



WELLBEING MATTERS

Love your Heart

February is Heart Month, reminding us of the importance of heart health and that heart disease can happen at any age, at any time. People are developing the conditions that lead to heart disease at younger and younger ages. According to the Centers for Disease Control and Prevention, high rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Additionally, high cholesterol, smoking, inactivity, and poor nutrition can put you at higher risk for heart disease.

The good news is you are in the driver's seat of your health. Your heart health can be managed with lifestyle changes and, if needed, medication. There are things you can start doing today to feel better and reduce your risk. Here are some ideas to keep you focused on good heart health all year long.

Nutrition

Healthy eating is one of the best things you can do to prevent and control heart disease and high blood pressure.

- Make small changes first, like seasoning your food with spices instead of salt. Don't expect to change everything you eat at once.
- Set a reachable goal each day, like having a salad and a piece of fruit.

Fitness

Improving your fitness is good for your heart, lungs, bones, and joints, and it lowers your risk for heart attack, diabetes, high blood pressure and some cancers.

- Schedule your workout time just like you would a meeting.
- Use an activity tracker track how many steps you take and set reminders to move during the day.

Know Your Risk

Knowing your risk is the first step to avoiding heart attack or stroke.

- Visit your physician for a preventive exam.
- Know your family medical history.

In This Issue

February: Heart Month

| | |
|-----------------------------|---|
| Love Your Heart | 1 |
| CPR Classes | 1 |
| Fitness Center News | 2 |
| Naturally Slim Program | 3 |
| Solera Lifestyle Program | 3 |
| PriorityOne Health Center | 3 |
| Employee Assistance Program | 4 |

Additional Newsletters

[Wellbeing Insights](#)

[Work Well Live Well](#)

Laughter is the Best Medicine



"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."

SMSD Offers Free CPR Classes

About 75 to 80 percent of all out-of-hospital cardiac arrests happen at home. Being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one. – American Heart Association

If a friend or family needed CPR, would you know what to do?

CPR classes are available to all SMSD employees as a wellbeing offering. Participation must be outside of the workday.

Upcoming class dates:

Tuesday, February 19

Wednesday, March 27

Thursday, April 25

Classes are from 4:30-6:30pm at the Career and Technical Campus.

Click [HERE](#) for information on how to register for a class.



Get trained. Save a life. You'll be glad you did.



SHAWNEE MISSION
SCHOOL DISTRICT

FITNESS CENTER

Location: Center for Academic
Achievement Enter at Door 13

Phone: 913-993-6493

Email: fitnesscenter@smsd.org

Checking in on Your Resolutions

Did you start out the New Year by making resolutions regarding your health? Great!

Did you fall off “the wagon” during week two? No worries!

A lifestyle change can be difficult and WILL include setbacks, so don't quit just because of a bad week.

Let fitness center staff help you get back on track, or simply get started! **Appointments with our educated staff are available to help you with your fitness goals, questions and concerns.**

If you are not yet a member, read on to find out how to become one!

Joining the Fitness Center

Available free-of-charge to all Shawnee Mission School District employees, their spouses and dependents 16 years of age and older. District retirees who still use the district's medical plan will have access to the facility during limited hours.

1. [Complete the new member packet.](#)
2. Schedule your orientation of the center (**required before use of the gym**). [Schedule by clicking here](#) or calling 913-993-6493
3. Bring your completed packet to your orientation.
4. Start your fitness journey!



Fitness Center Hours

Monday – Thursday: 5:30am– 7:00pm

Friday: 5:30am– 6:00pm

Saturday: 7:00am– 12:00pm

Sunday: CLOSED

[Group Exercise Schedule](#)



Real
New Year's Resolution

This year, you don't have to give up your favorite foods to lose weight and have more energy.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or eating diet food. Shawnee Mission School District is giving you the chance to learn how to eat the foods you love and reduce your chances of developing a serious condition, like diabetes or heart disease.

Naturally Slim is offered at no cost to you. Here's to living a longer, healthier life!

**Space is limited. Apply between
February 4, 2019 - February 15, 2019.**

www.naturallyslim.com/SMSD

The Naturally Slim program starts **Monday, March 4th!**
You must be a BlueKC plan member to be eligible for acceptance.

