For more information, please participate in the diabetes case management program, or you would like to confirm your copayments. If you have diabetes and are covered by a CareFirst medical plan, you have the option to participate in a diabetes case management program. Montgomery County Public Schools (MCPS) employees who have diabetes and are covered by a CareFirst medical plan have the option of participating in a diabetes case management program to have their copayments waived for diabetes supplies.

If you have diabetes, maintaining regular use of your prescription medications is a key component in controlling the disease. By meeting these two requirements every year, as of January 1, 2019, you have not missed any days between prescription refills, i.e., you use medications prescribed to treat your diabetes exactly as your doctor has instructed. In addition, the program is designed to ensure that you can shop for your medications in a cost-effective way.

The Check. Change. Check. program includes the following components:

- G: Get Your Numbers
- H: Hold the Phone
- D: Don't Be Silent
- E: Educate Your Family
- S: Sit and Be Fit
- R: Reduce Pressures
- I: Involve Your Doctor
- C: Consider Quitting

Many people have high blood pressure (HBP) without even realizing it. Maintaining a healthy blood pressure is one of the many ways you can help keep your heart healthy. To help you understand your risk for high blood pressure (HBP), Well Aware is offering a one-hour, bi-weekly webinar called "80 Years Younger: Your Heart's Health Is in Your Hands." The next webinar is February 22, 2018, 11:00 a.m. EDT. For details, visit the Wellness website.

Well Aware encourages all MCPS employees to make heart health a priority. Schedule your appointment with your doctor to have your blood pressure checked. We let our coworkers know that moving your body daily in an activity that energizes you counts as exercise. Shadi suggests that other school and office staff keep their ideas simple. Holding monthly competitions and training sessions to develop better brain habits through fun and engaging exercises can be especially motivating.

Over the years, we have tried a variety of things at Clearspring to encourage a healthy lifestyle. Our Wellness Initiatives program is sponsored by Kaiser Permanente. For more information on the Wellness Initiatives program and to see a schedule of events, visit the Wellness website.

As announced in the last issue, the American Heart Association (AHA) is holding an 80 Years Younger: Your Heart's Health Is in Your Hands webinar series. To register, visit the Wellness website.

Welcome to the February issue of the February Well Aware eNews. Today is National Wear Red Day! Wear red or participate in a blood pressure check to help support a healthy heart. You can learn about these vital health numbers and reduce your financial contribution to your health insurance by participating in Montgomery County Public Schools (MCPS) Wellness Initiatives program. To take full advantage of the program, complete a biometric screening.

Several recent initiatives have been implemented to promote fitness and wellness among MCPS employees.

- Sit and Be Fit: A group of MCPS employees formed a sit and be fit class to get their pulse racing! Stair climbing can be a wonderful way to keep fit. Most of us work in or live near a building with stairs. Stair climbing can be done anytime you have a chance to climb! Sit and Be Fit classes will be held on Thursdays in Rockville and Silver Spring, each lasting 15 minutes.

- Stress Less This Winter: Reduce stress and get in shape during the cold winter months! You can learn about these vital health numbers and reduce your financial contribution to your health insurance by participating in Montgomery County Public Schools (MCPS) Wellness Initiatives program.

- Your Chance to Quit for Good: Quit for Good is a free, eight-week program. It is sponsored by Kaiser Permanente.

- The National Association for Music Therapy (NAMT) has partnered with the American Academy of Pediatrics (AAP) and the American Heart Association (AHA) to educate parents and teachers about the benefits of music therapy in children and offer free webinars to MCPS employees. For more information on the tobacco cessation program, visit the Wellness website.

Reminder: To take advantage of the Wellness Initiatives program, complete a biometric screening.

Shady Grove Bus Depot
Silver Spring, Maryland 20904

- 45 West Gude Drive
- 4:45 – 5:00
- Thursdays

- 1101 Rockville Pike
- 4:30 – 5:00
- Wednesdays

- 501 N. Ivanhoe Street
- 4:00 – 5:00
- Fridays

- Shady Grove Bus Depot
- 4:45 – 5:00
- Thursdays

For details, visit the Wellness website.