

Click the link below to find out more information regarding:

- *EWG's 2021 Dirty Dozen List*
- *Summer Picnic Safety Tips*
- *Leave Your Shoes at the Door*
- *Avocado and Corn Salsa*
- ...and more

Link to Flyer: [Live Well, Work Well Flyer](#)
[Live Well, Work Well Flyer – All About Sunscreen](#)

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.**

Live Well, Work Well

Home Wellness Safety Tips

- Do not use your car as a storage space for tools, equipment, or supplies.
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HYLANT

Greek Salad With Chicken

July 2021

Makes 4 servings

Ingredients

- 2 cups cooked chicken breast
- 1 cup cherry tomatoes
- 1 cup cucumber
- 1 cup red onion
- 1 cup feta cheese
- 1 cup olive oil
- 1 cup balsamic vinegar
- 1/2 cup lemon juice
- 1/2 cup salt
- 1/2 cup pepper

Directions

1. To make the dressing, add Greek yogurt, lemon juice, olive oil, garlic, vinegar, salt and pepper to a small bowl. Mix well to combine.
2. Cover dressing and refrigerate for at least 1 hour.
3. Wash lettuce and tear into bite sized pieces. Place in a large salad bowl and add tomatoes, cucumbers, red onions, olives and chicken.
4. Sprinkle with sea salt.
5. Sprinkle yogurt dressing and enjoy.

Nutritional Information for 1 serving

Calories	365
Total fat	22 g
Saturated fat	2 g
Cholesterol	25 mg
Sodium	60 mg
Total carbohydrates	11 g
Dietary fiber	4 g
Total sugars	4 g
Total protein	23 g

HYLANT

Live Well, Work Well

MMI CANCER

MMI Cancer 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.

Our Worklife 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

HYLANT

Summer Safety Tips: Campfire Safety

Clear the area of overhanging branches.

Close the circle of surrounding brush.

Use a bucket of water to douse the campfire.

Never leave a fire unattended, and never leave a fire burning when you go to bed.

HYLANT

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.

Cleveland Clinic

Source: Cleveland Clinic website - July 9, 2020

TOTAL WELL-BEING

Now in the Palm of your Hand

24 | 7
365

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:

Legal Assistance:

- Bankruptcy
- Divorce/Custody
- Estate Planning/Wills
- Real Estate
- Adoption
- Elder Care

Financial Assistance:

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

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

EASE@WORK

ASK THE COACH

Strengthening Talent by Advancing Wellness

Ease@Work offers a variety of healthful 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 Worklife 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

EASE@WORK

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.

LIFE COACHING

Life Coaching to help employees and their household members meet their personal and professional goals. A Life Coach works actively to help individuals assess their current situation, then develop 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

EASE@WORK

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](#)