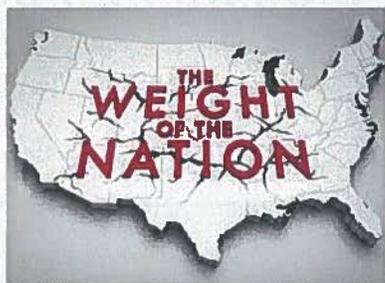


May 27, 2015



Join us for the last showing of
The Weight of the Nation

June 16th

Noon - 1:00 pm
and

1:00 pm - 2:00 pm
Medford Room #330

Salad & water served
Meets Health Goal #2

Health Matters

Health Risk Assessments 2015 Schedule



Frequently Asked Questions

Q: Do I need to sign up for the biometric screening?

A: YES, an appointment is required. (Screenings at WRD do not require an appointment.) [Sign-up sheets are located at M:\Health Promotion Team\2015 Health Risk Assessments\2015 Health Risk Assessment Sign-ups.xlsx](#)

If you need an appointment time other than what is listed, you may schedule with the Health Promotion office at Asante Work Health from June 9th-June 26th by calling (541)789-4995.

Q: How long will it take to go through the assessment?

A: It will take approximately 15 minutes to complete the biometric assessment section with an appointment.

Q: What is involved in the medical screening?

A: The medical screening will include a fasting (12 hours if possible) total cholesterol, HDL, LDL, triglyceride and glucose screening, blood pressure, weight, body fat, and waist circumference measurement.

Q: What is involved in the skin cancer screening?

A: Ventana Wellness will be on-site June 9th only (7:30-9:00 a.m.) to offer complimentary facial, neck, and arm screenings. Please wear a short sleeve shirt if you are planning on taking advantage of this service.

Q: Where do I access the health risk assessment?

A: You will receive instructions at your biometric screening appointment.

Tuesday 6/9	Annex 151	7:15-10:15 a.m.
Free optional skin cancer screening for those scheduled 6/9 until 9 a.m. only		
Wednesday 6/10	Annex 151	7:15-10:15 a.m.
Thursday 6/11	Annex 151	7:15-10:15 a.m.
Friday 6/12	Annex 151	7:15-10:15 a.m.
Tuesday 6/16	Service Center	6:30-9:30 a.m.
Wednesday 6/17	WRD	6:30-8:30 a.m.
Thursday 6/18	Annex 151	7:15-10:15 a.m.
Friday 6/19	Annex 151	7:15-10:00 a.m.
Tuesday 6/23	Annex 151	7:15-10:15 a.m.
Wednesday 6/24	Annex 151	7:15-10:15 a.m.

TBD	A Shift Station	8:30-10:00 a.m.
TBD	B Shift Station	8:30-10:00 a.m.
TBD	C Shift Station	8:30-10:00 a.m.

[Sign-up sheets are located at M:\Health Promotion Team\2015 Health Risk Assessments\2015 Health Risk Assessment Sign-ups.xlsx](#)

**The Biometric Screening and Health Risk Assessment information is
STRICTLY CONFIDENTIAL!**

If you have any questions, please call Asante Health Promotion Services Gail Anderson (541)789-4995 or email GAnderson@asante.org or contact the City's Human Resources Department at (541)774-2010



Health Risk Assessments—What's in it for Me?

Health Risk Assessments (HRAs) provide a valuable, scientifically-based tool to evaluate your current health status. Participants receive a summary of their health risks and lifestyle behaviors, and are offered suggestions on how to reduce risk for disease. The City of Medford values the health of its employees, and therefore offers financial incentives for participation in the annual HRA.

