



The Torch

The official newsletter for Indiana state employees

July 2019

JULY 2019 Health & Wellness MONTH

Your health is important! It takes time and energy to improve or maintain your overall well-being, but you have access to lots of resources that can help! Health and Wellness month is an opportunity for us to highlight these resources and for you to take advantage of free services!

Each week in July we will focus on a new area of health and wellness, and in the last week we'll share how to put it all together and take action. Stay tuned for the weekly emails!



InvestInYourHealthIndiana.com/HAWM

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The Torch is published monthly by the Indiana State Personnel Department and is available online at in.gov/spd/2540.htm.

Got a story?

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

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Health & Wellness Month Week 1: Nutrition

This week's focus is nutrition. It's the food we eat, and a part of our everyday lives. It is an important starting place for Health and Wellness Month because good nutrition can help keep us healthy and feeling better in general. We know nutrition can be an overwhelming and confusing topic with many conflicting ideas. Lucky for you, there are lots of credible resources at your fingertips. Check them out and decide what's right for you. Ready to make a change? [Check out these tips](#) on how to make it stick.

Free resources for all state employees:

[OurHealth Wellness Challenge Portal](#) has monthly wellness activities and prize drawings. There are three July challenges focused on healthy eating: learn how to read a food label, ditch prepared and processed foods, and bring your lunch to work. Challenge yourself or create a challenge group!

[Anthem EAP](#) has resources for all areas of your life including nutrition! Log in using company code "State of Indiana" and check out the "Thriving" section. The Healthy Eating topic has articles, FAQs, handbooks, and online seminars on nutrition.

[United States Dept. of Agriculture](#) has sample meal plans, food safety tips, and information on the MyPlate initiative to get Americans eating a more balanced diet. How does your plate stack up?

[Find a Farmer's Market](#) for fresh, and local fruits, veggies, and other products.

[Healthy recipes](#) submitted by fellow state employees are a great way to change up your eating routine. Try something new or try a new way of preparing an old favorite.

Resources for individuals enrolled in a medical plan sponsored by State Personnel:

[ActiveHealth](#) health coaching and online tools to make lasting lifestyle changes: Talk with a health coach to create a customized nutrition plan to meet your goals. Or check out the online resources for recipes and healthy eating tips.

[Omada](#) is a 16-week program for those at risk of developing Type 2 Diabetes. This free online program combines health coaching, group accountability, and weekly lessons to help you improve your well-being – including a focus on nutrition.



Artwork by Jerry Williams

Six ways to sideline stress

Too much stress can affect your health. Check out these tips to help keep stress from getting the best of you.

Mind your health

No one can completely avoid stress, but physical activity, good nutrition, and plenty of rest can help you keep your energy level high and ready to face life's challenges.

Reduce stressors

Make a list of the things in your life that cause you stress. Beside each one, write down at least one solution, and talk with your doctor.

Plan ahead

Stress can be caused by having too many things to do in too short a period of time. Try breaking larger projects into smaller, more manageable tasks; delegate at work and at home when you can. Set priorities. Spend the most time on those things you feel are important and less time on things that are lower priorities.

Be positive

If you demand too much of yourself or let negative thoughts run through your mind, you're setting yourself up for added stress. Each time this happens, take a minute to redirect your thoughts to something more positive.

Get away

When stress seems to be getting the better of you, take a break. Even a quick, five minute break away from your office or home can help you relax.

Relax

Relaxation exercises, which combine deep breathing with releasing muscle tension, are simple to do anywhere and can help lessen the negative effects of a stressful situation.

Sources: National Mental Health Association, Cleveland Clinic Foundation

2019
RUN THE STATE
5K AND HIKE
SERIES
TURKEY RUN
STATE PARK
HIKE - JULY 20



Run the State Series continues through August

KICK OFF HAWM AND HIKE WITH US ON SATURDAY!

Join us for the next event in the 2019 Run the State 5K and Hike Series on **Saturday, July 20** at Turkey Run State Park! There are two hike options scheduled, one a guided hike that lasts about an hour on a very rugged trail and the second a five-mile challenge.

