

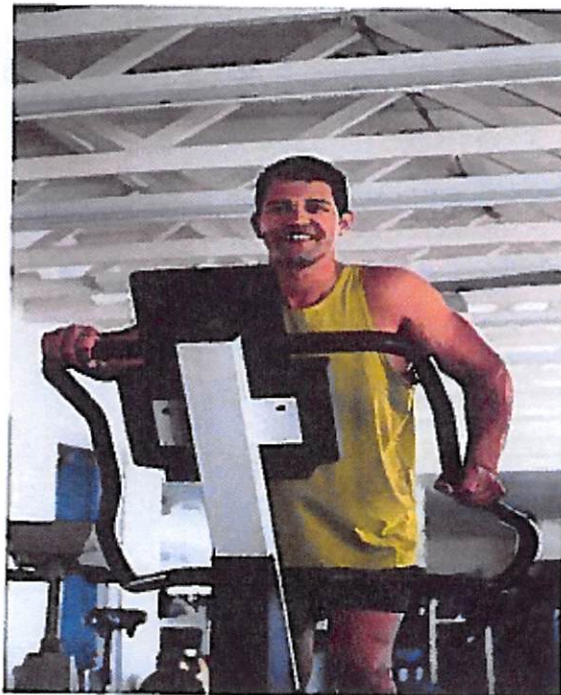
Employee Wellness



Employee Wellness

Students are not the only ones who need good health. An employee's mental health and physical health are essential to the success of a school system. School personnel who want to encourage children and teens to live a healthy lifestyle will be more successful if they model healthy behaviors.

Employee Wellness Programs should provide staff with information and experiences that increase their understanding of wellness and their commitment to its benefits.



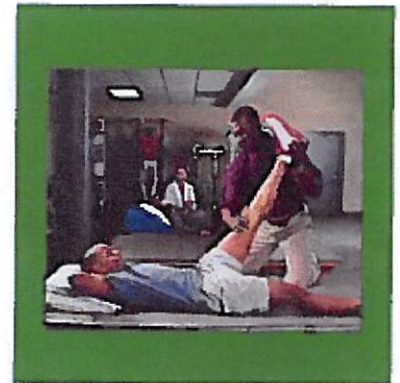
Employee Wellness Programs

School districts should establish their wellness programs based on the needs of their particular staff and communities. A number of activities can be considered to make sure that teachers and school staff feel their best, perform at peak levels, and reduce their risk of disease. Such efforts can include:

- Promoting health and reducing risk factors through professional and staff development programs, providing information through newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Providing health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation and stress reduction and management.

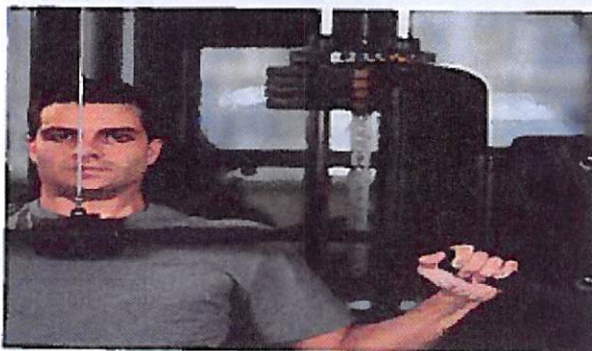
Opportunities listed below encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, decreased insurance costs, and a greater personal commitment to the health of students. They also create positive role modeling:

- Weigh Down Initiative
- Provide access to fitness equipment and space on the school property
- Implement healthy choices for staff
- Program for first aid and CPR
- Smoking cessation programs
- Start a walking club for staff before or after school
- Simple health screenings, such as blood pressure, so that staff can identify vending selections to include healthy choices
- Invite a Yoga or Zumba Instructor to offer classes
- Stress reduction programs
- Provide adult immunizations
- Make sure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include My Active Health, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit. www.MyActiveHealth.com/Mississippi.



Motivating Mississippi-Keys to Living Healthy

www.MyActiveHealth.com



Starting January 1, 2014, Mississippi Department of Education employees can take advantage of a new *Motivating Mississippi - Keys to Living Healthy* website at www.MyActiveHealth.com/Mississippi. Extra resources at no extra cost include:

MyActiveHealth for Motivating Mississippi is your newest health advocate.

At the center of your plan is a website powered by MyActiveHealth to help you keep your important health information—like medical history and future doctor's appointments—in one convenient place. There are fun and informative tools to keep you engaged with your health—from recipes to health news and activity trackers. www.MyActiveHealth.com/Mississippi.

Participate in the Weight Management Program.

If you're struggling with your weight, and your BMI is 30 or higher, this program can help you take control of your fitness and nutrition for long-term weight management. 1-866-939-4721, option 2, option 7.

if you're expecting a baby, try Healthy Starts for Moms and Babies.

You'll work with a registered nurse right over the phone through our Healthy Starts maternity program. 1-866-939-4721, option 2, option 3.

Call the 24/7 Nurse-line for extra support.

You can call any time for information and guidance from a registered nurse. 1-866-939-4721, option 2, option 4.

Get support for long-term health conditions with Informed Care Management.

Do you have **diabetes, congestive heart failure, coronary heart disease or asthma**? You can have a registered nurse as your personal health coach. 1-866-939-4721, option 2, option 2.

On-site Health Coach available to you.

Provided at no cost, the onsite health coaching program brings the experience and resources of ActiveHealth® Management to your location. Your health coach will work with you to maximize the potential benefits for your employees. Capabilities include: **Interactive Presentations, Health Literacy Information, Health Fair Participation, Wellness Activity Tables, One-on-One Coaching Assessments & Wellness Webinars.** Contact your wellness coach at www.MyActiveHealth.com.

Resources for Employee Wellness

American Cancer Society

www.cancer.org

American College of Sports Medicine

www.acsm.org

Centers for Disease Control's Healthy Worksite Initiative

<http://www.cdc.gov/nccdphp/dnpa/hwil/index.htm>

Health Enhancement Research Org.

www.the-hero.org

Health Promotion Advocates

<http://www.healthpromotionadvocates.org/>

Institute for Health and Productivity Management

<http://www.ihpm.org/>

International Association of Worksite Health Promotion

<http://www.acsm-iawhp.org>

National Wellness Association

<http://nationalwellnessassociation.com/>

National Wellness Institute

<http://www.nationalwellness.org/>

The Community Guide to Evidence Based Strategies

<http://www.thecommunityguide.org/worksite/>

Wellness Council of America

<http://www.welcoa.org/>