



WELLBEING MATTERS

Shawnee Mission School District Staff Health and Wellbeing Newsletter

September 2019

Wellbeing Incentive

If you are currently enrolled in the district medical plan and haven't completed the qualifying activities to receive the wellbeing incentive on your 2020 plan year, the October 31st deadline is quickly approaching.

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

If you are not currently active on the district medical plan, you will have an opportunity to complete the qualifying activities when your medical benefits go into effect.



Upcoming Biometric Screening Events

The district is offering several on-site screening events this fall.

Tuesday, September 10	CAA Board Room	1:30pm-6:30pm
Monday, September 16	CAA Board Room	1:30pm-6:30pm
Thursday, September 26	CAA Board Room	1:30pm-6:30pm
Tuesday, October 15	CAA Board Room	1:30pm-6:30pm
Wednesday, October 30	CAA Board Room	1:30pm-6:30pm

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. Use Chrome as your browser when scheduling.

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

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Additional Newsletters

[Wellbeing Insights](#)

[Work Well Live Well](#)



Find us at "SMSD Health and Wellbeing Program"



Coming Soon: Flu Shot Clinics

Once again, the flu shot is being recommended for everyone over the age of 6 months. The 2019-2020 flu vaccine strains were selected by the World Health Organization with the goals of offering the broadest possible coverage. Both A strains changed in this year's vaccine.

The most compelling argument to getting the flu shot is that even if the vaccination does not prevent you from getting sick, you'll probably get a milder case so you'll be less likely to be hospitalized or die from flu complications. The flu shot is your best bet for avoiding influenza and although the flu shot doesn't always provide total protection, it's worth getting (stated by the Mayo Clinic Staff).



Flu shot clinics will be held in most of the District buildings during the month of October.

[Click here for the schedule of clinics.](#)

Contact your building nurse or Tammie McCoy at 993-6494 for more details.



Cholesterol: Increase Your Awareness and Take Action

Now that fall is almost here, you might be thinking about tidying up around the house, getting the kids ready to go back to school, and doing necessary yard work. In celebration of National Cholesterol Education Month this September, we encourage you to participate in your own “fall body” tune-up by getting your cholesterol checked by your Marathon Health clinician.

Why is it important to prioritize checking your cholesterol? The latest estimates from the Centers for Disease Control and Prevention show that nearly 1 in 3 American adults has high cholesterol. Furthermore, too much cholesterol in your body puts you at risk for heart disease and stroke, which are the two leading causes of death in the United States. High cholesterol has no symptoms, so just like it's important to climb that ladder to see if your gutters need to be cleaned out this fall, the only way to know if your cholesterol levels are within range is to have a blood test.

Step One: Understanding

Schedule an appointment to understand what cholesterol is, how it affects your body, and how your cholesterol levels could put you at risk. Make sure to talk to your Marathon Health clinician to learn if you're meeting your preferred cholesterol numbers and if an action plan is necessary. In the meantime, check out [this short video](#) to see how arteries can get clogged just like gutters on a house when there is too much cholesterol in the blood stream.

Step Two: Changes

Lifestyle changes are the most important ways to impact your cholesterol levels. If your cholesterol is high, your Marathon Health clinician can evaluate your diet and daily routine and work with you to create a cholesterol-lowering plan. Sometimes this may mean that your provider will prescribe medicines to lower your risk.

Here are a few golden rules to keep your body tuned up no matter what the season:

- Eat a heart-healthy diet that is rich in fruits, vegetables, whole grains, fish, and low-fat or non-fat dairy foods.

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

Appointments

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

- Keep track of the amount of saturated fat, trans fat, and calories in your diet and make gradual adjustments until you achieve your goals. Check out these links to learn more about the difference between [LDL](#) and [HDL](#), the two types of cholesterol we have in our bodies.
- Be active on most, if not all, days of the week.
- Talk with your Marathon Health clinician to determine what a healthy weight is for you. Work to meet your goal by maintaining, losing, or gaining weight.
- Eliminate tobacco use.

Step Three: Continue

As you continue to take this challenge head on, it is important to recognize that you are not alone on the journey. Share your process and progress with your friends, family, and your clinician. Make sure you continue to visit your Marathon Health center to monitor your numbers, discuss your medications, and assess the effectiveness of your newly adopted lifestyle.

Good luck with your “fall body” cholesterol tune-up, and take this time to take care of yourself while you prepare your house, family, and life for the change of season. Adopting a cholesterol-aware lifestyle is beneficial to everyone – so spread the word and encourage those around you to manage their cholesterol too!



GAME DAY RECIPE: BUFFALO CAULIFLOWER BITES

These Buffalo Cauliflower Bites taste so much like traditional chicken wings, but are a healthy vegetarian version perfect for a light snack.

Prep Time: 15 minutes Cook Time: 40 minutes Servings: 6 servings Calories: 104 per serving

Ingredients

- 1 head cauliflower
- 1/2 cup flour
- 1/2 cup water
- 1 T olive oil
- 1 T garlic powder
- 1/2 tsp salt
- 2/3 cup hot sauce
- 2 tablespoons butter (melted)

Source: selfproclaimedfoodie.com

Instructions

1. Preheat oven to 450 degrees F. Heavily grease baking sheet with butter. Divide cauliflower into bite sized chunks.
2. In a large bowl, combine flour, water, olive oil, garlic powder and salt until well combined. Add cauliflower and gently toss to coat each piece evenly. Transfer coated cauliflower to prepared baking dish and bake in preheated oven for 15 minutes, turning once halfway through cooking time. Remove from oven.
3. In large bowl, combine hot sauce and melted butter. Add partially cooked cauliflower and gently toss to evenly coat. Return cauliflower to baking sheet and continue cooking for an additional 20-25 minutes, turning once, until pieces start to turn golden brown.
4. Remove from oven and serve warm with blue cheese dressing and fresh celery sticks



Leave diets behind this fall.