Plan ahead and schedule the day with family members and coworkers to enjoy the beauty of the state park. For more information about the park, race day logistics, travel information, and more, click [here](#).

Ready to register? Click [here](#).

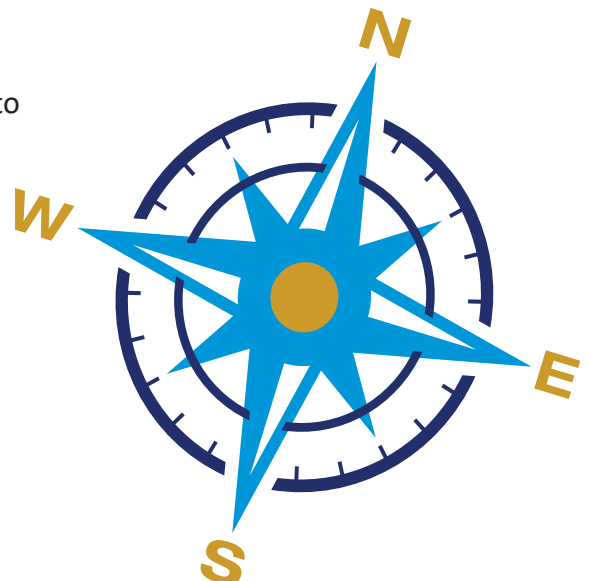
If you can't make it to the July event, there's still another chance to get in on this year's action.. Mark your calendar for the 5K at Fort Harrison State Park on August 17.

You can find more information, including how to register, [here](#).

While there is no cost to register, participants are required to pay \$7 per vehicle at the gate for state park entrance at each event.

FOR MORE INFORMATION

To learn more about the Run the State 5K/ Hike Series, visit InvestInYourHealthIndiana.com/5k.



LinkedIn Learning course of the month

The Chair Workout

July is Health and Wellness Month, an occasion to be extra mindful about fitness. But if you spend most of the day in an office, it might seem like thinking about fitness is the limit of what you can do about this topic while at work. The [Chair Workout](#) course is one reminder that that doesn't need to be the case. As the course description states:

“Learn simple yoga and stretching exercises you can do at your desk. The instructors at Desk Yogi have adapted traditional yoga poses into exercises that are suitable for the office. Follow along and learn basic stretches, bends, and exercises that help you improve your posture, strengthen your muscles and joints, increase blood flow, and keep you feeling strong and energetic throughout the day. This simple daily investment in your body—a program you can complete on your lunch break—will carry you through the work week and beyond.”

That's right, the 13,000+ LinkedIn Learning video tutorials, which cover topics such as technology, business, and even creative endeavors, not only can help your professional development and career advancement, but they can help you pursue your fitness goals.

Remember that you can access LinkedIn Learning courses from any device—anytime and anywhere. (As a reminder, access during work hours is subject to supervisor approval and is restricted to courses designed specifically for relevant professional development. Overtime-eligible employees are prohibited from accessing work-related training outside assigned work hours; time spent on these trainings is not authorized for overtime. Of course, during your free time, the sky's the limit).

The program described in this article is applicable only to state employees who work in agencies that use HR shared services provided by INSPD.

LinkedIn Learning top 10

Top 10 most popular LinkedIn Learning courses

1. Microsoft Teams Essential Training
2. Working with Upset Customers
3. How to Use LinkedIn Learning
4. Improving your Listening Skills
5. Leading without Formal Authority
6. Being Positive at Work
7. Critical Thinking
8. Communicating with Confidence
9. Microsoft Planner Essential Training
10. Phone-Based Customer Service



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Indiana State
Personnel Department





#HAWM2019 - Connect with us!

SHARE PHOTOS & STORIES ABOUT YOUR HEALTHY WORK SPACE

What are you doing in your work space to make it a healthier place to be? Are you having a healthy pot luck at work? Did you participate in a weight loss contest with coworkers? Did you start a walking group?

Share your stories to stories@investinyourhealthindiana.com

Check out the Invest In Your Health website to see how fellow state employees are staying healthy across the state! This site will be updated throughout July with all the details of the 2019 Health and Wellness Month!

