



WELLBEING MATTERS

Shawnee Mission School District Staff Health and Wellbeing Newsletter

May 2019

Wellbeing Incentive

If you are currently enrolled in the district medical plan and haven't completed the activities to receive the wellbeing incentive on your 2020 plan year, summer is a great time to complete your activities.

[Click here](#) for detailed information about the wellbeing incentive. There are two pages to the linked document. The first page is a letter detailing the changes. The second page is a guide to assist in navigating your options.

Summer Biometric Screening Events

The district is offering two on-site screening events this summer.

Tuesday, June 18 CAA Board Room 8:00am-4:00pm

Wednesday, July 17 CAA Board Room 8:00am-4:00pm

Click [HERE](#) for instructions on how to schedule your biometric screening appointment. Walk-ins are welcome, but appointments are highly encouraged. If you have any problems logging on to the BlueKC website, call the customer service number on the back of your insurance card.

Preventive Exam Scheduled? Take Your Manual Submission Form

If you are visiting your physician this summer for a preventive exam, don't forget to take the Manual Submission Form (MSF) with you for your physician to complete. Fax or email the physician completed form to the contact info on the form. Doing this will satisfy the biometric screening requirement for the SMSD Wellbeing Incentive for the 2020 medical plan year. [Click here](#) for instructions on how to download the MSF.

Questions regarding the Wellbeing Incentive? Contact Tammie McCoy at tammiemccoy@smsd.org or 913-993-6494.

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Additional Newsletters

[Wellbeing Insights](#)

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Find us at "SMSD Health and Wellbeing Program"



The very first Shawnee Mission School District Staff & Family 5K was held on Saturday, May 11th, and what a turnout we had! There were over 400 employees and their family members that crossed the finish line, despite the rainy start to the day. In addition to the 3.1 mile race, local companies donated their time to provide interactive health booths and some great post-race snacks.

We hope everyone had a great day exercising their bodies and spending time with co-workers and family. From everyone in the Wellbeing department, we want to extend a huge thank you for making this first year such a success! Click [here](#) for all of the photos.





Preventive Care at PriorityOne Health Center

Summer vacation is a great time to get caught up on your preventive healthcare. The following services (and more!) are available free of charge:

- Blood Pressure Checks
- Blood Glucose Tests
- Cholesterol Tests
- Annual Physical Exams
- Well Women and Men Exams
- Sports/Camp/School Physicals

Clinicians at PriorityOne Health Center can also help improve your health and build lasting healthy habits with FREE health coaching.

Health coaching can support you through weight loss, smoking cessation, stress, illness and chronic conditions. By offering tips, guidance and a realistic actionable health plan, your health coach can help you stay on track and achieve your goals.

PriorityOne Health Center will remain open during its regularly scheduled hours this summer.

For more information about PriorityOne Health Center, visit bit.ly/PriorityOneHC

Appointments

To schedule an appointment, call PriorityOne Health Center at 913-549-9970 or book online at my.marathon-health.com

Did you know?

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 PriorityOne Health Center.

PriorityOne Health Center

8200 W 71st St., Suite 135
Shawnee Mission, KS 66204
913-549-9970

Mon/Wed/Fri: 7am-4pm

Tues/Thur: 9am-6pm

bit.ly/PriorityOneHC

A HEALTHIER YOU THIS SUMMER!

1 in 3 adults in the US has prediabetes.

This serious health condition increases your risk for developing type 2 diabetes, heart disease and stroke.

But you can change the outcome.

Join a Diabetes Prevention Program

Employees with district-sponsored health insurance can join at no charge. Other insurance and self-pay options available.

Classes start June 4 from 10-11:00 am.

Center for Academic Achievement

8200 W 71st St

Overland Park, KS 66204

Visit Solera4me.com to sign up today!



Lose Weight



Eat Healthy



Be More Active

The Diabetes Prevention Program (DPP) is a lifestyle-change program that helps people with prediabetes lose 5 to 7 percent of starting body weight and increase physical activity minutes to 150 per week.

Take advantage of this proven program to get the support you need to make healthier choices. To find out if you are at risk for prediabetes, visit PreventDiabetesKC.com or speak to your doctor.



Why not give your loved ones the benefit of your decisions and yourself the gift of peace of mind?