No-Cost Lifestyle Program from Blue KC

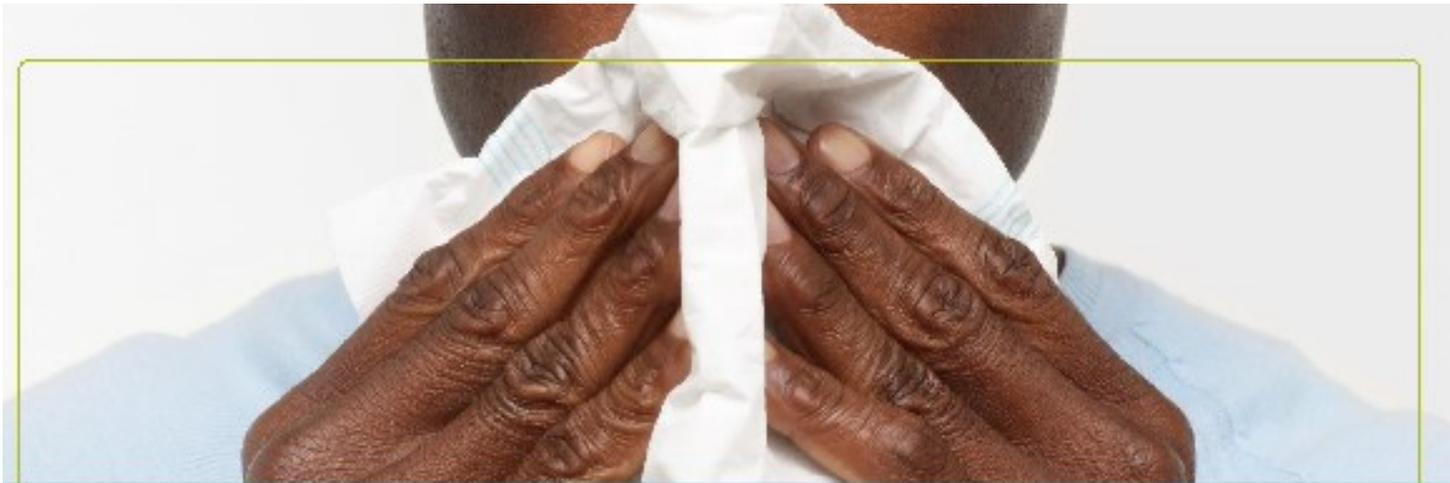
Blue Cross and Blue Shield of Kansas City (Blue KC) is pleased to introduce a new preventive health benefit for Blue KC members. It's a program designed to help you lose weight, adopt healthy habits, and reduce your risk of developing type 2 diabetes. Take a one-minute quiz at solera4me.com/bluekc to see if you qualify.

The program meets weekly for 16 weeks, then monthly for the balance of a year. **Those who qualify will choose from a range of in-person and virtual options, including Weight Watchers, HealthSlate and Retrofit.** The program is available at **no charge to Blue KC members** who qualify.

Those who enroll and are active at 4 weeks will receive a free Fitbit Flex 2 or Zip*. Visit solera4me.com/bluekc and take the one-minute quiz today.

*For participants who complete four weeks of activity meeting Diabetes Prevention Program guidelines. Applies to only Fitbit Zip® or Fitbit Flex 2®. Limited to one per person. While supplies last. Solera Health reserves the right to discontinue at any time.

Find out if you qualify for the Diabetes Prevention Program by taking a one-minute quiz at solera4me.com/bluekc or call Solera directly at (866) 671-7759.



PriorityOne Health Center

Here for you this cold and flu season.

PriorityOne Health Center is here to help this cold and flu season.

We can diagnose your illness and get you back to feeling 100 percent.

Is it a cold or the flu?

Distinguish between a cold and the flu based on signs and symptoms with help from the Centers for Disease Control and Prevention (CDC).

| Signs and Symptoms | Cold | Flu |
|-------------------------|------------------|---------------|
| Symptom onset | Gradual | Abrupt |
| Fever | Rare | Usual |
| Aches | Slight | Usual |
| Chills | Uncommon | Fairly common |
| Fatigue, weakness | Sometimes | Usual |
| Sneezing | Common | Sometimes |
| Chest discomfort, cough | Mild to moderate | Common |
| Stuffy nose | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Headache | Rare | Common |

#FIGHT FLU



When to seek care.

If you're experiencing flu symptoms, don't wait to seek care - the PriorityOne Health Center is here to help. In addition to stocking the rapid flu test, PriorityOne Health Center can prescribe Tamiflu when appropriate to treat symptoms of the flu and shorten your recovery time (subject to availability, must be taken within the first 48 hours).

Who can use PriorityOne Health Center?

Staff members, pre-Medicare retirees, spouses, and dependents age 2 and older enrolled in the Shawnee Mission School District health insurance plan are eligible for services provided by the center.

Schedule an appointment by calling 913-549-9970 or visit my.marathon-health.com.

PriorityOne Health Center

8200 West 71st Street, Suite # 135
 Shawnee Mission, KS 66204
 913-549-9970
<http://bit.ly/PriorityOneHC>





EMPLOYEE ASSISTANCE PROGRAM - EAP

When life's a little much, reach out and get in touch.

Let's be real: life can be tough. When your responsibilities start to feel overwhelming and showing up each day with a smile on your face seems difficult, it's important to reach out for help. You can lean on your free and confidential Employee Assistance Program (EAP) for support.

We've got your back.

A free benefit from your workplace, the EAP can help you or anyone in your household:

- Be more present and productive at work
- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Grow personal and career skills
- Be a caring, loving friend or family member
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life

We're here for you, always.

Life happens, regardless of the day or time. That's why we make ourselves available 24/7, even on holidays. So whenever you need to reach out, we're here for you.



Support Line
Call anytime
800-624-5544



Mobile app
Search for New
Directions EAP



Web
Visit ndbh.com
for resources

SERVICES

- ▣ Counseling
 - In-person
 - Telephone
 - Text messaging
 - In-the-moment
- ▣ Consultation on
 - Finances
 - Legal needs
 - Managing employees
 - Life
- ▣ Crisis support
- ▣ Coaching
- ▣ Adult and child care resources
- ▣ Personal and professional training
- ▣ Digital behavioral health tools

ndbh.com
800-624-5544

Services are free and your employer will not know you reached out.
Flip this sheet over to see some common reasons people use EAP.