CONNECT WITH US ON SOCIAL MEDIA: #HAWM2019

We'd love to share your healthy events and work space submissions on the Invest In Your Health website and the SOI Employees Facebook and Twitter accounts. Feel free to connect with us there and use #HAWM2019!



Follow [@SOIEmployees](https://twitter.com/SOIEmployees)



Like [@SOIEmployees](https://www.facebook.com/SOIEmployees)



Connect InvestInYourHealthIndiana.com

Share your healthy recipes

Do you have a favorite healthy recipe you want to share? In the spirit of the nutrition theme for this week, we're having a healthy recipe exchange! Submit your recipe [here](#).

Please remember to include nutritional information like serving size and calorie content if available.

Once reviewed, recipes will be available on InvestInYourHealthIndiana.com, and our favorite three recipes will be revealed. Areas we will focus on are calorie content, sodium content, and fat content.

Recipes will be accepted until July 10.





Step Up Your Game challenge heads for Round 3

With two rounds down, competition in the Step Up Your Game steps challenge is heating up!

Round 3 takes place from July 15 to July 28 and will see pairings of Round 2 winners face off for the opportunity to be among the last agencies still standing (and stepping) in Round 4. All-important bragging rights are on the line! Which agency will step up its game and come out on top?

The second chance bracket is now a leaderboard challenge among the 28 remaining agencies. This month’s leaderboard challenge winners will step their way back into the thick of the competition by advancing to the August winner’s leaderboard. They still have a chance to be crowned the “top-stepping agency,” too. See? Persistence pays off! Agencies that do not win in Round 3 will compete against one another in the August leaderboard challenge as well.

Visit <http://www.investinyourhealthindiana.com/ourhealth/steps-challenge/> for the latest information and to see how your agency is faring in the bracket.



2019 Indiana Black & Minority Health Fair

“Take Your Health to the Next Level” at the 2019 Indiana Black & Minority Health Fair.

Take your health
to the **NEXT**
LEVEL

July 18-21
Indiana Convention Center, Halls J&K

Experience T.C. Steele State Historic Site like never before with new visitor center and activities for all ages



T.C. Steele created his artwork “en plein air.” Learn about his life and his work by visiting his home and gardens in Brown County.

Take a trip to the Brown County home of T.C. Steele and rediscover – or discover for the first time – the property that inspired one of Indiana’s most well-known artists.

Begin your journey in the brand-new 4,600-square-foot Singing Winds Visitor Center, where you’ll start a tour of the site with an orientation video about the history of the location and find out why so many have been drawn to the Steeles’ hilltop home for decades. Here, you’ll also find classroom space, restrooms, the gift shop, and other amenities.

Then, travel on to T.C.’s Outdoor Studio, where you and your family can learn about the Hoosier artist’s preferred painting style: en plein air, or painting outdoors. Explore a recreation of the studio wagon Steele used while traveling throughout Indiana as a plein air

painter, create your own sketches of the surrounding area, and work outdoors as Steele did. Plus, play games with friends and family while discovering more about Steele’s art and life.

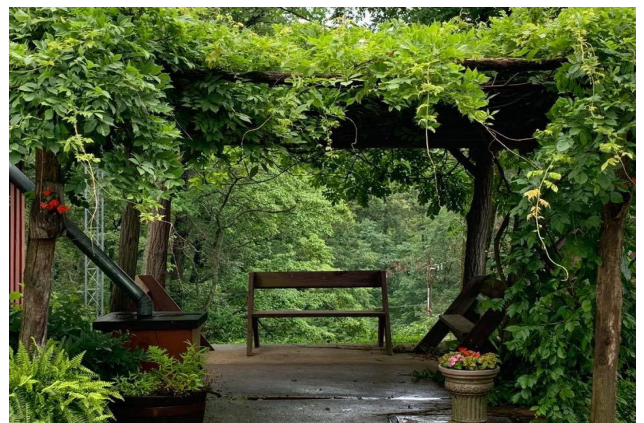
Stop by the House of the Singing Winds to experience the home much the same way as T.C. and Selma’s visitors did. Learn how Selma – an artist in her own right – created a home and gardens in rural Brown County to support her husband’s art and inspire visitors. Pause on the porch to appreciate the spectacular views before venturing inside the home to hear music from that time.

