



The Torch

The official newsletter for Indiana state employees

HumanaVitality becomes Go365 on Jan. 1

HumanaVitality is changing its name to Go365 on January 1, 2017. With the new name also comes some exciting changes to the program. Here are a few:

- Redesigned member experience
- Improved Points and Bucks structure
- Increased member control

There are also many exciting innovations coming with Go365. We plan to showcase a couple of these new features every Wednesday between now and the end of December. So, watch out for informational emails to ensure you become Go365 savvy.

The important thing to remember is the key components about HumanaVitality remain in Go365; you'll still receive Points, and rest assured that your Bucks do carry

over into Go365. We'll describe what each of these changes mean and how they impact your experience (for the better) in the coming weeks.

In the meantime, don't stop what you're doing already with HumanaVitality. Continue earning those Vitality Points and reaching for a higher Vitality Status!

Be sure to check out the two-page introduction to the program on pages four and five.

Stay tuned to find out more before January 1 and get ready to Go365 in 2017.

-Corey Nelson, Humana representative

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The Torch is published monthly by the State Personnel Department and is available online at www.in.gov/spd

Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

Humana Vitality



You're invited to Celebrate Indiana: Ignite the Future

Celebrate the finale of Indiana's Bicentennial year at "Ignite the Future." This free, family event takes place on Statehood Day at the Indiana State Fairgrounds Indiana Farmers Coliseum. The two-hour program includes a variety of speakers from diverse faith backgrounds as well as music, dance and more!

Hoosiers of all ages are invited to celebrate this once in a lifetime event. It is our hope the event inspires Hoosiers to "Ignite the Future" and make the next 100 years of Indiana history even better than the last 200. So the only question now is, how will you "Ignite the Future?"

For more information, visit www.indiana2016.org and click the tab, "Celebrate Indiana: Ignite the Future."



Sunday, December 11, 2016 from 10 a.m. to noon



Invest In Your Health

Invest In Your Health is giving away Fitbit Flex Wristbands

FREE  **fitbit**
GIVEAWAY!

Stay in shape through the holidays with new fitness gear! Invest In Your Health is giving away a Fitbit Flex Wireless Wristband to a state employee Facebook follower and another to a state employee Twitter follower.

Here's how to win:

- [Like Invest In Your Health on Facebook.](#)
- [Follow Invest In Your Health @INSPDBenefits on Twitter.](#)

Rules:

- Must like or follow before 12:30 p.m. EST December 12, 2016.
- Must be a State of Indiana employee.
- Must be willing to accept the tax associated with an extra \$60 of income.



Join Elements for a one-year anniversary celebration party

Thank you! Thank you! Thank you! In celebration of the one-year anniversary of the State of Indiana becoming a select employer group of Elements Financial, Elements Financial is serving light refreshments (while they last) on Dec. 14 from 11 a.m. to 1 p.m.

We welcome all employees (member or not) to stop by the Health & Wellness Center Community Room (Suite W041) located in the IGC-South basement. In addition to enjoying fresh-baked cookies and punch, you can register to win a wellness and fitness holiday basket valued at \$300 just in time for New Year's, or one of a couple other surprise giveaways.

When you stop by, you can also sign up for a complimentary one-on-one credit review and/or ask any questions you might have about Elements Financial. By taking advantage of the one-on-one review, you will not only walk away with a copy of your current report and your current score, but you also empower yourself to start 2017 with knowledge to improve and strengthen your financial wellness throughout the coming year.

Again, thank you for the opportunity to partner with you. We look forward to seeing you on Dec. 14. And, we

look forward to seeing you throughout the coming year as we continue to offer financial wellness lunch and learns with the opportunity to earn additional wellness points.

-Ron Ellis, Financial Wellness Manager with Elements Financial

**You may not attend this event while on state time and travel expenses are not reimbursable. Please obtain permission from your supervisor before attending.*





Say hello to Go365.

It's your personalized wellness and rewards program.

Getting healthier is easier – and lots more fun – with Go365™. When it comes to health and wellness, you have your own approach. One that works for you. Go365 makes it easier to get moving along your path with more ways to start, more Activities to unlock, and more ways to rack up rewards.



Unlock Activities.

