



Wellness Newsletter

NOVEMBER 2009

Online Health Assessment Available Now at www.mycigna.com

Once again all employees are encouraged to login and take their online health assessment (HA). It is designed to help you understand your health and determine what you can do to improve or maintain a healthy lifestyle.

All employees completing their online health assessment will be eligible to win one of the raffle prizes we have available. Prizes include a Panini grill, veggie steamers, Magic Bullet and more. Drawings will be held monthly – with the first one being November 10th.

And, like last year, the school or site with the most employees completing their assessment will win a catered luncheon and guest speaker for those employees that took part in the HA. Remember... Warfield Elementary won last year so we expect they will be working hard to win again.

The online health assessment competition will run from now until January 31, 2010.

Please check with your site Wellness Ambassador or email the Benefits Hotline for instructions on how to register.

2009-2010 Wellness Campaign

Last school year, the employee wellness campaign was a great success. With the help of our wonderful Wellness Ambassadors - we surpassed almost all of the goals set for the program. Thanks to everyone that participated! Please take a few minutes to read this issue and see what's in store for the coming year.



Wellness Needs & Interest Survey— Thanks to everyone who participated in the Wellness Needs and Interest Survey in October. An impressive 222 employees completed the survey with 110 completions in just the first day! Results show nutrition and exercise are very important. We want to provide a program that meets not only our employees' needs, but their wants as well. With that in mind- your voice has been heard and we are already taking steps to provide you with the programs that interest you most.

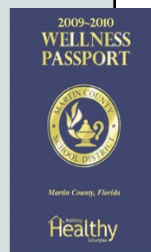
Approximately 52% of survey participants are interested in discounted gym memberships. Did you know there is a discount program available called Healthy Rewards that provides discounts to gym memberships? Simply go to myCigna.com to locate participating gyms in your area. 45% are interested in stretching and walking programs. To help meet this need, all employees will have the chance to participate in a walking program in 2010. Regarding nutrition, many of you are interested in healthy cooking (41%), healthy eating (39%), and healthy snack options in the vending machines (40%). MCSD is on task here again and we're working on providing you with the tools to begin accomplishing this. About 44% are interested in weight management programs. We will continue to bring you information from our health insurance carrier, CIGNA HealthCare, which will address those topics as well and are available to all employees on the health plan.

Regarding health screenings, the majority is interested in cholesterol, blood sugar, blood pressure, body fat, body mass index, vision, and bone density. We will offer these health screenings at the 4th Annual Wellness Fair.

Making the choice to lead a healthy life is a daily struggle but a commitment to personal health is commendable. MCSD is committed to providing our employees with the tools and resources necessary to make positive lifestyle choices. Stay tuned, there's more to come!

WELLNESS PASSPORT IS BACK!

Use the passport to track your participation in wellness activities, doctor's visits, or health screenings. Earn 120 points and be entered into a drawing for some great items including the grand prize of a Wii and Wii Fit and EA Sports Game. More details coming soon!



SAVE THE DATE!

For the 4th Annual Building Healthy Lifestyles Wellness Fair

Saturday, February 6, 2010
9:00am—1:00pm

JD Parker Elementary
Free Health Screenings
(Including glucose, cholesterol, body fat, blood pressure and new this year—bone density)

Lots of Vendors
Health Seminars
Prizes, Freebies and More
Make plans to join us for this great event

He that takes medicine and neglects diet wastes the skills of the physician

Chinese Proverb

WELLNESS NOTABLES

Seasonal flu shots were offered this month to employees at no cost. About 650 employees took advantage of this opportunity.

The **Great American Smokeout** is Thursday, November 19, 2009. This day is set aside to help smokers quit for at least one day with the hope they will quit for good.