Learn more about Wellness Initiatives

In addition to completing your biometric health screening or physical exam, you can save by 1 percent. To get started, visit the Wellness Initiatives for Employees web page (https://www.mcps.org/wellness iniciatives) or contact ERSC at 301-999-8100.

Learn more and register for the MCPS Employee Assistance Program (EAP) webinar on Thursday, July 23, 2020, at 3 p.m. Visit the EAP website (https://www.mcps.org/employee-assistance-program) for more information.

Wellness Initiatives

With the ongoing global health crisis, many of us are finding ourselves increasingly stressed about our health, the economy, or everyday activities that we generally take for granted. While we are all working to maintain our personal wellness and the safety of our family and community, a range of options are being offered to support the emotional well-being of you and your family.

Many of us have families to go home to, so we wear work and home hats, and worried about our work and home lives. With the pandemic, it is important to take care of our mental health and as well as our physical health. MCPS is providing support for personal and work concerns of you and your family. It is important to take care of our mental health and as well as our physical health, even more so as we navigate working remotely and cope with the impacts of the COVID-19 pandemic. MCPS provides support for personal and work concerns, for you and your family.

“Crossing the finish line is one of the best feelings in the world. Whether you are participating in a casual race around your neighborhood, or training for a marathon, the sense of accomplishment is overwhelming,” said Ms. Jennifer L. Neukam, ESOL teacher at Ashburn Elementary School. "Running is a great way to get some exercise while I take care of my four kids. It is always easy to manage. Even so, it is something I never had time for before the pandemic."

School, leads a busy life. Between her work schedule and managing the lives of her four children, it isn’t easy to make time for exercise. With the help of the MCPS Well Aware Virtual 5k training program, she was able to improve her distance and running technique, and the program did not disappoint. She improved her distance and average pace on the program and, as a result, improved her overall fitness. "It gives me the energy to keep up with my kids and their activities."

Some days I may not be up for a full run, but any run is better than no run at all. "It helps me start my day and focus more clearly. Running is definitely helping me fill my cup."

During the pandemic, I have been running, walking, and riding my bike to manage stress, home stress, and work-related stress. "I have a race bib for motivation. Use the online Race Tracking System to track your progress."

Whether you are new to running or a seasoned runner, you will be amazed how good you feel about your progress. "Within the first few weeks of running, I felt like a new me."

Ms. Neukam runs in a 5k race each week to maintain her fitness goals, and achieve them. "I would say to start small by making a commitment to walk a little more each day, then increase the distance until you reach your goal."

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For a list of class and schedule, visit the Well Aware website (https://www.mcps.org/wellaware) to learn more about the programs available to you. For information on the MCPS Employee Assistance Program (EAP) and how to sign up, visit the EAP website (https://www.mcps.org/employee-assistance-program) or contact ERSC at 301-999-8100.

Health Risk Reduction

Having a yearly physical or biometric health screening gives you the information you need to take better control of your health and well-being. And that is the goal of InStep with Diabetes, a range of options being offered to support the emotional well-being of you and your family.

"Living with diabetes? Join Well Aware and Kaiser Permanente for InStep with Diabetes, a range of options being offered to support the emotional well-being of you and your family."

"With the understanding that we are all working to maintain our personal wellness and the safety of our family and community, a range of options are being offered to support the emotional well-being of you and your family."

Instep with Diabetes: Online Class Starting July 27, 2020

"Join us for this webinar that provides an overview on the types of skin cancer available to support the emotional well-being of you and your family."

Skin Cancer Awareness webinar – Thursday, July 23, 2020 – 3 p.m.

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