

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: [Live Well, Work Well Flyer 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 [CMSD Physician Health Risk Assessment](#) and [Physician Certification Form](#) 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.**

4 Screenings for Men's Health

Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings that can help you and your family. Complete screenings for your cholesterol, blood pressure, and blood sugar to promote good health and prevent serious medical conditions.

1. **Prostate Cancer Screening**
Men over the age of 50 should have a yearly digital rectal exam and prostate screening test.
2. **Tuberculin (T-Test) Screening**
All foreign-born adults should have a tuberculin skin test every time they visit the doctor for a physical exam.
3. **Colon Cancer Screening**
Men should have a colonoscopic screening to detect precancerous polyps and growths in the large and small intestine after the age of 50.
4. **Skin Cancer Screening**
Other skin tests are used to check for precancerous moles and, if present, are used to check for melanoma. It is important to get an annual skin exam and to check your skin every time you see a dermatologist or other health professional for a physical exam.

Please speak with your doctor about what other health screenings would be beneficial for you and your family.

4 Screenings for Women's Health

Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings that can help you and your family. Complete screenings for your cholesterol, blood pressure, and blood sugar to promote good health and prevent serious medical conditions.

1. **Mammogram**
Mammograms are a breast exam that allows doctors to detect changes in breast tissue before they can be felt. Mammograms can detect changes in breast tissue before they can be felt. Mammograms can detect changes in breast tissue before they can be felt.
2. **Pap Smear**
Pap smears are used to check for changes in the cells of the cervix. Pap smears can detect changes in the cells of the cervix before they can be felt.
3. **Cholesterol Screening**
Cholesterol screening is used to check for changes in cholesterol levels. Cholesterol screening can detect changes in cholesterol levels before they can be felt.
4. **Blood Pressure Screening**
Blood pressure screening is used to check for changes in blood pressure. Blood pressure screening can detect changes in blood pressure before they can be felt.

Please speak with your doctor about what other health screenings would be beneficial for you and your family.

Picadillo

August 2021

Yields 6 servings

Ingredients

- 1 pound ground turkey
- 1 onion (chopped)
- 1 green bell pepper (chopped)
- 2 carrots (chopped)
- 2 potatoes (chopped)
- 1 cup tomato sauce
- 1 cup milk
- 1 cup cheddar cheese (shredded)
- 1 cup corn

Directions

1. Brown ground turkey in a skillet over medium heat.
2. Add onion, carrot, pepper, potato, and corn. Cook for about 10 minutes.
3. Add tomato sauce and milk. Bring mixture to a boil. Reduce heat and simmer, uncovered, until vegetables are tender.
4. Divide mixture in about 1/2 cup of hot water and add to mixture. Bring the mixture back to a boil until graham cracker.

Nutritional Information for 1 Serving

| | |
|------------------------|-------|
| Calories | 250 |
| Total fat | 10g |
| Saturated fat | 2g |
| Cholesterol | 50mg |
| Sodium | 400mg |
| Total carbohydrate | 25g |
| Dietary fiber | 4g |
| Total sugar | 4g |
| Added sugar (includes) | 0g |
| Protein | 17g |

Healthy Workspaces

The four fundamentals of ergonomics:

1. **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.
2. **Arm Positioning** – preferred position of arms is 90 degrees, with shoulders at a resting position and elbows bent, wrists remaining neutral.
3. **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

Take charge of your benefits.

Discover a seamless way to connect to care and get support on your path to better health with these digital tools.

aetna

Uff Choice Member Support and Resources

Uff Choice provides a variety of member support and resources to help you get the most out of your Uff Choice membership. Visit our website at [uffchoice.com](#) for more information.

Make the Most of Your Membership

Medical Mutual offers a variety of member support and resources to help you get the most out of your Medical Mutual membership. Visit our website at [medicalmutual.com](#) for more information.

TOTAL WELL-BEING

Now in the Palm of your Hand

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A TOTAL WELL-BEING EAP
Ease@Work provides Total Well-Being solutions for organizations and employees by combining high touch services through high tech delivery capabilities. Our Total Well-Being services are available anywhere at anytime to address any problem.

LEGAL & FINANCIAL RESOURCES
Ease@Work Legal and Financial assistance services are designed to provide employees and their household members with the legal and financial advice and guidance they need to help ease the stress of legal and financial burdens. Our legal assistance connects individuals with a qualified attorney for a 30-minute free consultation. The financial assistance connects individuals with certified financial planners, certified public accountants and credit counselors based on their needs.

WE HELP WITH:

- Bankruptcy
- Home Buying
- Debt
- Identity Theft
- Retirement Planning
- Planning for College Funding

Telephone: 1-800-521-3273
Website: www.easeatwork.com

ASK THE COACH

Strengthening Talent by Advancing Wellness

Ease@Work offers a variety of helpful resources to support your overall wellness. Our program provides:

FITNESS COACHING
One-on-one sessions with a certified fitness coach to develop a personalized fitness plan.

NUTRITIONAL COACHING
One-on-one sessions with a certified nutrition coach for weight loss or other health concerns.

STRESS REDUCTION COACHING
One-on-one sessions with a certified stress reduction coach to help you better understand and effectively reduce your stress.

NICOTINE CESSATION
One-on-one sessions with a counselor or coach for guidance and support with developing a quit plan.

ONLINE RESOURCES
Our Website includes:

- Comprehensive library of articles and tip sheets on health and wellness
- Health assessment tools
- Links to helpful medical, nutritional, and mental health resources

CONTACT US

We Can Help

Telephone: 1-800-521-3273
Call Toll Free: 800-521-3273

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Ease@Work provides Total Well-Being solutions for organizations and employees by combining high touch services through high tech delivery capabilities. Our Total Well-Being services are available anywhere at anytime to address any problem.

LIFE COACHING
Life Coaching helps employees and their household members meet their personal and professional goals. A Life Coach works actively to help individuals assess their current situation, then develops goals and action steps to meet their stated expectations. A Coach is an accountability partner and helps individuals overcome obstacles to achieve their goals.

WE HELP WITH:

- Life transitions
- Enhancing communication skills
- Improving stress and time management
- Creating better work-life balance
- Managing multiple projects and demands
- Living a more purposeful life
- Setting goals and action steps
- Improving relationships

Telephone: 1-800-521-3273
Website: www.easeatwork.com

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: [Employee Benefits Website](#) Click here for the Monthly Newsletter Flyers provided by our Providers: [Monthly Newsletter Flyers](#)