

# Wellness Newsletter

## February 2016

### February is Heart Awareness Month

February is American Heart Month, which is a nice reminder to make sure we are taking all the right precautions to protect our hearts. We can encourage our families to make small changes, such as using herbs and spices instead of salt, drinking water or low-fat/fat-free milk with dinner instead of soda or juice, and getting up to move around more frequently. These little changes can make a huge difference in your health.

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## Karen's Wellness Corner



Last month, the much-anticipated 2015-2020 Dietary Guidelines for Americans were released by the Department of Health and Human Services and the USDA. These guidelines are so important that I decided to devote this whole issue to them.

Wait! Don't stop reading now if you find the thought of following a bunch of eating rules overwhelming. I've broken down the guidelines into several segments ranging from easy and general to complex and specific recommendations. My hope is that everyone can find their own sweet spot, where the guidelines will build their confidence in practicing healthy eating habits without feeling too restrictive or punitive.

Before we get to the guidelines themselves, I'd like to revisit some basic mission statements for healthy eating. Here are three examples that you may remember from October:

- Wholesome foods in sensible combinations – Frank Hu and David Katz
- Eat food, not too much, mostly plants – Michael Pollan
- Real food close to nature, mostly plants – Dietary Guidelines Advisory Committee

If you honestly follow one of these very general statements, your eating patterns will be healthy and you may not need anything more complicated. Please remember, though – if you have special health and/or dietary needs, your healthcare provider is the best person to advise you on diet. If a healthy eating mission statement is your sweet spot, you have my blessing to stop reading here. I do suggest that you put your mission statement in writing and post it somewhere visible as a daily reminder.



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The information provided in this newsletter is not intended to be applicable to all individuals and employees. This publication provides general education only. Individuals are advised to follow the advice of their physicians and healthcare providers. Thank you.

# 2016 Lexington Wellness Premium Savings Requirements

Lexington Wellness is committed to providing you with the tools, education and guidance for you and your family members to lead a healthy lifestyle. We will continue to do this in 2016 by offering a Medical Plan Premium Savings Program and incentives.

The 2016 Lexington Wellness Requirements for Medical Plan Premium Savings in 2017 for employees and their spouses enrolled in Lexington's Medical Plan are outlined below:

## Employee enrolled must complete the following:

- 1) CDPHP Personal Health Assessment in 2016.
- 2) Biometrics Screening completed **and submitted by December 15, 2016.**
- 3) Routine Physical Exam every two (2) years (2015 or 2016).
- 4) Complete Option 1 – Tobacco Use Affidavit (if able to certify tobacco free) **by December 31, 2016.**

### OR

- If unable to certify you are tobacco free, you must complete Option 2 – Reasonable Alternative Smoking Cessation Workshop. This requirement will take at least four weeks to complete; therefore, **you must start this requirement by December 2, 2016.**
- 5) Receive a verified blood pressure measurement (from Lexington Free Biometrics Screening or via the Physician's Screening Form) equal to or less than 119/79 **by December 15, 2016.**

### OR

- Read the "Release the Pressure" document provided by CDPHP located on your Lexington Wellness Website. It will provide education to help you prevent or control the complications of hypertension. Then complete the corresponding quiz on the Lexington Wellness Website **no later than December 31, 2016.**

### AND

## Spouse enrolled must complete the following:

- 1) CDPHP Personal Health Assessment in 2016.
- 2) Biometrics Screening **completed and submitted by December 15, 2016.**
- 3) Routine Physical Exam – every two (2) years (in either 2015 or 2016).

Log onto your Lexington Wellness Website at <https://lexingtonwellness.bepurewellness.com> for instructions on how to complete these requirements, which can be found on under the five images displayed at the top of your account page.

Lexington is committed to help you achieve your best health. Lexington's Wellness Medical Plan Premium Savings, Wellness Rewards Points and incentive program are available to all employees enrolled in Lexington's Medical Plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Michelle Peryea at (518) 775-5420 or via email at [peryeam@lexcenter.org](mailto:peryeam@lexcenter.org) and she will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

If you would like a more detailed description of the program, you can find one on your RKXchange and on the Lexington Wellness Website under Incentive Summary.

If you have any further questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420, Rene Dutcher at (518) 775-5429 or Bridgett Nestor at (518) 775-5422. Thank you.

# 2016 Lexington Wellness Incentive Programs

There are two wellness incentive programs available to all employees enrolled in Lexington's Medical Plan.

In 2016 we will continue to offer CDPHP's Lifepoints program located on [www.cdphp.com](http://www.cdphp.com). This is a program where employees and their family members 18 and older enrolled in Lexington's Medical Plan can earn a combined total of points worth up to \$365 in gift cards throughout the year.

Employees enrolled in Lexington's Medical Plan will also continue to be able to earn Lexington Wellness Rewards Points on their Lexington Wellness Website through a variety of tools. Each quarter the top 25 employees who earned the most Lexington Wellness Rewards Points will have their name entered into a raffle for \$50 Chamber Checks. Ten employees will be chosen each quarter to receive this prize. The drawings will take place in April 2016, July 2016, October 2016 and January 2017.