Go365 is all about you. You'll receive Activities personalized to help you reach your health goals, no matter where you are on your journey to better health. Just unlock your Activities and earn Points for higher Status.



Stay inspired.

Getting healthier can be hard. Go365 makes it easier by connecting you to all the tools and resources you need to get there. Tracking your activity is a breeze – just connect your compatible apps or fitness devices and earn Points for all your healthy activities.



Earn rewards.

Making healthier choices is a lot more fun with Go365. The more you move up in Status, the more Bucks you can earn and spend on great items in the Go365 Mall. Plus, Bonus Bucks, surprise rewards, and monthly Jackpot drawings make getting healthy more fun!



More Points. Higher Status.

Earning Points pays off big with higher Status levels. Get your spouse and kids involved too and see how fast you can move up in Status.

Here's how many Points you need to move up in Status



3 ways to get to Bronze

1. Complete at least one Health Assessment section online or on the Go365 App
2. Get a Biometric Screening
3. Log a verified workout

5,000
One adult per policy

8,000
One adult per policy

10,000
One adult per policy

8,000
combined two adults
per policy

12,000
combined two adults
per policy

15,000
combined two adults
per policy

+3,000
for each member
18 years and older
per policy

+4,000
for each member
18 years and older
per policy

+5,000
for each member
18 years and older
per policy

Adult children can only move a family to Bronze Status by completing a verified workout.



Unlock Activities.

Watch your success lead to your wellbeing.

Go365 is for anyone, at any stage... no matter what shape you're in or how hard you work out. Go365 knows what it takes to motivate and reward you to make healthier choices for life.

Activities

These are simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

Recommended Activities

Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

Go365 Kids*

Kids can earn Points when they do "kid" things, like playing on a soccer or baseball team. When you do things that are good for their health, like keeping up with their immunizations and getting a dental check-up, your kids earn more Points.

Challenges

Earn Points by going head-to-head against your friends and co-workers and compete for the most steps taken or pounds lost.

Have some healthy fun.

Getting healthier is a lot more fun with Go365. Earn Bucks you can use in the Go365 Mall for e-giftcards from Amazon.com, Target, Lowes and Spafinder, the latest activity trackers from Garmin and Fitbit, and more. Plus, you could win a prize in our monthly Jackpot drawings or get a surprise reward.

go365 Mall

LOWE'S Gift Card

iTunes

Wellness 365 by Spafinder

amazon.com gift card

fitbit

macys



Go365.com

Moderation and stress: Keeping on track during the holidays

The holiday season has officially started. This means lots of gatherings with friends and family and, of course, food! Celebrating holidays is tightly associated with delicious meals and sweet treats. It can be challenging to navigate this time of year in a healthy way.

In addition, we normally are under additional stress to plan a Pinterest-perfect party or give a one-of-a-kind gift to family members. Being able to balance the stress of the holiday season in a healthy way is important for our mind and body. Hopefully this information helps give you peace of mind.

Handle Stress in a Healthy Way

Stick to a budget. We all love to spend money during the holidays, from clothes, to gifts, to food and travel expenses. It can be an expensive time of year. Take time now to plan what you can realistically afford in terms of gifts this year. Think about your travel expenses and make sure you set aside money for those costs. Having a plan helps ensure you successfully stick with it.

There are ways to give gifts to co-workers or family members more cost-effectively, like baking goodies or putting together fun gift baskets with items from thrift shops or dollar stores. The goal is to determine your budget ahead of time, and stick to it. This helps decrease stress about stretching yourself too thin financially.

Plan ahead. This also ties in to the previous point about putting together a budget. However, it also includes other considerations. Figure out how you want to structure your time during the holiday season. What goals/traditions do you

really want to do? What things are not necessary to accomplish? If you are able to take time off, how are you planning to spend vacation time?

Feel less stressed by having a plan in place so you know what to expect. Have conversations with family before the holidays to determine what days you are getting together, and mark it on your calendar. By looking at your schedule ahead of time, you can work to not over-book yourself and enjoy the holidays with lower amounts of added stress.

Don't abandon your health. It can be challenging to not throw healthy habits out the window during the holidays. Take time to work physical activity into your vacation. Go on a walk with your family or play in the back yard with your grandkids. If you have a pet, take the dog for a walk or head to your local park. Shopping can even be made into physical activity by walking extra laps in the mall or parking farther away from entrances.

