



WELLBEING MATTERS

Shawnee Mission School District Staff Health and Wellbeing Newsletter

January 2020

New Year Goals? SMSD Resources Can Help

Happy New Year! For many, the new year brings the thought of healthy goals and changes. The Shawnee Mission School District offers programs and resources to employees and family members that can assist you in achieving your goals. A few of those resources are highlighted below.



PriorityOne Health Center provides health/wellness services to school district staff members, pre-Medicare retirees, spouses and

dependents age two and older that are enrolled in the Shawnee Mission School District health insurance plan. The health center is staffed with physicians, a nurse practitioner and medical support staff from Marathon Health. PriorityOne provides care for sick visits and well visits.

Watch [this video](#) and visit the [PriorityOne Health Center website](#) for more information.



The **SMSD Fitness Center** provides comprehensive health and fitness programs to meet your needs and goals for a healthier lifestyle. The

center is staffed with qualified fitness professionals trained in exercise instruction and programming.

Available free-of-charge to all Shawnee Mission School District employees, their spouses and dependents 16 years of age and older.

The professional staff will offer equipment orientation, physical assessments and personalized exercise programs. Additional services offered include group exercise classes, fitness challenges, locker rooms and showers.

For more information, [visit the SMSD Fitness Center webpage](#).



The Shawnee Mission School District offers **Employee Assistance Program (EAP)** services to all district employees and immediate family through New Directions

Behavioral Health. This service is available to all employees of the school district and is separate from the District medical plan.

The EAP is available to help with problems that may affect you at home or at work such as family concerns, marital difficulties, stress, legal concerns, financial difficulties, parenting, and other concerns that may affect you. New Directions EAP offers you objective, professional assistance at **no cost** to you or your immediate family. This program is both voluntary and **confidential** – New Directions makes every effort to safeguard your privacy.

Call 800-624-5544 or go online at www.ndbh.com.
Online company code: SMSD

EAP Mobile App: [App Store](#) [Google Play](#)

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Additional Newsletters

[Wellbeing Insights](#)

[Work Well Live Well](#)



Find us at "SMSD Health and Wellbeing Program"



SAVE THE DATE!

2nd Annual SMSD Staff 5K Walk/Run

- Saturday, May 9th
- Shawnee Mission West High School
- Staff & families– all fitness levels!

Mark your calendars!

More info to come.

Don't Just Worry About Cancer – Take Charge

by Jonathan Swartz, lead healthcare analyst

Roughly two in five Americans will be diagnosed with cancer in their lifetimes. This means that cancer will affect nearly all of us either directly or indirectly. When faced with a statistic like this, cancer can seem hard to understand, complex, and scary. Although it's tempting to avoid thinking about it and hope for the best, a better approach may be to shine a light on this disease by learning all the ways we can reduce risk.

The good news is we can reduce cancer risk by up to 40 percent when we make smart decisions about what we eat and how we live. Moreover, through better health and early detection, at least 60 percent of cancer deaths are preventable. That is so powerful it's worth saying again: the average American can reduce their odds of cancer death by 60 percent or more!

Sound good? Let's get started. Many of the things that make us feel energized and keep our bodies strong also reduce cancer risk. Here's a list:

Maintaining a healthy weight is important because obesity and cancer are linked.

Eating a healthy, plant-rich diet allows our bodies to better repair damage that leads to cancer. Additionally, avoiding animal fat consumption and processed foods reduces cancer risk.

Regular exercise lowers risk for developing certain cancer types by up to 69 percent.

Avoiding tobacco dramatically decreases the chances of developing lung and other cancers.

Avoiding excessive alcohol consumption lowers the likelihood of developing colon, breast, esophageal, and throat cancers.

Be sun smart. Severe sunburns and indoor tanning can increase the risk of melanoma by 75 percent.

Test your home for carcinogens like radon and arsenic in well water to limit your family's risk.

Get screened and have a primary care provider to improve the odds of catching cancer early. Colon, breast, cervical, and lung cancer screenings are the most commonly performed.

