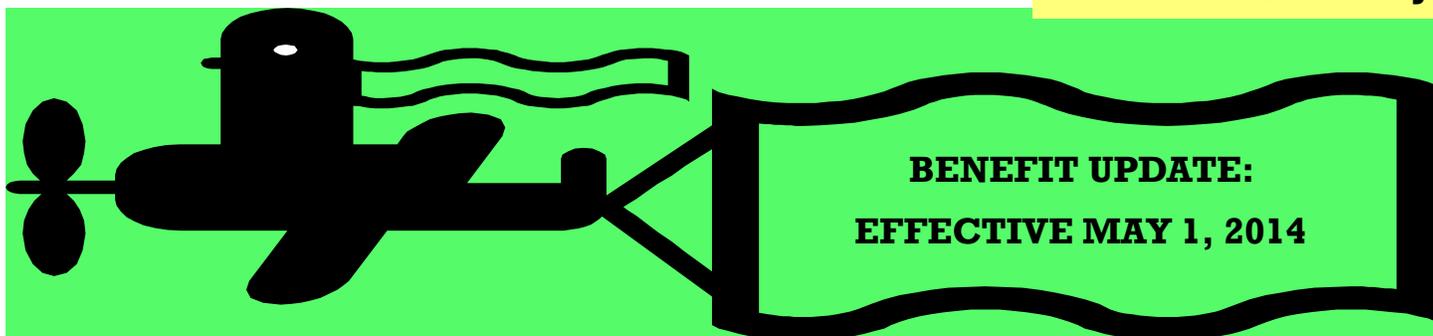
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TOTAL WELLNESS



**Upcoming
lunch &
learns!!**

**Check out
dates and
subjects
on the back!**



BENEFIT UPDATE! EFFECTIVE MAY 1ST:

Monroe County's employee Assistance Program (EAP) now includes access to LEGAL, FINANCIAL & CREDIT consultations and resources...AT NO COST TO YOU!

Legal/Financial Assist Consultants are available 24/7 to refer you to helpful resources, and connect you to qualified professionals for no-cost consultations and legal/financial advice.

- ◆ **Attorneys**
- ◆ **Financial Professionals**
- ◆ **Credit Counselors**
- ◆ **Online Resources**

And, if you retain the services of the network attorney you were referred to...many of their services are discounted 25%!

24/7 DIRECT LEGAL/FINANCIAL ASSISTANCE LINE

(866) 210-8117

ONLINE RESOURCES & LEGAL FORMS

www.worklifeexpress.com

Username: MonroeCounty

Password: eaplegal

HARBOR SYMMETRY CONTACTS AND SERVICES

(419) 475-5338

(800) 422-5338

www.harbor.org

Your Wellness Benefits Include:

- ◆ Up to 3 no cost EAP counseling/coaching sessions per issue/per year.
- ◆ Individual Face-to-Face or Telephone sessions
- ◆ Household Coverage
- ◆ 24/7 Crisis Line

Wellness Services By Appointment:

- ◆ Reiki and Meditation
- ◆ Massage
- ◆ Smoking Cessation Coaching

The logo for Harbor Symmetry Wellness features the word "Harbor" in a serif font with a stylized wave above it, and "Symmetry Wellness" in a sans-serif font below it.

MARK YOUR CALENDAR AND MAKE YOUR RESERVATION

**HARBOR SYMMETRY WELLNESS
EAP OVERVIEW**

**MAY 14, 2014
12:00 P.M. - 1 P.M.
BOC CHAMBERS**

WELLNESS NEWS

May is National Physical Fitness Month! Save Your Health and Money. Get Active!

People of all ages and body types can benefit from regular physical activity. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active!

The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Here are just a few benefits of physical activity:

- ◆ **Children and adolescents**— Physical activity can improve muscular fitness and bone and heart health.
- ◆ **Adults**— Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.
- ◆ **Older Adults**— Physical activity can lower the risk of falls and improve cognitive functioning (learning and judgment skills).

There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven't been active in a while, start slowly and build up. Do what you



can; some physical activity is better than none.

Not sure where to start or what activities to try? Every type of physical activity has some benefit, start small and work your way up!

- ◆ Walk up and down the field while watching your children play sports.
 - ◆ Park your car as far away as possible so you have to walk a longer distance to your destination.
 - ◆ Choose the stairs instead of the elevator or escalator. (Green benefits too!)
 - ◆ Plant a vegetable garden (then cook the vegetables for healthy meals!).
 - ◆ Keep a list of quick activities, like squats or stretches, near the remote so that you can be active during commercial breaks.
 - ◆ Encourage your family to make small changes, like taking a walk after dinner or going for a bike ride.
- Every change matters, just try a few small changes!



Physical activity, along with proper nutrition, is beneficial to people of all ages, backgrounds, and abilities. And it is important that everyone gets active: over the last 20 years, there's been a significant increase in obesity in the United States. About one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents (aged 2-19 years) are obese.

Write down your weekly activity goals and cross one off each day after you've completed it.

The health implications of obesity in America are startling:

- ◆ If things remain the same, one-third of all children born in the year 2000 or later may suffer from diabetes at some point in their lives.
- ◆ Those who are obese have medical costs that are \$1,429 more than those who aren't.

BCBSM CONTACTS

BCBSM Customer

Service:

(800) 752-1455

Medco Home Delivery:

(800) 778-0735

www.medco.com

BCBSM Health Decision Support

Tool/Health Care Advisor:

www.bcbsm.com

BCBSM Network Provider Locator

(24/7): (800) 810-2583

www.bcbsm.com

BSBSM Dental Provider Hotline

(888) 826-8152



Health & Wealth Wellness Day Coming in October 2014!

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National Monthly Health Topics

April—Alcohol Awareness Month

May—Melanoma/Skin Cancer Detection and Prevention Month

May—National Physical Fitness and Sports Month

June—National Safety Month

July—UV Safety Month

August—National Immunization Awareness Month

September—National Childhood Obesity Awareness Month

September—National Fruits and Veggies—More Matters Month

October—National Breast Cancer Awareness Month

November—American Diabetes Month

December—World AIDS Day

LUNCH AND LEARN TOPICS AND DATES

GreatWest - May 5, 2014 - 12:00-12:45 - Website Demonstration and Q&A

Harbor - May 14, 2014 - 12:00-1:00 - EAP Overview

Nationwide - May 20, 2014 - 12:00-12:30 - General Info Session and Q&A

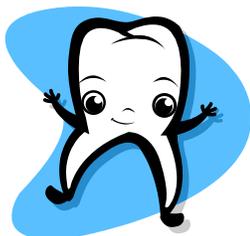
Harbor - June , 2014 - Stress/Time Management

BCBS - July , 2014 - Health Equity - H.S.A.

Harbor - August , 2014 - Smoking Cessation

Harbor - September , 2014 - Legacy Planning

Did You Know?



DENTAL HEALTH

Preventative Exams and Cleanings are now covered 100%!*

- ◆ Studies suggest that getting your teeth professionally cleaned and scraped just once may help reduce the risk for heart disease and stroke.
- ◆ Disease's in the mouth are associated with diabetes, cardiovascular disease and Alzheimer's disease.

*May vary by CBA