See scrapbooks that Selma kept for gardening, and explore the

transformed kitchen featuring some of Selma’s stencil art. The large studio also features plenty of updates, and it’s where you’ll find a new rotation of Steele’s original work. Plus, find out how plein air painters like Steele create their works through interactive activities.

Take time to stroll through the formal gardens where you’ll find information that will be rotated throughout the seasons to showcase the flowers in bloom, plus explore the real locations that inspired Steele at various places around the site, and learn more about Steele’s artistic process through hands-on activities.

T.C. Steele State Historic Site is open from 10 a.m. to 5 p.m., Tuesday through Sunday. The first tour of the day begins at 10:15 a.m. with tours offered every hour on the quarter hour until 4:15 p.m.



Visit famed Hoosier artist T.C. Steele’s home and gardens this summer to enjoy outdoor painting and many other fun activities.

Plan your visit and learn more [here](#).

How to complete a premium discount incentive in time – Even if you haven't started yet

Now that we're into July, if you haven't started one of the 2020 premium discount options, ActiveHealth Digital Coaching is your ticket to maximizing your take-home pay next year. It's the one option that you're guaranteed to still be able to complete, from start to finish (reaching Level 5), by the Sept. 30 deadline.

It might be the final choice available to you this year, but completing it will open up expanded choices for you next year. That's because, for the first time ever, the wellness incentive won't limit you to just one discounted plan. Instead, you'll be able to apply the discount to any 2020 medical plan offered by the State Personnel Department.

Using ActiveHealth Digital Coaching is easy. Work on health education modules and health goals when it's convenient for you. To get started, log in or create an account at www.myactivehealth.com/StateofIndiana. If you have difficulties logging in or creating an account, call ActiveHealth at (855) 202-4219. You can also access all Digital Coaching activities through the ActiveHealth app, available on Google Play and the Apple App Store.

Once you're logged in, use the ActiveHealth portal or app to complete health education modules and set health goals. Each completed activity earns hearts, which increases your ActiveHealth level. To unlock your 2020 premium discount, you'll need to reach Level 5, which requires 9,000 hearts, by September 30, 2019.



There are many priorities you can focus on, and if you have your sights set on a 2020 premium discount, you'll want to start right away. There are limits to how many hearts you can earn daily and weekly. You can earn 120 hearts a day for health goals and 800 hearts per week for health education modules. That means the maximum number of hearts you can earn in a week is 1,640. So put your heart into it and make sure you collect 9,000 by Sept. 30!

Still have questions? These resources are always available to you:

- This [video](#) features benefits experts answering the top questions they get about earning the premium discount.
- <http://www.investinyourhealthindiana.com/activehealth/> has an overview of the 2020 premium discount options. This video also offers a summary of the discount options and other wellness programs.
- The INSPD benefits hotline, 317-232-1167 or 877-248-0007, is open Monday through Friday from 7:30 a.m. to 5 p.m. Or email spdbenefits@spd.in.gov anytime.



**We're here to help
make life easier.**



Get to know your **Employee Assistance Program**

Learn More ▶

Getting to the Heart of the Matter -

the one option left if you still haven't started your premium discount incentive

The good news is you can earn a premium discount on a 2020 State Personnel health plan AND there are four ways to do it.

The bad news is if you haven't started on one of them yet, you're down to one last way to save your take-home pay - Digital Coaching.

But don't lose heart! In fact, start collecting them through ActiveHealth digital coaching. Complete health education modules and set health goals. You earn hearts with each completed activity, which increases your ActiveHealth level. Reach Level 5, which is 9,000 hearts, by September 30. There are limits to how many hearts you can earn in a day, so get started right away!



Reach Level 5 (9,000 hearts) in digital coaching by Sept. 30, 2019.

To get started

Log in to ActiveHealth, www.myactivehealth.com/StateofIndiana, or download the ActiveHealth app.

Already started? Keep going!