To set up your will:

1. Visit ndbh.com
2. Login with your company code **SMSD**
3. Click on **Legal Resource Center**
4. Register and create your will today

The Employee Assistance Program (EAP) is a no cost, confidential benefit for all SMSD staff and immediate family and is available for counseling, online resources and more.

Call 800-624-5544 or go online at www.ndbh.com.

Company code: SMSD

Will Preparation Minus the Mystery

Imagine your loved ones sifting through your papers, looking for something that doesn't exist ... your will. Now imagine the courts deciding what will happen to your home, your family heirlooms, your finances, your property.

This scenario is more common than not. According to one AARP study, more than 40 percent of Americans over age 45 don't have a will. If you're younger, you're even less likely to have a will. One reason for this reluctance is the mystery that surrounds the will preparation process.

But in reality, making a will isn't all that complicated. You can create your own will in less than an hour by using New Directions' interactive Will Maker.

To start the process, log onto the EAP Individual and Family section of www.ndbh.com using your company login code. Then click on the Legal Resource Center. In order to protect your privacy, **registration is required**. All documents come with complete instructions. You can also start a document and save it online to update it later – a handy feature if you find you need to gather information.

The online wills are valid for residents in all 50 states. As with any legal matter, you may want to consult with an attorney to discuss your options and to make sure the family is fully protected, especially if you have questions or concerns.

In addition to wills, New Directions offers free online access to an extensive catalog of personal legal and business documents and a library of information regarding topics such as bankruptcy, elder law, neighbor issues, and tax audits.

Use this resource to create:

- Complaint letters for damaged luggage, home repairs or credit card billing errors
- Quitclaim deeds
- Living trusts for married or single persons
- Identity theft affidavits
- Rental agreements
- Bills of sale or buy-sell agreements



FITNESS CENTER

Fitness Center Summer Hours

The Fitness Center will be open during summer break. Summer hours will begin Monday, June 3rd and will run through Saturday, August 3rd. The hours are below:

| | |
|-------------------|------------------------|
| Monday – Thursday | 6:00 a.m. - 7:00 p.m. |
| Friday | 6:00 a.m. - 6:00 p.m. |
| Saturday | 7:00 a.m. - 12:00 p.m. |

We are in the process of creating a summer group exercise schedule. Stay updated at the [Fitness Center webpage](#).

The Fitness Center

Free for ALL Shawnee Mission School District staff, their spouses, and dependents 16 or older.

Location

Center for Academic Achievement

Enter at Door 13 on the northwest side of the building.

How to Get Started

- Complete the [new member packet](#).
- Complete a fitness center orientation. Click [HERE](#) to schedule.

Phone: 913-993-6493

Email: fitnesscenter@smsd.org

Summer Break—A Great Time to Get Back to an Exercise Routine

Summer is a great time to get back into walking, biking, jogging or just playing outside with your kids. Getting active during the summer will make it easier to keep it up when you go back to school in the fall.

The SMSD Fitness Center staff would love to help you get started on a workout routine that is manageable for you and your busy schedule.

SMSD BENEFITS RESOURCE LIST

| | | | |
|------------------------------|--------------------------|--|----------------|
| Blue Cross Blue Shield of KC | Medical | www.bluekc.com | (816) 395-2270 |
| UMB Bank | Health Savings Account | https://hsa.umb.com/ | (866) 520-4472 |
| Delta Dental of Kansas | Dental | www.deltadentalks.com | (800) 234-3375 |
| Vision Service Plan (VSP) | Vision | www.vsp.com | (800) 877-7195 |
| Flex Made Easy | Flexible Reimbursement | www.flexmadeeasy.com | (855) 615-3679 |
| Sun-Life Financial | Short Term Disability | www.slfservicerresources.com | (800) 451-4531 |
| Standard Life Insurance Co. | Voluntary Life Insurance | www.standard.com | (800) 378-4668 |
| Benefits Direct | Supplemental Cancer Plan | www.benefits-direct.com | (877) 523-0176 |
| New Directions | EAP | www.ndbh.com | (800) 624-5544 |
| PriorityOne Health Center | | www.my.marathon-health.com | (913) 549-9970 |

The SMSD Benefits Office is open Monday—Friday from 8:00 a.m.— 4:30 p.m. to serve the employees of SMSD. If you have questions or concerns about your employee benefits, please call 913-993-6454.

If you would like more details on any information in this newsletter, please contact: Tammie McCoy, Wellbeing Coordinator, 913-993-6494, tammiemccoy@smsd.org