January Well Aware eNews

This Month’s Champions:

Well Aware and Kaiser Permanente are partnering again to hold a diabetes educational challenge. Participants can increase their knowledge about diabetes and its impact on the body. The challenge is free, open to non-diabetics, diagnosed diabetics, and caretakers of diabetics. We have provided medical insurance plan through CareFirst, Cigna, and UnitedHealthcare.

Congratulations to the following individuals for their achievement in the Wellness Initiatives of the month:

- **Stress Bringing You Down?**
- **Improve Your Sleep and Your Health**
- **Craving Something Sweet?**
- **Communication and Success**
- **New Year, New You**
- **Healthy Eating, Healthy Life**
- **The Washington Post’s 2016 Food Rankings**
- **The 2016 NCAA Men’s Basketball Tournament is Over!**
- **Frugality: The Next Big Thing in Health Care**
- **Basic Nutrition and Diabetes Management**
- **Helping the Poor: A Good Investment in Good Health**
- **Good Health and Good Tobacco Cessation Program**

**About Well Aware**

Good tobacco cessation program offered by Well Aware and Kaiser Permanente. To find out how to complete your biometric health screening and health risk assessment, complete—

If quitting smoking is among your personal goals for 2017, consider enrolling in the Quit for a Cure program. This program offers support and resources to help you quit smoking and maintain that healthy lifestyle.

**Well Aware Kudos**

Well Aware and Kaiser Permanente are pleased to announce the latest health initiative winners. Congratulations to all those who improved their health by participating! See a list of the winners.

**Top 10 Schools**

The top 10 schools averaged at least 76 minutes of physical activity per employee per day. This is an increase of 6 minutes over last year! The Wellness Initiatives are very simple to accomplish. To receive the maximum 2 percent of Share of Health Insurance Costs for 2018, work; and tend to be more productive, “I’m the leader of the fitness team at work, not the leader of the weightlifting team,” said Peter Park, team leader for the System Wide Safety Programs unit, holds the same title with the Wellness Initiatives. In the spring of 2016, In the spring of 2016, Peter Park, team leader for the System Wide Safety Programs unit, holds the same title with the Wellness Initiatives. The button popped off an employee’s little red button, sending a reminder to encourage his teammates to move! He has also been known to Pony healthy workouts; and regularly in Well Aware.

**March Well Aware eNews**

This month’s Well Aware eNews is dedicated to reducing your stress. There are benefits to your heart, your mind, as well as your leg muscles. According to the National Sleep Foundation, 30 to 40 percent of American adults suffer from occasional insomnia. And, 10 percent of those individuals who suffer from insomnia are unable to function properly while at work. There is a direct correlation between stress and sleep quality. Research suggests that stress, whether mental or physical, has a negative impact on sleep.

**Stress Bringing You Down?**

Stress is a state of being. It is caused by events or thoughts that one perceives to be beyond his or her control. Stress is a normal part of life. It is how the body responds to change. Stress is your body’s way of preparing you for action. Stress can be a positive force. It can help you stay alert and get things done.

**Improve Your Sleep and Your Health**

Sleep is important for good physical and psychological health, and healthy employees tend to be more productive. To improve your sleep, try the following:

- **Avoid caffeine before bedtime.**
- **Set a regular sleep schedule.**
- **Create a comfortable sleep environment.**
- **Limit daytime naps.**
- **Avoid alcohol before bedtime.**

**Craving Something Sweet?**

With Valentine’s Day around the corner, it is easy to fall into the trap of overindulging in sweet treats. But, you don’t have to give up your love for desserts. Here are some healthy alternatives:

- **Swap the sugary treat for a fruit salad.**
- **Try a smoothie.**
- **Enjoy a piece of dark chocolate.**
- **Make your own trail mix.**

**Communication and Success**

Communication is a key component to success. It is how we express our thoughts and feelings. It is how we connect with others. Communication is a two-way street. It is important to be both a good listener and a good speaker. Communication is not just speaking; it is also listening.

**New Year, New You**

As we ring in the new year, it is the perfect time to make changes to your health. Here are a few tips to get you started:

- **Set realistic, incremental goals.**
- **Stay accountable.**
- **Celebrate your successes.**

**The Washington Post’s 2016 Food Rankings**

The Washington Post recently released their 2016 Food Rankings. The rankings were based on a variety of factors, including taste, price, and availability. Here are the top 10 snacks:

1. **Cheese and crackers.**
2. **Bread and butter.**
3. **Hummus and pita.**
4. **Shrimp and mango.**
5. **Sushi.**
6. **Tahini and carrot.**
7. **Popcorn.**
8. **Avocado and lime.**
9. **Pineapple and coconut.**
10. **Zucchini and lemon.**

**Helping the Poor: A Good Investment in Good Health**

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