Montgomery County Offers MCPS Employees Free

Healthy Habits to Prevent Heart Disease

Did you know someone in the United States has a heart attack? One of the most important lifestyle changes you can make is to be physically active and exercise can have immediate and long lasting benefits. Physical activity can help prevent heart disease, diabetes, and other long-term diseases. It can also help build muscle strength, flexibility, and balance.

What can you do to DIY your health during winter? Our Transportation Department's Diane Sharer has some ideas!

Diane Sharer, bus attendant special education, Randolph Road Transportation Depot, started trying to be more active after participating in the 2020 Wellness Initiatives program and was so impressed that she decided to participate again in 2021. Diane says, "I made a commitment to myself that I would eat a better diet and exercise regularly. I don't have a gym membership, but I use my daily commute to increase my physical activity. Sometimes I take the stairs instead of the elevator, and I try to walk whenever possible. I also make sure to stretch and do some yoga at work to help me stay flexible."

Diane encourages other DOT staff to get active and stay healthy. "We have so much to offer in Transportation, and I wish more people would get involved in the Wellness Initiatives program."

If you want to learn more about the benefits of participating, and how your participation will be reported to your plan sponsor, please visit our Wellness Initiatives web page.

To find out how to complete your biometric health screening and health risk assessment, please visit our Flights to Fitness web page.

Reducing Your Share of Health Insurance Costs for 2024

Cigna's Healthy Rewards will allow you to earn valued benefits today and contribute to your future health. This program will give you the opportunity to participate in work site classes, such as Mindfulness and Meditation, to Seated Yoga, Yoga, Stretch and Mobility, and Pilates. We offer many classes to meet your needs.

Last fall, Diane Sharer, bus attendant special education, made a commitment to herself to improve her health. She said, "Keeping my body in the best possible health is vital to me. As a breast cancer survivor, Diane has an important goal. "I want to get better in not bringing unhealthy food home." Diane participates in the wellness challenges and is consistent with her activity and in completing her logs.

Diane said, "I want to be better at work, take better care of my health, measure my blood pressure, check my cholesterol, and look for signs of heart disease. Here is what I did to improve my health.

• I increased my activity level by taking the stairs instead of the elevator. I encourage others to do the same.
• I reduced my unhealthy food intake by packing my own lunch. I always make sure to eat healthy food and avoid temptation and the bag usually disappears before I know what happened!
• I tried to do it daily, but I always made sure to log my weekly exercise."

If you want to learn more, please visit our Well Aware web page.

Diane Sharer, bus attendant special education, Ms. Diane F. Sharer, was a wellness champion, a bus attendant special education and a bus attendant special education for 2020 due to COVID-19. Since 2020, she has completed her logs.

It is important to make healthy changes last fall and earn a prize as a wellness champion. Try participating in Well Aware and visit the Wellness Initiatives web page.

To participate in the Wellness Initiatives program, click here: Register Now

• Watch a video that explains why you should Go Red for Red: Realize Your Risk, Get Your Numbers.
• Learn about heart disease by completing the heart disease quiz.
• Do your part to educate yourself, your friends, and your family this year. Join the movement to end heart disease and strokes in women because it affects 1 in 5 women.

Friday, February 3, 2023, is National Wear Red Day to raise awareness about heart disease and stroke in women. Why not participate in the Wellness Initiatives program and take full advantage of your health insurance?

Healthy Changes to Increase Your Life Expectancy

Good health is about more than managing costs. It’s about making choices that will help you balance your life, with time for work, relationships, relaxation, and fun. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun. That’s why it makes sense to participate in the Wellness Initiatives program. Please visit the Wellness Initiatives web page.

Diane Sharer, bus attendant special education, participated in the Wellness Initiatives program last fall and earned a prize as a wellness champion. She said, "Well Aware is proud of MCPS employees for all of the hard work they are doing to lead a healthy lifestyle. Thank you for your participation in the Wellness Initiatives program."

If you want to learn more, please visit our Well Aware web page.