D11 Elevating Wellness

NewsLetter

October 2024

Battle of the Districts

We're in the final days of Walktober!

Way to make a splash on our first Battle of the Districts! A total of 1187 joined this year's challenge and have recorded a total of 219,661,916 steps and accumulating 17,877 leaves!

Reminder - there is a 3-day backlogging limit, so stay on top of your entries.

The last day of the challenge is Thursday, October 31 and the last day to log activity is Friday, November 1.

Kaiser Permanente Member Corner: Women's Health

From preventive care and disease management to pregnancy and childbirth, women have unique health care needs at all ages. And now's a great time to renew your focus on health.

Here are some tips to help you take care of your health:

• Know your body. Women are at higher risk of developing certain conditions and diseases than men. Find out more about considerations for women's health.
• Access pregnancy tips and resources. From common symptoms and tests to newborn care, get tips to help you look after yourself and your new baby at every step of the way.
• Keep your risk factors in check. Most women between the ages of 40 and 60 have one or more risk factors for heart disease. Learn how BMI and waist size increase your health risks.

With evidence-based treatment and comprehensive care, Kaiser Permanente helps members live longer, healthier lives. Explore these resources to make sure and take care of your health as you age.

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Seasonal Health and Well-being Resources

Here are some seasonal supports for your health and well-being during this last quarter of 2024.

Mindful Mondays are monthly, no cost classes designed to help you combat stress and build resilience. Open to all employees, regardless of health plan. Register to attend live or receive the recording.

- October 7th – Positive Affirmations Guided Meditation
- November 11th – Guided Meditation for Reducing Stress & Anxiety
- December 2nd – Guided Meditation for Cultivating Gratitude

Well-Being Wednesdays are monthly, no-cost classes designed to help you build your overall physical and emotional health. Open to all employees, regardless of health plan. Register to attend live or receive the recording.

- **October 16th – Breast Cancer Awareness**
- **November 20th – Digital Detox**
- **December 11th – Healthy Holidays**

Flu Protection for all that is you!

Don't let the flu slow you down. Get your flu shot today so you can keep living life to the fullest.

Flu shots are safe, convenient, and available at no cost at many Kaiser Permanente locations.

Talk to your health care team or visit kp.org/flu for Kaiser Permanente flu shot hours and locations.

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New D11 Elevating Wellness Features:

Did you enjoy the jumpstart to moving more with *Walktober*?

You can continue tracking your physical activity in D11 Elevating Wellness! Tracking activity is available year-round on the new platform.