You don't have to give up your favorite foods to lose weight and feel your best.

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 spending hours prepping 'approved' foods. Shawnee Mission School District is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at **NO COST** to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Space is limited. Apply between September 2 - 13, 2019.

www.naturallyslim.com/SMSD

The Naturally Slim program starts September 30, 2019.
You must be a BlueKC plan member to be eligible for acceptance.



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH



Every day 121 people die by suicide in America, and more than 225 seriously consider it. Suicide is the 10th leading cause of death. Let's work together to prevent it.

It's up to everyone to learn the warning signs and help those with suicidal thoughts and feelings.



SUICIDE WARNING SIGNS

Talking about wanting to die or to kill oneself

—

Looking for a way to kill oneself, such as searching online or buying a gun

—

Talking about feeling hopeless or having no reason to live

—

Talking about feeling trapped or in unbearable pain

—

Talking about being a burden to others

—

Giving away prized possessions

—

Increasing the use of alcohol or drugs

—

Acting anxious or agitated; behaving recklessly

—

Sleeping too little or too much

—

Withdrawing or feeling isolated

—

Showing rage or talking about seeking revenge

—

Displaying extreme mood swings

HOW TO HELP OTHERS

Ask them if they are thinking about wanting to die or to kill themselves. (Don't hesitate. This will not put the idea into their head or make it more likely that they will commit suicide.)

⌘

Listen without judging and show you care.

⌘

Don't leave the person alone. Stay with them or make sure that they are in a private, secure place with another caring person until you can get further help.

⌘

Remove any objects that could be used in a suicide attempt

⌘

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance.

⌘

If danger for self-harm is imminent, call 911.

Your help can bring hope. You might even save a life.



If you have lost a loved one to suicide, the impact can be intense and overwhelming. Know that you don't have to do it alone. Talk to a caring professional or join a support group to help you heal and move forward. Call your Employee Assistance Program (EAP) to connect with resources. 1-800-624-5544



SHAWNEE MISSION SCHOOL DISTRICT

FITNESS CENTER

**FREE fitness center for
all SMSD employees,
spouses and dependents
16 years of age and older.**

Teachers and other school staff, think of September as a *second New Year!* The start of the school year can be a great time to set new health goals. Lucky for you, you have a ***F R E E*** fitness center at your disposal! Here are some tips that may help you incorporate a trip to the gym, or exercise of any sort, into your school week routine:

Pack your gym bag the night before and put it in your car! If your ready-to-go bag is riding shotgun in the passenger seat of your car, you'll be more inclined to drive straight to the gym after work (or to yoga class, a hiking trail, etc.).

Try a class. Not only are group exercise classes a great way to bring variety to your workouts, but they can hold you accountable! Put a class in your calendar like you would any other personal appointment. We offer classes at the Fitness Center, but if those don't work for your schedule, ask a staff member how to utilize the TV we have in our aerobics room.

Posture. We know that as a teacher, you most likely don't have the allowance in your schedule to take regular 10 minute activity breaks, so control what you can during your day. Pay attention to how you stand and sit. Engage your core to keep your spine straight and in line.

Find what works for YOU! If you don't like spin classes, don't do them. If you like to take long walks and do yoga before bed each night, do it! You don't have to do whatever is trendy in the fitness world, or what your coworker does. Find a type of exercise that you enjoy and you'll be more likely to continue with it.



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

Financial Wellness Program: The Debt Diet™



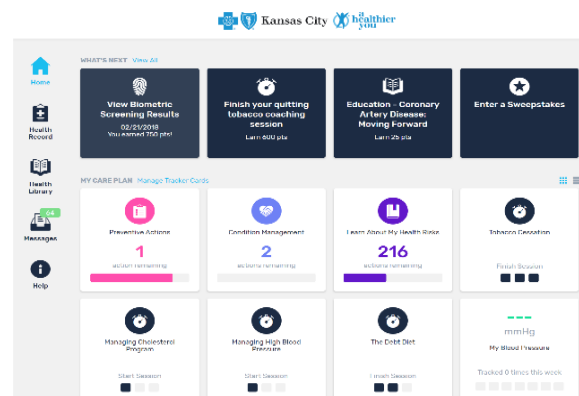
The Debt Diet online coaching program is a comprehensive, stage-matched program developed in collaboration with national financial expert Jean Chatzky that helps individuals to find \$10 a day to put toward paying down debt or building an emergency fund.

How the program works:

- Users begin with a brief assessment to determine readiness to pay down debt or build an emergency cushion.
- Based on that assessment, users will fall into one of the following categories: Not Ready, Getting Ready, Ready, Taking Action and Staying with It. There is a sixth category for those with no debt beyond their mortgage but who still need to save.
- Users will periodically be prompted to reassess their readiness to set aside \$10 a day and are given feedback on their progress. The users' program menu is then updated with new recommendations about the activities best suited to their current needs.

This program features the latest evidence-based methods in a basic, easy-to-follow online format. You can find it on the dashboard of your AHY portal.

1. Visit MyBlueKC.com or download the "Blue KC A Healthier You" App. *Use browser: Chrome
2. Once logged in, click on **A Healthier You** from the "My Home" page. First time users will be prompted to complete the personalization questions.
3. Click on the Debt Diet Tracker Card



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