*To be eligible for \$200 incentive:

- Full-time hire date prior to July 1, 2014
- Completed at least one prior HRA
- Participate in June, 2015 biometric screening
- Complete the online portion of the HRA
- Turn in Incentive Award form by the specified due date, meeting minimum incentive award requirements

*To be eligible for \$100 incentive:

- Full-time hire date between July 1, 2014 and December 31, 2014
- Participated in a baseline HRA
- Participate in June, 2015 biometric screening
- Complete the online portion of the HRA
- Turn in Incentive Award form by the specified due date, meeting minimum incentive award requirements

To be eligible for \$50 incentive:

- Current full-time employee that did not meet the award criteria (\$100 or \$200 incentive)
 - OR- has never participated in a previous HRA
 - OR- hire date on or after January 1, 2015
- Participate in June, 2015 biometric screening
- Complete the online portion of the HRA
- Turn in Incentive Award form by the due date

*Non-monetary Incentive Bonus Requirement:

Must achieve two (2) additional Health Goals beyond the incentive award requirements.



Did you participate?

Turn in this completion form by June 5th to be eligible for prizes!

stress- Busting Breaks **OR** *Sleep* – Nature's Nurse

(Circle one)

I completed May's Health Habits Challenge

Signature _____

Printed Name _____ x _____



Health Promotion Goals for 2014-2015

(For explanation of Goal details, see reverse side of this sheet.)

Goal 1: OPTIMUM WEIGHT RANGE

Do one: 1) Be at your healthy weight/BMI or Body Fat % of Average or better risk, or
2) Pursue progress toward healthy weight range by actively participating for at least 3 months in a weight-management program, or

3) Results from *Health Risk Assessment* revealing "health age" as being lower than chronological age.

Incentive Award Requirements – Must achieve Goal #1 and achieve any other 5 Goals listed below

Goal 2: THE WEIGHT OF THE NATION

Watch this four-part series from HBO on the obesity epidemic in America.
(Link here: <http://theweightofthenation.hbo.com/films> or borrow the DVD set from the City's Human Resources Department.)

Incentive Award Requirements – Must achieve Goal #2 and achieve any other 7 Goals listed below

Goal 3:

CHOLESTEROL

1) Total Cholesterol less than 200 w/HDL above 40, or 2) Total Cholesterol/HDL ratio lower than 5.0.

Goal 4:

TOBACCO-FREE

If tobacco user, become tobacco-free for at least 6 months. Non-tobacco users meet this goal.

Goal 5:

PREVENTATIVE CARE

Get an annual preventive exam.

Goal 6:

FLU SHOT

Get a flu shot in the Fall of 2014.

Goal 7:

REGULAR EXERCISE

OR

STRETCHING FOR HEALTH

(Tracking either activity for one month.)

Goal 8:

STRESS-BUSTING BREAKS

OR

SLEEP-NATURE'S NURSE

(Tracking either activity for one month.)

Goal 9:

DRINK TO YOUR HEALTH

OR

TAKE FIVE

(Tracking either activity for one month.)

Goal 10:

CHALLENGE EVENT

Participate in a Health Promotion Team CHALLENGE event.

Goal 11:

COMMUNITY CHALLENGE EVENT

Participate in an outdoor challenge event.

Goal 12:

BECOME CPR CERTIFIED

Attain or renew CPR certification.

Goal 13:

HEALTH EDUCATION*

Get four hours of community or web-based education on health-related topics.

Goal 14:

REACHING OUT

Give at least four hours of volunteer service for a public or non-profit group.

Incentive Award Requirements – Must achieve Goal #1 and the achievement any other 5 Goals
OR must achieve Goal #2 and the achievement of any other 7 Goals
OR achievement of any 10 Goals.

Incentive Bonus Requirement – Must achieve 2 additional Goals beyond the Incentive Award Requirements

*Note: Meeting Goal #2 does not apply to this goal.

Health Promotion Goal Program for 2014-2015

Optimum Weight Range is based on having a Body Mass Index (BMI) in your optimum range. It varies by gender and age, but a BMI of 18.5 -24.9 is considered normal. BMI is calculated by multiplying your weight by 703, then dividing by your height in inches, and dividing that number again by your height in inches. A weight management program includes Weight Watchers, Jenny Craig, Balanced Weigh or similar program in which you either completed the program or attended at least 3 months, OR having a Body Fat % Risk of "average" or less, OR results from *Health Risk Assessment* revealing "health age" as being lower than chronological age.

The Weight of the Nation is a four-part series on HBO documenting the obesity crisis in America. Watch the series using the provided link (<http://theweightofthenation.hbo.com/films>) or borrow a copy from the City's Human Resources Department.

