

Live Well, Work Well

Click the link below to find out more information regarding:

- *Outdoor Exercise Safety Tips*
- *Health Benefits of Gardening*
- *3 Ways to Snack Smartly*
- *Cucumber Blueberry Salad*
- ...and more

Link to Flyer: [Live Well, Work Well Flyer](#)
[Live Well, Work Well Flyer – Men's Health](#)

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.**

Stuffed Green Peppers

June 2021

Ingredients

- 4 green bell peppers
- 1 small onion, finely chopped
- 1 cup of ground beef
- 1 cup of tomato sauce
- 1 cup of cheddar cheese
- 1/2 cup of mozzarella cheese
- 1/2 cup of parmesan cheese

Directions

1. Cut around the stems of the green peppers. Remove the seeds and the ridge part of the peppers. Slice in half.
2. Cook the green peppers in boiling water for 10 minutes. Drain well.
3. In a skillet, brown the beef. Add the onion, 1/2 cup tomato sauce and 1/2 cup beef. Cook for 5 minutes.
4. Stuff each pepper with the mixture and place in a casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 F.

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MEN'S HEALTH PREVENTIVE SCREENING - PART 1

Men's health preventive screening is a key part of staying healthy. It helps you find out if you have any health problems before they become serious. Screening can help you take steps to prevent or treat health problems early. Screening can also help you live longer and healthier.

What to expect: The screening process is quick and easy. You will be asked to provide a blood sample and to have your blood pressure, cholesterol, and glucose levels checked. You will also have a physical exam. The screening process is free of charge.

Who should get screened: All men aged 40 and older should get screened. Men aged 20 to 39 should get screened if they have risk factors for heart disease, such as high blood pressure, high cholesterol, or diabetes.

How to get screened: You can get screened at a doctor's office, a community health center, or a mobile health unit. You can also get screened at home with a home health kit.

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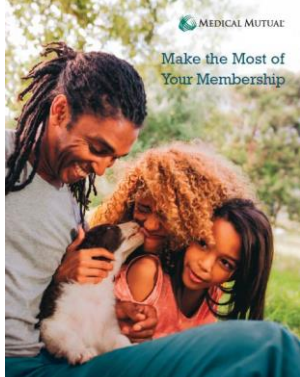
MEN'S HEALTH PREVENTIVE SCREENING - PART 2

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Identity Theft: Unemployment

Identity theft is a widespread national challenge and many Ohioans have become victims with their identities used to file fraudulent unemployment claims. The Ohio Department of Job and Family Services offers resources if you are a victim of this type of fraud. If you receive any notices in the mail and/or via text message, please report any identity theft related to unemployment immediately at the link below:

<https://unemploymenthelp.ohio.gov/IdentityTheft/>

If you do not have access to report the identity theft online, contact ODJFS at (833) 658-0394, 8 a.m. to 5 p.m., Monday through Friday. In addition, please notify the District by emailing Compensation@ClevelandMetroSchools.org so that we may report the suspected fraud on behalf of the employer.

TOTAL WELL-BEING

Now in the Palm of your Hand

A TOTAL WELL-BEING EAP

Ease@Work provides Total Well-Being solutions for organizations and employees by combining high tech 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/Will
- 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

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

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Website: www.easeatwork.com

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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

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](#)