

Wellness Program has reached its goal!

It's Official, The Wellness Program Is Now Closed!

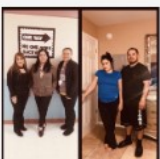
Volume 1, Issue 8, 4/3/2019

We know the Wellness Program has come to an end, but that does not mean that your goals should end too. The only thing that we will end is the ability to log in your points into the wellness program to participate in the final drawing. We want to congratulate all of you because you have started a path to your wellbeing. We know that sometimes it requires big sacrifices, persistence, and a lot of discipline but in the end we know that it is for the best. Finally as a committee we are looking forward for another healthy year with UISD keep reading our newsletter for new program details! Thanks for participating!



Editorial: April is colorectal awareness month read more about it in this newsletter. Also, we are thrilled to see the great response from the Healthy Wage event. Many Healthy Wage participants snagged healthy prizes for just participating. We also held a special drawing for being halfway through their goal as of March 19th. Finally, for those who participated in the Wellness Program the point system closed on the 1st of April and the Spring Drawing will take place on May 8th. Be sure to watch your email for the drawing results! Stay healthy! See you next month!

Top 5 Healthy Wage Unofficial Standings

1		No U-Turn Percentage weight loss 11.42%
2		Weapons Of Less Consumption Percentage weight loss 11.38%
3		Health Squad Percentage weight loss 9.09%
4		Thinning the Herd Percentage weight loss 8.78%
5		2Fit 2Quit Percentage weight loss 8.58%

Here are the unofficial standings for Healthy Wage as of March 29. On the left are the top 5 UISD teams, and the right are the current district standings and we are on 4th place versus other districts. Great job! Here is a timeline for our Healthy Wage weigh-ins:

- Last day to obtain and upload a verified weigh-in is Apr 19, 2019.
- Winners will be announced May 02, 2019.
- 10% Achievement Refund timeframe is from Oct 05 to Oct 19.
- See next page for opportunities to get verified weight ins with Michelle!

We are in the final stage of the competition and that means one last push! You can do it!

1		Cecil County Public Schools Percentage weight loss 7.19%
2		Las Cruces Public Schools Percentage weight loss 6.55%
3		Wichita Falls ISD Percentage weight loss 5.7%
4		United Independent School District Percentage weight loss 5.55%
5		Walnut Valley Unified School District Percentage weight loss 5.5%

Good Job!



April 2019 Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17 Weigh- ins at Service Center from 9 - 11 AM	18 Weigh-ins at C&I from 9-11 AM. Central Office Portable 6 from 1 to 5 PM	19 Last day for official Weigh-ins! Michelle's Weigh-ins from 8 to 12 PM by appointment only!	20
21	22	23	24	25	26 Relay for Life: Sign Up for an hour to fight against cancer	27 Relay for Life: Sign Up for an hour to fight against cancer

April Highlights



American Cancer Society is here to bring awareness against cancer through the Relay for Life Event. To honor, dedicate, or support someone that has fought or is fighting cancer.

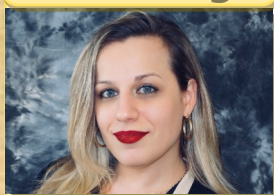
- The Event will take place at [SAC](#) from 7 PM on April 26th through the 27th until 7 AM.
- Make sure to support the fight against cancer in one of the following ways:
- You can sign up for 30 minutes walk! [Click here to sign up!](#)
- You can dedicate a luminaria for only \$10! [Click here for more details!](#) Or \$5 through paper form. [Get it here!](#)
- Finally you can also donate! [Click here!](#)

HealthyWage

Healthy Wage is coming to a close on April 19th and our Wellness Coordinator Michelle Vaughn-Silva is hard at work taking official weigh-ins from April 17th to April 19th.

- On April 17 Michelle will be at the [service center](#) in the purchasing conference room from 9 to 11 AM.
- On April 18 she will be at [C&I](#) building room 2 from 9 to 11 AM.
- **April 19 Michelle will be doing weigh-ins by appointment only.** From 8 AM to 12 PM at [Benefits Portable 6](#) at Central Office [Please sign-up to reserve your spot here!](#)

InBody!



As part of our UISD Wellness Program, we invested in an Inbody Machine. In less than 60 seconds, the InBody machine not only examines the composition of your body, but also reveals percentage of body fat, muscle distribution, and body water balance. The InBody machine is the perfect device to also keep track of your weight. Make sure to book your appointment with our Wellness Coordinator Michelle Vaughn Silva to get a full report of you body weight. For more information. Reach Michelle at ext 6416 or at her [E-mail](#).

Special Beginnings Program!



Every pregnancy carries some risk, with one in eight babies born preterm (source Medline).* Blue Cross Blue Shield of Texas offers expectant members a confidential maternity program to help safeguard the health of both mother and baby. Special Beginnings provides the education and support you will need throughout your pregnancy – **at no additional cost.**

Make sure to call or enroll in the program by calling **Call 888-421-7781, from 8 a.m. – 6:30 p.m. to enroll** or ask questions about the program (make sure you use option 6). Or Visit [BCBSTX Website](#).

Only men
get colon
cancer

But
that
test...

No one in
my family
had colon
cancer

I don't
have
time

I don't
have any
symptoms



*Don't take your chances,
schedule your colorectal
screening today*

KNOW YOUR RISK FACTORS & SCREENING OPTIONS



COLORECTAL CANCER IS PREVENTABLE

Screening can find precancerous polyps so they can be removed before they turn into cancer. Men and women at average risk for developing colorectal cancer should begin screening at age 50. High-risk factors include family history of colorectal cancer or polyps.

COLORECTAL CANCER AWARENESS MONTH

GENETIC RISK ASSESSMENT FOR CANCER
IN ALL SOUTH (GRACIAS) TEXAS PROGRAM
TEL 956-740-7668 ~ FAX 956-523-7444

This program is funded by the Cancer Prevention & Research Institute of Texas (CPRIT)