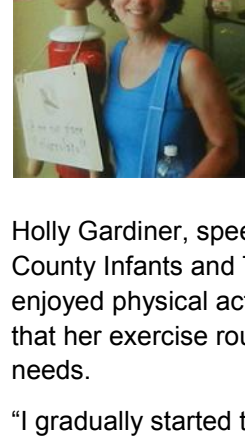


October Well Aware eNews

Welcome to the October issue of the Well Aware eNews! Read on to learn about—

- this month's wellness champion—a speech pathologist with the Montgomery County Infants and Toddlers Program who is dedicated not only to the children she serves, but to helping MCPS staff live a whole and balanced life through yoga;
- this month's seminar/webinar from Cigna where you will hear helpful information about cancer prevention;
- the benefit of an early detection plan for cancer;
- National Eating Healthy Day;
- a race at your pace;
- a partnership that offers free, weekly exercise classes online; and
- more!



Wellness Champion Shares Her Passion for Yoga by Teaching Others

Holly Gardiner, speech pathologist, Infants and Toddlers Program

Holly Gardiner, speech pathologist with the Montgomery County Infants and Toddlers Program, has always enjoyed physical activity. Several years ago, she found that her exercise routine was no longer meeting her needs.

"I gradually started to add more stretching to my fitness routine and discovered I was doing yoga," Holly said. "The more I practiced yoga, the more I realized yoga worked in subtle, powerful ways to recharge and reenergize my body and my mind."

Holly soon discovered that yoga was not only helpful to her physically and mentally, but it also was positively impacting her work, in particular during home early intervention visits she conducts for MCPS.

"Home visits require me to flexibly adapt my therapy and communication skills to a diverse population," Holly said. "Yoga supports me both physically and mentally to skillfully support and meet the needs of the families I serve in Montgomery County."

It did not take long for yoga to become a passion for Holly.

"Yoga and meditation remind me to breathe, acknowledge all of the positive things in my life, and physically and mentally stay flexible enough to accept and adapt to the changes that show up in life," Holly said.

Holly decided to share this knowledge and become a yoga instructor.

"My favorite part of teaching yoga is assisting students in finding the right balance between effort and ease when engaging in a yoga asana or pose," Holly explained. "When students find this balance, their bodies release excess tension and a slow gradual smile emerges on their faces."

Holly teaches a seated yoga class for MCPS staff through Cigna and Well Aware. She is a firm believer that yoga is something everyone can do since it comes in many forms.

"Anyone can do yoga," Holly said. "If you can breathe, you can do yoga!"

For more information about the seated yoga class, [e-mail Well Aware](#).



Don't Miss It

This month's free seminar/webinar— Reduce Your Cancer Risk

It seems as if every day brings a new story about what works. Eat this or avoid it; take this supplement or try another instead. It is confusing. Come and get information you can trust—the real scoop based on credible research on cancer prevention.

Tuesday, October 13, 2015
10:00–11:00 a.m.

Randolph Bus Depot
1800 Randolph Road
Silver Spring, Maryland 20902

Wednesday, October 28, 2015
10:00–11:00 a.m.

Bethesda Bus Depot
10901 Westlake Drive
Rockville, Maryland 20852

Wednesday, October 28, 2015
4:00–5:00 p.m.

Webinar

Please register for the seminar/webinar by e-mailing [Well Aware](#) with the date and time you plan to attend. You will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). See the [Wellness Webinar Library](#).

Presented by:



Take the Wellness Initiative and save on your health insurance!

Have you completed your biometric health screening and health risk assessment? If not, you could miss your chance to save on your health insurance.

The Montgomery County Public Schools (MCPS) Wellness Initiatives program provides you with incentives to reduce your health insurance costs for 2016 and beyond. If you are covered by an MCPS-provided medical insurance plan, complete your biometric health screenings and your insurance provider's online health assessment by **October 9, 2015**—and yearly thereafter—to take advantage of the rate reductions, effective January 1, 2016. [Learn more](#).

Wellness Initiatives Deadline is Approaching: Act Now to Save on Your Health Insurance!

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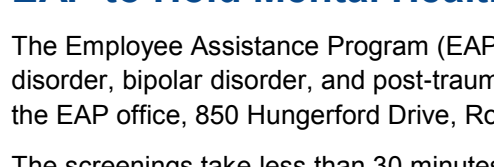
If You Do Not Use Tobacco, Be Sure to Attest During Open Enrollment or Pay a Surcharge in 2016!

Will you be tobacco free throughout 2015? If so, and you are covered by an MCPS-provided medical insurance plan with CareFirst, Cigna, or Kaiser Permanente, you **MUST** attest to being tobacco free for the 12 months prior to January 1, 2016, or you will face a 3 percent surcharge on the total cost of your health insurance next year.

Open Enrollment will be held Monday, October 12, 2015, through Friday, November 6, 2015. This is your chance to attest to being tobacco free throughout 2015. Non-tobacco-users will not have to pay the 3 percent surcharge if they attest. Instructions for making your attestation will be included in the Open Enrollment announcement e-mail you will receive in your Outlook inbox on October 9, 2015.

Do you or your spouse use tobacco products? Quit by December 31, 2015, to avoid the 3 percent surcharge in 2017. Spouses will be included in the initiative for 2017.