In addition to the digital coaching level 5 option, you can unlock your 2020 premium discount by continuing a physical activity option, or health coaching. (Note: You must have started work on the physical activity options in April and the health coaching option by July 1 to complete the requirements by the Sept. 30 deadline.)



Complete four **health coaching sessions** (in person or by phone).



Set up a tracking device and **meet daily activity goals for two quarters.**



Set up a tracking device and **meet daily steps goals for two quarters.**

Find out more about your benefits

Visit InvestInYourHealthIndiana.com

Call the Indiana State Personnel Department's Benefits Hotline: (877) 248-0007 (toll-free)

Email SPDBenefits@spd.in.gov

Log in to your account

www.myactivehealth.com/stateofindiana

Download the ActiveHealth app



Crouch, FSSA announce 23 Golden Hoosier award recipients



Lt. Governor Suzanne Crouch joins the 23 recipients of the 2019 Golden Hoosier award during a ceremony at the Eugene and Marilyn Glick History Center on Monday, June 24, 2019. The Golden Hoosier is an annual ceremony, which recognizes outstanding senior citizens throughout Indiana.

Lieutenant Gov. Suzanne Crouch, in collaboration with the Indiana Family and Social Service Administration's (FSSA) Division of Aging, announced this week that 23 Hoosier seniors received the 2019 Golden Hoosier award.

"With more than 80 submissions from individuals across the state, it was certainly difficult to narrow it down to 23 exceptional senior citizens," Crouch said. "This year, we really expanded the program and could not have done it without our partnerships with AARP Indiana and the Eugene and Marilyn Glick Indiana History Center."

The award began in 2008 and annually honors Hoosier senior citizens for their years of service and commitment to the state.

The 23 recipients attended a ceremony at the Eugene and Marilyn Glick Indiana History Center, which celebrated their achievements.

The following individuals are this year's Golden Hoosier award recipients:

- Bob Bowman – New Castle
- Nancy Conner – Columbus
- Marilyn Edmonds – Windfall
- Merlin Foresman – Hebron
- Nancy Griffin – Indianapolis
- Thomas Hirons – Indianapolis
- Elsie Hofmann – Connersville
- Ethylgene Josh – Vincennes
- Virginia "Jenny" Kirkham – Palmyra
- Pat Koch – Santa Claus
- Robert Lacer – Newburgh
- William Lewellen – Richmond
- Stanley Madison – Lyles Station

- Sister Jane Michele McClure – Evansville
- Bertie McKenna – Connersville
- Elizabeth Mitchell – Bloomington
- Cherie Rump – Dillsboro
- Bernice Stacey – New Castle
- Phyllis Stewart – Vincennes
- Inez Voyles – Corydon
- David White – Bloomington
- Shirley Willard – Rochester
- Lorrie Woycik – Valparasio

For more information visit www.in.gov/lg/2532.htm.



Yappy Hour at White River State Park

Join White River State Park from 6 to 8:30 p.m. Thursday, July 25 for its newest dog-friendly event: Yappy Hour!

Yappy Hour is a monthly evening of fun at WRSP. Attendees at this event, which will be located on the Indiana State Museum lawn in front of the IMAX® Theatre, will enjoy live music and yard games, as well as food trucks and drinks provided by Central State Brewing.

The poster for 'Yappy Hour!' at White River State Park features a central image of a happy white dog. The event is scheduled for Thursday, July 25th, from 6:00 to 8:30 PM. Activities include adult beverages, music from RadioNOW, local food trucks, nice treats, and family fun and games. The event is presented by IndyHumane, RadioNOW, and the 'Work & Play Dog People' group. The White River State Park logo is in the top right corner.

Entertainment will be provided by Indy's number 1 Pop Station, RadioNOW, including its nationally syndicated morning show hosts, Joe and Alex. Exciting activities for the dogs will also be provided, including free doggy dental checks, nail trims, doggy tattoos, treats, and more.

The poster for 'Goonies On the Green' features a large yellow sunburst graphic with the text 'GOONIES ON THE GREEN' in the center. Below the sunburst, it says 'PRESENTED BY IMAX® INDY & WHITE RIVER STATE PARK'. At the bottom, there is a silhouette of an audience of people watching the screening.