Try to break up your sitting intervals, even when you are traveling, by stretching, getting up and moving around. In addition to exercise, try to set yourself up for success by making healthy food choices. Before you head to the holiday neighborhood party, grab a healthy snack- a cheese stick and an apple- so you aren't famished and don't over indulge on the holiday cookies. If you are going on a road trip to see family, pack a healthy lunch with you so you aren't tempted to stop at the drive through to grab a bite to eat. Taking a little bit of time to plan through how you can stay active and make healthy choices goes a long way this holiday season to help you feel better about yourself.

Take a moment for you. More often than not, the holidays have us rushing around to see family and friends and not taking time for ourselves. There are holiday traditions and fun events you probably love about this time of year. Making sure you pause and enjoy the moment is important. If you love to watch Christmas movies while drinking hot chocolate, plan one night to sit on the couch and do just that. Finding time to take a moment helps you feel grounded and enjoy the holiday season amongst all the hustle and bustle.

This time of year is so special and being able to manage your health and stress levels in a healthy way will help to ensure that you finish 2016 off right and greet 2017 on a positive note. Hopefully some of these tips will be helpful as we gear up for the holiday festivities. Remember, stick to your budget, plan ahead, don't abandon your health and take a moment for yourself over the next month. By utilizing some of these recommendations, you will feel better and enjoy this wonderful time of year!

Thank you to the [Indiana State Department of Health](#) for this submission.



Stay active and healthy by moving into the New Year

With the New Year right around the corner, many individuals start to feel the pressures of making top notch resolutions to make next year better than the last. After constructing a list of goals and taking the pledge toward healthy lifestyle changes, many focus on weight loss, increasing amounts of exercise and eating healthier. In an effort to start strong, many people take on too many, or too lofty, of goals, which aren't sustainable when creating a lifestyle change. However, by focusing on small, everyday habits, individuals can take better control of their health.

When adopting the goal of being more physically active, many hear the terms “sedentary” and “exercise,” labels that we often associate with two different types of people. However, they are certainly not mutually exclusive! Many of those who exercise regularly still spend the majority of their day sitting.

Sedentarism, still, is not entirely at the fault of the individual, particularly because societal norms have taken over daily routines. Think about your own day: the average individual wakes up, drives to work, spends at least eight hours of their day at their desk, drives home and then relaxes with their family and friends (which, let's admit, is the best part of the whole day).

A study published in the *Annals of Internal Medicine* found that sitting for prolonged periods of time increased the risk for chronic diseases, even in people who got 30 to 60 minutes of exercise each day. It was also found that six hours of sitting can cancel out one hour of exercise. So, you may now be asking the question: how can I meet my goals to get healthier, when I feel restrained on time, and confined to my seats?

When we start to think differently about movement, reaching your physical activity goals can be much less overwhelming. A common misperception is that the recommended 30 minutes of exercise per day should be performed in a single bout. However, current research suggests that committing to numerous short (5-10 minute) bouts throughout the day can help individuals meet the physical activity recommendations, while decreasing sitting time. By incorporating bouts of physical activity into your day, you can impact important health benefits, including: reduced risk for premature death, cardiovascular disease, stroke, type 2 diabetes, colon and breast cancers, and depression.

So, this New Year, challenge yourself in a new way! Think differently about your traditional resolutions and take on the task of making small, manageable, daily changes. Check out some of the suggestions below, and see what fits best in your routine. Or if you are unsure what will best fit, try something new each day. Your body will thank you .

Movement at home:

- Walk your dog more often, or extend the current walk.
- Play an active game with your children before hitting the couch.
- Make a date to shovel the snow or rake the leaves.
- Do a couple household chores each day to keep active, and relieve the burden of doing them all on one day.

Movement for everyday activities:

- Park a few rows back from the spot you would normally choose.
- Check if some errands can be done by walking or biking – many places are closer than we realize.

- Look at your daily schedule to fit in and plan more physical activity.
- Stand up and/or stretch during commercial breaks.