Cholesterol Level Blood cholesterol is specific to each individual, and it is important to discuss your full lipid profile with your physician. But, in general, healthy levels are: Triglycerides less than 150 mg/dl; LDL less than 100 mg/dl; HDL greater than 40 mg/dl. A Total Cholesterol level below 200 mg/dl is desirable. But overall, strive for a low ratio of Total Cholesterol/HDL. Ratio can be improved by not only lowering "bad" cholesterol but by increasing moderate exercise to at least 30 minutes, 5 days a week, which raises HDL "good" cholesterol (that cleanses bloodstream by carrying bad cholesterol back to liver).

Stop Tobacco Use means you are tobacco-free at least six months leading up to the 2015 *Health Risk Assessment*. Contact Human Resources for information on the incentive available for quitting tobacco use.

Annual Preventive Care Exam includes screening tests and procedures, such as a complete physical, colon cancer screening, chest x-ray, electrocardiogram (EKG), mammogram, Pap smear, and prostate-specific antigen (PSA). Exam and screening recommendations vary based on age, sex, past illnesses, current medical conditions, health risks and family history. Dental check-ups and eye examinations are included as preventive care exams.

Get a Flu Shot includes participation in the City's Flu Shot Clinic or obtaining a vaccination from another source (i.e., personal physician, community clinic, local pharmacy, etc.). Be proactive. Protect your health and those around you. Get a flu shot.

Regular Exercise Program includes aerobic activity or resistance training of at least 30 minutes in duration, at least three days per week.

Stretching—Simple and Free Physical Therapy Studies have shown that routine stretching not only increased or maintains flexibility, but also helps maintain mobility and potentially adds strength to muscles. It helps prevent injury, improves circulation, and relieves stress.

Stress-Busting Breaks in your Workday helps encourage wellness from several aspects: Taking a break from work environment and task focus to relieve stress by walking or stretching releases muscle tension, changes eye focus, increases circulation, and adds benefit of additional movement to your routine in pursuit of optimum health.

Sleep—Nature's Nurse is a health goal to assist you in identifying and choosing management techniques for lifestyle habits that may potentially keep you from getting sufficient sleep. Adults need 7-8 hours of sleep each night for the body to appropriately heal, maintain healthy weight, feel refreshed and energized, and minimize the effects of aging.

Drink to Your Health—Fluid Consumption Being adequately hydrated with at least eight 8-ounce glasses of caffeine-free fluid throughout the day increases the efficiency of every cell in your body. Benefits include clearer thinking, more energy, better sense of well-being, appetite control, and overall health.

Take Five—Servings of Fruits and/or Vegetables includes at least 2 to 3 servings of fruit and 2 to 3 servings of vegetables. A serving would be considered ½ cup of fresh, frozen, or canned fruit, ½ cup of fruit juice, 1 medium fruit, ½ cup of cut-up or raw or cooked vegetable, 1 cup of raw leafy vegetable or ½ cup of vegetable juice. The USDA now recommends 9 servings daily of fruits and vegetables. See how close you can get!

Challenge Events from the Health Promotion Team are being planned throughout the year, including No-New-Pounds, 100 days/100 miles, and Trek 2015. Other opportunities may be added. (Submit Challenge ideas to Human Resources.)

Community Challenge Events are a fun way to get involved in the community and enjoy a healthy lifestyle. Sign up to participate in a fun run, like the Color Run, or join a Zumba class through Parks & Recreation. Get out and get moving!

CPR Certification classes will be held several times throughout the year and will be free for City employees. Dates will be advertised by email and/or newsletter.

Health Education—Community or Web-based Programs include presentations, screenings or clinics offered through local hospitals, clinics or other health care providers, or participating in programs offered by online health-related web sites such as MyRegence.com or pursuing help for topics referenced in your Personal Wellness Profile. Health-related classes will be offered at lunchtime periodically throughout the year and will be advertised by email and/or newsletter.

Reaching Out—Volunteer Service includes helping with community events, church activities, civic organization programs, or other non-profit or public volunteer occasions.