Free screening of The Goonies!

Don't miss your chance to see Goonies on the Green on July 17 at the White River State Park.



Latest MoneyWise covers home values, podcasts, aging

Indiana MoneyWise



The latest issue of Indiana MoneyWise is hot off the press!

The Office of the Indiana Secretary of State produces a quarterly e-magazine with the goal of providing Hoosiers with tips and information to be financially fit, wise investors.

Did you know? For every \$1 invested in a home update project,

you should yield a \$1.50 increase in your home value. Find out what home improvements give the best return on your investment (page 8 of the issue).

Need something new to tune into on your mobile device? Take a look into the Who, What, and Why of audio's most compelling format, The Podcast Explosion (page 12).

This edition also features a look at

aging and some common disorders that come with it. What is normal cognitive aging? What can you do to improve your brain health? The Indiana Alzheimer Disease Center dispels 16 myths about caregiving, Dementia and memory problems. (page 16).

Check out the full issue [here](#).

VIP
Valued Indiana Participant

MARK YOUR CALENDAR!

If you are new to Hoosier S.T.A.R.T. or just need a refresher on how your investment plan works for you, join us for dinner and a program which will challenge your retirement planning knowledge in a fun, educational way.

REGISTRATION COMING IN AUGUST

**Returning to the Indiana Roof Ballroom
October 2, 2019!**

HOSTED BY HOOSIER S.T.A.R.T. AND STATE AUDITOR TERA KLUTZ

The banner features a dark red background with gold starburst patterns in the top corners. In the center, the text "VIP Valued Indiana Participant" is displayed in white and gold. Below this, three blue briefcases are lined up, each with a gold handle and the words "save the date" written on them in gold. To the right, a white box contains the text "MARK YOUR CALENDAR!" in large, bold, dark red letters, followed by a paragraph of blue text. Below the text is the Hoosier S.T.A.R.T. logo, which is a circular emblem with a sun and the text "HOOSIER S.T.A.R.T. INVEST, GROW AND RETIRE TOMORROW". Underneath the logo, it says "REGISTRATION COMING IN AUGUST" in blue. At the bottom of the banner, the text "Returning to the Indiana Roof Ballroom October 2, 2019!" is written in gold. The entire banner is set against a background of blue window panes.

State employees save at amusement parks all summer long

Did you know?

State of Indiana employees save on admission at many popular amusement and water parks. With so many great options for family fun, this summer is certain to be a memorable one for the whole family.

Check out the list below to find out what you need to do to save some dough on your next visit to Kings Island, Holiday World & Splashin' Safari, and more!

[Holiday World & Splashin' Safari](#) – From the thrills of Thunderbird to the splashy fun of the Wildebeest, Holiday World & Splashin' Safari is sure to be a hit with every family. Visit HolidayWorld.com/FunClub and enter the following information:



Username: Holiday123

Password: World123

[Indiana Beach Amusement Resort](#) – There's more than corn in Indiana! Indiana Beach is a one-of-a-kind amusement park and water resort. It's located on Lake Shafer in Monticello, Indiana. Check out [this flyer](#) for info.



[Kings Island](#) – Kings Island is the largest amusement and waterpark in the Midwest. From Soak City to Planet Snoopy, Kings Island has plenty of fun in store for kids – and kids at heart – of all ages. Click [here](#) to learn about the 2019 state employee discount.



[Great Wolf Lodge](#) – It's been just a bit rainy so far this spring/summer. If you need to take your vacation adventure indoors, Great Wolf Lodge may be the perfect place. Check out this year's flyer right [here](#).



[Kentucky Kingdom and Hurricane Bay](#) – The all-new Kentucky Flyer rollercoaster is one of many, many reasons to visit Kentucky Kingdom and Hurricane Bay this summer. Read all about state employee savings [here](#).



For more information on state employee discounts, please visit the [state employees discount page](#).



Spotlight on state higher ed discounts: SNHU



As [previously announced](#), several colleges and universities recently have joined those offering state of Indiana employees scholarships and/or tuition discounts. Among them is Southern New Hampshire University (SNHU), an accredited institution focusing on online learning solutions for working

adults.

