

## Live Well, Work Well

Click the link below to find out more information regarding:

- Long-term Effects of COVID-19
- Summer Travel Safety Tips
- What's Better Caffeine or Sleep?
- Green Bean and Mushroom Medley
- ...and more

Link to Flyer: <u>Live Well, Work Well Flyer</u> Preventative Care & You

## **Wellness Incentive Certification Reminder**

As the school year closes, we want to remind you about the CMSD wellness incentive credit process. In order to receive the credit, a covered employee and a spouse (if applicable) that is on your coverage as primary must both schedule and complete testing with a health care professional consisting of the following:

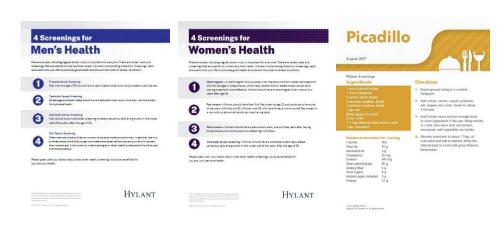
- Cholesterol screening;
- Glucose screening;
- Blood pressure screening;
- Body Mass Index (BMI) measurement; and,
- Review of the CMSD Physician Health Risk Assessment

Please click and print both the attached <u>CMSD Physician Health Risk Assessment</u> and <u>Physician Certification Form</u> to take with you to your appointment.

Upon completion of your forms, have your doctor provide those to you for your submission to the address provided (medical providers do not need to submit on your behalf).

Summer break is a great time to complete these activities. Completed form(s) for returning employees and covered spouses must be submitted to **cmsdhra@hylant.com** (or mailed to the address provided on the form) no later than October 31, 2021. Please do not send your forms to the Benefits Department within CMSD.

Only the completed Physician Certification Form should be submitted for processing. **Results of testing performed should not be included**.

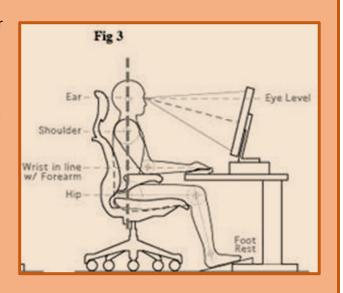


## **Healthy Workspaces**

## The four fundamentals of ergonomics:

- Head Placement place your computer screen at eye level, with your primary screen in direct line-of-site; adjustments to look downward add weight from your head to the rest of your body, creating neck and back pain.
- Arm Positioning preferred position of arms is 90 degrees, with shoulders at a resting position and elbows bent, wrists remaining neutral.
- Back Placement leaning forward constantly creates fatigue; lean against the back of your chair. Ensure that your feet aren't dangling or resting on the base of your chair.
- 4. **Movement** get up and move throughout the day.





Source: Cleveland Clinic website - July 9, 2020













To view information regarding Benefits, please visit the Benefits Website via the links below. All information available in this newsletter and subsequent newsletters can be found via the Districts website. Click here for the Benefits Website Link: <a href="Employee Benefits Website">Employee Benefits Website</a>

Click here for the Monthly Newsletter Flyers provided by our Providers: Monthly Newsletter Flyers