

August Well Aware eNews

Welcome to the August 2022 issue of the *Well Aware eNews!* Read on to learn about—

- a webinar on realistic time management strategies,
- another chance to get InStep with Diabetes,
- a 5K training program for the fall,
- ways to stress less during the remainder of the summer,
- how you can access Wellbeats, and
- more!



Don't Miss It

This month's free webinar— Strategies for Time Management

In this seminar, we will discuss realistic strategies for more effective time management. Join us to review topics such as managing email clutter, finding and overcoming the roots of procrastination, and keeping yourself motivated.

Thursday, August 25, 2022
4:30–5:00 p.m.

Please [email Well Aware](#) to register for the webinar. After registering, you will receive a link to the webinar in your Outlook email as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). Visit the [Wellness Webinar Library](#).

Presented by:
Kaiser Permanente

Get InStep with Diabetes

InStep with Diabetes is a series of three one-hour classes that will help you better understand diabetes and the lifestyle changes needed to support healthy living. A Kaiser Permanente health educator will discuss not only why healthy eating, physical activity, and blood sugar control are important for diabetes management, but also ways to incorporate these changes into your life. The facilitator will also share resources and travel tips to further support you.

You do not have to be diabetic or pre-diabetic (or a Kaiser Permanente member) to join this course. You can attend to support a friend or family member by learning helpful information. Registration for the fall class is open. For more information [email Well Aware](#).

Get Ready to Run in this Fall's 5K Training Program

Running is an accessible, inexpensive, and effective way to improve your health and fitness, relieve stress, and boost your confidence. Whether you have never run or it has been a while since you last ran, the cooler fall weather will be the perfect time to start training!

Following a successful spring session, the Run Farther & Faster MCPS Fall Virtual Group 5K Training Program will begin on Sunday, September 18, 2022, and run through Sunday, November 27, 2022. This will prepare participants for the Rockville 5K, upcoming Turkey Trots, and other local fall races.

Participants will receive a comprehensive training calendar, weekly emails with training support and running-related information, as well as email access to certified running coaches should you have questions or concerns. The training calendar begins with run/walk intervals and progresses safely and gradually toward continuous running. It also includes strength workouts and form drills. Interested participants also will have access to a private Facebook group to facilitate finding running partners.

The program is appropriate for new runners or runners who are returning after a hiatus. Space is limited to the first 50 registrants. Registration will begin in September; a registration link will be in the September *Well Aware eNews*. Questions? [Email Well Aware](#).

Wellness Initiatives

Save Money on Your Health Insurance in 2023

The Montgomery County Public Schools (MCPS) Wellness Initiatives program provides you with incentives to reduce your health insurance costs. If you are covered by an MCPS-provided medical insurance plan, complete a biometric health screening and your insurance provider's online health risk assessment by October 7, 2022—and yearly thereafter—to take advantage of the rate reductions in 2023 and beyond.

If you do, you will pay 2 percent less of the total cost of your health insurance. See your doctor for an annual physical or complete the *Biometrics Incentive Alternative 2022 Benefit Year* training (course number 90899) on [Professional Development Online \(PDO\)](#). Then, complete a health risk assessment on your medical plan's website by October 7, 2022.

Both CareFirst and Kaiser Permanente members must log in to their medical plan's web page to consent to your participation in the program. Without your consent, your information will not be reported.

Take the Wellness Initiative! [Learn more](#).

Stress Less This Summer

These last few weeks of summer are the best time to start filling your wellness toolbox with resources for fall self-care. Learning stress management techniques while things are calm can be helpful so that you can recall them when times get busy.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—with the flexibility to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you.

Well Aware is continuing our online virtual live and recorded classes for your convenience. From yoga and seated yoga, to mindfulness and tai chi, there is something for everyone. Give them all a try to see what you like best.

[Email Well Aware](#) to request the full schedule of classes. [Opt in to receive the daily wellness email](#) for class links and updates.

Join Us for Online Physical Activity Classes

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer, and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve heart and mind health, help you manage stress, and enhance your overall wellness.

Well Aware is continuing its online virtual live recorded classes for your convenience. From Zumba, and HIITCamp, to yoga and core workouts, there is something for everyone. Give them all a try to see what you like best!

[Email Well Aware](#) to request the full schedule of classes. [Opt in to receive the daily wellness email](#) for class links and updates.

Share Your Wellness Stories and Encourage Your Coworkers Through Twitter!

Well Aware is proud of MCPS employee for all of the hard work they are doing to lead healthy lives. It is time to share your stories and your spirit! Or, perhaps you need some extra motivation to begin a staff wellness program at your school, depot, or office, or to turn life-long unhealthy habits into healthy ones. Follow [@mcpswellaware](#) for incredible stories, wellness ideas, encouragement from your MCPS coworkers, tips on living a healthy life, or for updates on MCPS staff wellness programs.

Check Out Our Online Health and Wellness "Toolbox"

Well Aware, the MCPS employee wellness program, has launched the *Well Aware Wellness Toolbox*, a web page with many resources to help MCPS staff live healthy and well lives. These tools include physical and mental health resources, lists of free exercise and mindfulness classes, links to resources for improving sleep, nutrition, and more.

MCPS staff are encouraged to take the time for self-care. Studies show that self-care is essential to well-being, especially during times of uncertainty and transition. Check out the [Well Aware Toolbox](#) to see what self-care resources will work best for you!

Montgomery County Offers MCPS Employees Free Access to Its Recreation Facilities

As a permanent MCPS employee, you have free access to all Montgomery County (MC) recreation facilities, including swimming pools and gymnasiums. You also are eligible for a 20 percent discount on an annual pool pass for your family members.

Interested? [Learn more](#) and visit the [MC Recreation website](#) for general information. You may [apply online](#) for the individual Total Rec Pass. The [Employee Family Pool Pass application](#) also is available online. Both passes are valid for one year; you need to reapply each year to continue your access to the facilities.

Have You Tried Wellbeats?

MCPS staff now has free access to Wellbeats! Wellbeats offers a 24/7 virtual fitness, nutrition, and mindfulness classes. These classes can be streamed on your personal devices at home, school, or on the go. You can schedule classes in advance and invite your coworkers to join you; you also can download classes to play when you are offline.

See [this flyer](#) for log-in information, enjoy this [welcome video](#), and this video announcing that [Wellbeats is for All](#).

During the month of August, join Wellbeats for its *Get Started Program!* New to fitness or returning after some time away? This four-week program is appropriate for all levels and abilities. Safely ease into a healthy routine with a variety of fun workouts (including strength training, yoga, HIIT, and barre), plus beginner-friendly meditation exercises and healthy eating tips. [Get started today!](#)

The Well Aware Fall Challenge Will be Here Soon!

The fall physical activity challenge begins in September. Look for details in the September issue of *Well Aware eNews!*

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about employee wellness by visiting our [website](#). View this email newsletter as a [PDF document](#). Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [email Well Aware](#).