With these discount benefits, employees have a choice of two pathways to earn a degree. The programs are designed to meet evolving educational

needs while accommodating busy schedules. Below is a summary (information provided by SNHU). For more information, visit www.snhu.edu/soi.

Online instructor-led programs:

- 200+ transfer-friendly degrees

- Just like traditional college classes, but with convenient, 24/7 access to the classroom
- 10% discount for State of Indiana employees

Online project-based programs (aka SNHU's College for America):

- 10 career-relevant degrees in business, communication or healthcare
- Work independently to earn the degree you want with the flexibility you need
- Just \$5,000 a year for State of Indiana employees

Knowledge is Power: Strengthen Your Career With State Education Benefits

Today more than ever, career training and education are important to success in the workplace. That's why the state of Indiana invests so heavily in ensuring Hoosiers have access to higher education and why it is committed to empowering you with career-advancing learning opportunities.

Five colleges and universities now offer tuition discounts and/or scholarships to state employees:

- Certificates, associate, bachelor's, master's, and doctoral degree programs.
- Online, in-person, and combined class models available.
- Designed to make it easier to balance work, educational, and personal commitments.
- Prior learning and work experience may qualify for academic credit.
- Variety of academic calendars.
- Some benefits extended to family members.

INDIANA **TECH**



OAKLAND CITY
UNIVERSITY

PURDUE
UNIVERSITY
GLOBAL

Southern
New Hampshire
University

WGU
INDIANA



Indiana State
Personnel Department

Check the state discount page for the latest information about education discounts: www.in.gov/spd/2439.htm

2019 Employee Assistance Program wellness webinar calendar



View the webinars on demand — anytime, anywhere. Submit a question and receive a response via email. Questions are logged in a FAQ section so you have the ability to browse and learn from the questions of others.

	Monthly theme	Monthly webinar title	Webinar description
			Join us for these introductory webinars on work-life topics.
JAN	Workplace relationships	Building Positive Relationships at Work Available on demand starting Jan 15	Examine patterns in our workplace relationships and how we can alter our approach to make them positive.
FEB	Recognizing a need for support	Mental Health First Aid Available on demand starting Feb 19	Recognize the signs of someone who might be facing emotional concerns, and learn best practices for offering support.
MAR	Respecting each other	Interpersonal Communication: Social Skills for Success Available on demand starting Mar 19	Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others.
APR	Resilience	Understanding Resilience Available on demand starting Apr 16	Delve into techniques for becoming more resilient, and understand that the first step is acknowledging one's own feelings.
MAY	Prioritizing wellbeing	Healthy Mind Toolkit Available on demand starting May 21	Learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in your "healthy mind toolkit."
JUN	Mindfulness and focus	Mindfulness Matters Available on demand starting Jun 18	Explore basic mindfulness principles and learn some techniques that you can put to immediate use.
JUL	Managing pressure and balancing priorities	Making a Life While Making a Living: Work-Life Balance Available on demand starting Jul 16	Identify strategies to be more effective and more satisfied with both home and work lives.
AUG	Tools for financial wellbeing	Effective Budgeting Available on demand starting Aug 20	Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.
SEP	Making the best use of your time	Maximizing Your Day: Effective Time Management Available on demand starting Sep 17	Better understand basic time management principles and what characteristics make effective time managers.
OCT	Positive emotional health	Emotional Wellness: Building Better Mental Health Available on demand starting Oct 15	Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.
NOV	Support for caregivers	The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving Available on demand starting Nov 19	Identify common family dynamics, gain insight on knowing when it's time for additional caregiving support resources, and explore self-care techniques.
DEC	Creating stronger relationships	Examining Relationships: Healthy vs. Unhealthy Available on demand starting Dec 17	Examine different types of relationships — from family and friendship, to romantic and professional — while learning to recognize healthy and unhealthy relationships.

To view a seminar on demand go to anthemape.com and enter **State of Indiana**

You'll find these and other seminars in the Seminars Center.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in PDS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or PDS policies; WCIC underwrites or administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.