Need help? The [Quit for Good](#) smoking cessation program has helped many of your coworkers quit. It can help you too. Keep reading for more information about this successful program.



Your Race, Your Pace Gets Under Way on Monday

Crossing the finish line is one of the best feelings in the world. Whether you are running or walking a road race, biking, swimming, or meeting another goal you set for yourself, the finish line symbolizes your hard work, determination, and consistency.

Gather your team! Your 10-weeks of training starts on Monday, October 5. Well Aware is challenging you to spend 10 weeks of training for your race in the *Your Race, Your Pace* physical activity challenge. Join your coworkers as a team or train as an individual. [Learn more and find out important dates](#).

National Eating Healthy Day Is Coming!

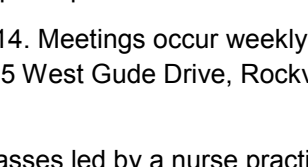
Take the first step to making healthier food choices by taking part in the American Heart Association's National Eating Healthy Day on Wednesday, November 4, 2015.

On this day, Americans are encouraged to make healthy changes and help raise awareness of the importance of good nutrition. Celebrating National Eating Healthy Day is fun and easy! Here are some ways to have healthy celebrations at your upcoming favorite events:

- [Have a heart healthy football season](#)
- [Have a heart healthy Halloween](#)

The American Heart Association has [excellent resources](#) to support the day.

Stop Smoking with Quit for Good



MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. The free program is available to employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or participate with Kaiser.

The next Quit for Good session begins Wednesday, October 14. Meetings occur weekly for eight weeks and are held at 4:30 p.m. in the Maple Room at 45 West Gude Drive, Rockville. You must register to participate by e-mailing [Well Aware](#).

The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Classes will discuss the skills necessary to successfully live tobacco-free. Discussion topics will include risk assessment, stress management techniques, healthy weight management strategies, and more. In addition to the class meetings, participants will receive support through a help line, peer sponsors who understand what it takes to quit, and other resources.

Learn more about the program by visiting the [Well Aware website](#).

EAP to Hold Mental Health Screenings

The Employee Assistance Program (EAP) will conduct screenings for depression, anxiety disorder, bipolar disorder, and post-traumatic stress disorder on Thursday, October 8, 2015, at the EAP office, 850 Hungerford Drive, Room 43, Rockville.

The screenings take less than 30 minutes and are available for all MCPS employees and their family members. Screenings are free and confidential. This is an opportunity to learn more about depression, anxiety and other mood disorders, complete a brief screening questionnaire, and speak one-on-one with a mental health professional. If appropriate, referrals will be made for a complete evaluation.

Call the EAP at (240) 314-1040 if you have questions and/or to schedule a screening appointment. Appointments are available from 9:00 a.m.–4:30 p.m.

Breast Cancer Early Detection Plan Saves Lives

The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages. Create an early detection plan to receive reminders to do breast self-exams, and schedule your clinical breast exams and mammograms based on your age and health history.

The goal of screening for early breast cancer detection is to find cancers before they start to cause symptoms. Most doctors believe that early detection tests for breast cancer save thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests. Following the American Cancer Society's guidelines for the early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.

[Create your early detection plan](#).

Wear Pink Day: October 23

Join Well Aware on Friday, October 23, 2015, for this year's Wear Pink Day to show your support for women's health. Share photos of your coworkers dressed in pink with [Well Aware](#).

Stress Less This Fall

Unlike a traditional workout, yoga and tai chi focus on precise movements that allow the body to slowly transition from one position to the next. Both practices attempt to coordinate the muscles, bones, heart, and mind with the positive energy that surrounds the body. Join Well Aware and treat your body to a relaxing tai chi or seated yoga class this fall.

Seated Yoga

Wednesdays, September 30–December 9, 2015
4:30 p.m.

Café 45 (lower level)
45 West Gude Drive
Rockville, Maryland 20850

Tai Chi

Thursdays, September 24–December 10, 2015
4:30 p.m.

Café 45 (lower level)
45 West Gude Drive
Rockville, Maryland 20850

To register, [e-mail Well Aware](#).

Workouts: Whenever and Wherever!

Well Aware, Cigna, and Acacia TV have partnered to offer MCPS staff free weekly exercise classes on the Internet! This partnership eliminates excuses for not exercising such as, "I don't have time." "It is too expensive." And, "I don't know what to do."

To view a class, simply log in to the customized [MCPS/AcaciaTV website](#). Once you are logged in, you can watch a video of the exercise class for free. Each video is accessible for one week, 24 hours a day. A new video will be made available each Monday. You can watch it on your computer, promethean board, or smart TV as often as you like within the week. Watch [this week's video!](#) Read and share [this flyer](#).

Diabetes Corner

People are unique and have different needs when it comes to managing diabetes. Starting this month, Well Aware is excited to offer you self-paced, monthly resources with content tailored to where you are in your diabetes journey. Some of the monthly topics that we will explore include healthy eating, active living, diabetes medication, and blood sugar tracking. For more information, or to register to receive the monthly information and booklets, [e-mail Well Aware](#).

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our [website](#). To view this e-mail newsletter as a .pdf document, click [here](#). Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [e-mail Well Aware](#).