Know your family history because certain cancer types are more hereditary and may affect your medical decisions.

Get vaccinated if you are young or at risk. The HPV vaccine for adolescents may eradicate cervical cancer in future generations.

We will focus on cancer prevention in 2020, so please see your Marathon Health provider for more information. By working together, we can greatly reduce cancer risk in the new year!



Appointments

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

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



Let's Talk About G-O-A-L-S!

We can all write down a goal and stick it on our mirror, but will you actually achieve it?

Let's change the way we set our goals! The tips below, from Harvard Health, will guide you towards successfully achieving your New Year's resolutions.

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Break your goals into "bite-sized pieces." For example, if you want to drink more water instead of soda, start with these changes:

- I will find, or buy, a water bottle
- At night, I'll wash the bottle, fill it up, and put it in the refrigerator
- I will put a sticky note on the door to remind me to grab my water

From there, continue with other small steps. Being able to check off items will build your confidence in reaching your ultimate goal.

Your goal should be a **SMART** one. What does that mean?

**S**pecific

**M**easurable (ex: logging)

**A**chievable

**R**ealistic

**T**ime (ex: start date, check-ins)

**Join the SMSD Fitness Center for a 6-week  
SMART Goal Tracking Challenge!**

**Starts January 27th!**

In this challenge you will write out your goals and keep a weekly log, marking when you have completed them in order to visualize & keep track of your progress! Tracking logs will be turned in each week and can be picked up at the SMSD Fitness Center, or found on the Staff Wellbeing website. More detailed instructions and a guide on how to create your goals will also be available.

**[Staff Wellbeing Website](#)**



**SHAWNEE MISSION**  
SCHOOL DISTRICT  
**FITNESS CENTER**



Here's a New Year's Resolution:

# NO MORE DIETING.

**You don't have to give up your favorite foods  
to lose weight and look 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  
January 13, 2020 - January 24, 2020.**

**[www.naturallyslim.com/SMSD](http://www.naturallyslim.com/SMSD)**

The Naturally Slim program starts February 10, 2020.

You must be a BlueKC plan member to be eligible  
to participate in the program.

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# Plan to make big changes this year? We've got your back.

## 2020

Loading...

Whether you're kicking a bad habit or hope to crush your personal and professional goals in 2020, your Employee Assistance Program (EAP) can help you stay on track. With the right focus and commitment, you can achieve anything. Here are some tips to get you started on the right foot:

**Be willing to take baby steps.** If you decide to make big changes too quickly, you can derail your goals for behavior change. Small successes help you build momentum and support the larger changes you want to achieve.

**Patience is the key.** You won't be successful overnight, so set realistic expectations for yourself. Negative habits are formed over time, and so are positive ones. Stick with it and change will come.

**Set up specific goals.** Being specific about what you want to accomplish will help you focus on what you really want to achieve. Instead of setting a goal of "getting into better shape," strive to "go to the gym for 30 minutes, three times a week."

**Record your progress.** Tracking your accomplishments will keep you accountable, and help you identify where you could use more support. Plus, seeing how far you've come is a rewarding feeling!

**Don't try to do it alone.** Your free EAP benefit has tons of services and tools to help you all year long. Coaching, trainings, consultations, counseling and digital tools are all available to you and your family members free of charge to help you accomplish whatever you have in mind.

Call us or go online to get started becoming a better you, today.

**Your Employee Assistance Program (EAP) through New Directions Behavioral Health 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](http://www.ndbh.com).

Company code: SMSD



## No-Cost Lifestyle Program from Blue KC

Blue Cross and Blue Shield of Kansas City (Blue KC) offers a 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](https://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](https://solera4me.com/bluekc) and take the one-minute quiz today.

\*For participants starting after January 1, 2017 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.

## Turkey Stuffed Peppers

Stuffed peppers are a classic that can be easily altered for your individual preference.

Ground turkey can be substituted with ground chicken, ground beef, or no meat at all! Add black beans and/or corn for a special twist.

<https://www.skinnytaste.com/turkey-stuffed-peppers-45-pts/>



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