Movement at work:

- Take the stairs instead of the elevator. If you work on a top floor, climb up a few sets and then take the elevator from there.
- Take a walk using the [maps found on the Invest In Your Health website](#).
- Use a restroom or water fountain that is a bit further.
- Stand whenever you need to make/take a phone call.
- Use part of your lunch break (seriously, 10 minutes is all it takes) and take a brief walk.
- If you need to discuss something with a colleague, skip the email/phone call and go see them at their desk. You can always follow up from your conversation in an email later.
- Stand up for a couple minutes, at least one time every hour. Even if it is to simply stretch your limbs.

Citations:

1. Kulinski, Jacquelyn P. et al. Association Between Cardiorespiratory Fitness and Accelerometer-Derived Physical Activity and Sedentary Time in the General Population. *Mayo Clinic Proceedings*, Volume 89, Issue 8, 1063 – 1071.
2. Physical Activity Guidelines Advisory Committee. Physical activity guidelines advisory committee report, 2008. Washington, DC: U.S. Department of Health and Human Services. 2008
3. Warburton, D. E. R., Nicol, C. W., & Bredin, S. S. D. (2006). Health benefits of physical activity: the evidence. *CMAJ : Canadian Medical Association Journal*, 174(6), 801–809.

GET THE MOST FROM YOUR EAP

See a psychologist or therapist right at home



It's quick, easy and private

If you're feeling stressed, worried, or having a tough time, you may want someone to talk to. Now, you can use your company-sponsored employee assistance program (EAP) to have a video visit with a licensed therapist using LiveHealth Online. Talk with a therapist from your home or wherever you have internet access and privacy.

Scheduling a visit is easy. In most cases, you can make an appointment to see a therapist within four days or less.¹ This may be sooner than waiting for an office visit. To schedule a therapy visit for your teen select LiveHealth Online Psychology for Teens (ages 10-17).

Therapists on LiveHealth Online can help you with these types of conditions:

- Stress
- Depression
- Stress from coping with a sickness
- Grief
- Anxiety
- Relationship or family issues
- Panic attacks



A FEW MORE DETAILS

You can use your three free EAP therapy visits per occurrence using LiveHealth Online. Your visit will last about 45 minutes and you can set up a future visit if you need one. Plus, you'll have a choice of the therapist you'd like to see.

Make your first appointment—when it's easy for you:

- Give your EAP program a call at 800-223-7723 and ask about a visit with a therapist or psychologist.
- The EAP representative will tell you more about options, including a video visit using LiveHealth Online on your computer, smartphone or tablet.
- You can review a therapist's background or qualifications with your EAP representative and choose one who's available and right for you.
- The EAP representative will set up your first visit and send you an email with the details and a link to connect you with the therapist for your online appointment.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

¹Appointments subject to availability of a therapist.

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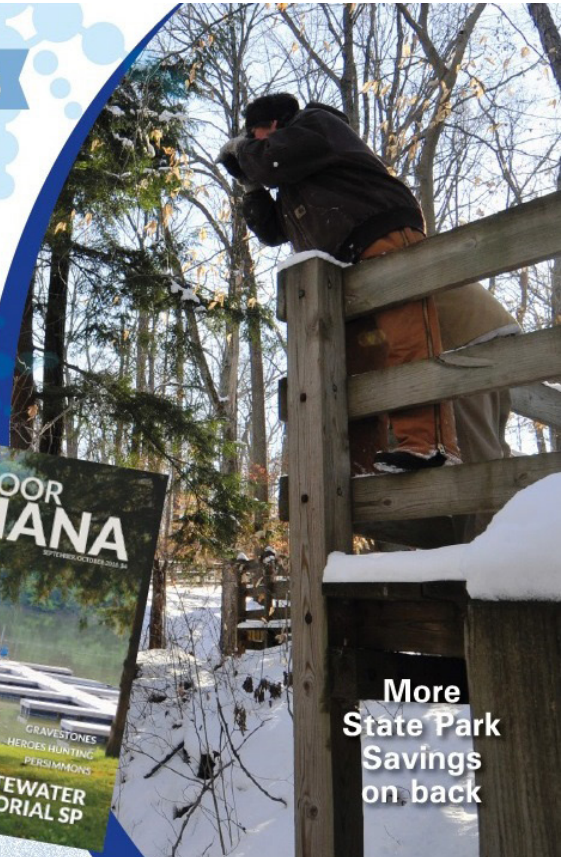
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