



# The Torch

The official newsletter for Indiana state employees

JULY 2018

# Health & Wellness MONTH

When it comes to getting healthy, there's no time like the present. July is all about health and wellness, and we have lots in store throughout the month to help you get the most out of #HAWM2018! In this issue, we'll give you all the details of what's to come, how you can get involved, and ways to stay connected!



Sign up ends Saturday, June 30 > CHALLENGE STARTS July 1



Register for an upcoming event >



Connect with us. Share your photos, stories, events, etc. >



Enter to win a Fitbit during first 12 days of HAWM >



Simple, quick exercises you can do anywhere >



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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](http://in.gov/spd/2540.htm).

## Got a story?

Submit your story ideas to: [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov)

## We're on social media



Follow @SOIEmployees



Like Invest In Your Health



Follow State of Indiana Employees



## Join the *Step to the Next Level* challenge by June 30

During Health and Wellness Month “Step to the Next Level”. The annual statewide steps challenge is live in Go365. [Sign up now](#) through June 30 at 11:59 p.m. This is a great chance to earn extra points if you’re striving for Silver Status, or maybe it can help you get to Gold or even Platinum Status in 2018.



Signing up for the challenge is simple. Just log on to your Go365 account and join the challenge titled *Step to the Next Level*. (Find the challenges page from the Quick Links button at the top of the page, or scroll down on your Dashboard). From there, join an existing team or create your own team.

**NOTE:** The deadline to join the Step to the Next Level Challenge is June 30, 2018. The challenge runs from July 1 to July 31. If you are not tracking steps through Go365 yet, be sure to [sync a fitness device](#) or app to Go365. A variety of devices (pedometers, fitness trackers, and smartphone apps) can help you track your progress and see results in real time. A list of [Go365-compatible devices can be found here](#).

Here’s how you can earn Go365 Points during the challenge:

- 50 Points for participating in the challenge. **Go365 Update:** You no longer get Points for creating or joining a team or joining a Challenge. Members must upload data with a Go365-compatible device at least once to a Challenge to verify participation.
- You receive 1 point per 1,000 steps walked each day.

You can also earn bonus points at the end of the challenge. Individuals who walk 232,500

total steps in the month of July (an average of 7,500 steps per day) receive an additional 245 Go365 points. Individuals who walk 310,000 total steps in the month of July (an average of 10,000 steps per day) receive an additional 350 Go365 points.\*

The top three individuals with the most steps in July also receive bonus bucks – 1,000 bucks for first place, 750 bucks for second place, and 500 bucks for third place. All members on the team with the highest average steps in July are awarded 1,000 bucks as well. There must be at least five members on the winning team to qualify for the team prize.\*\*

\* The maximum number of points an individual can earn annually from an employer-sponsored event (ESE) is 700. These points count toward the annual 700-point ESE cap. Other ESE point opportunities are the Elements Lunch & Learns/online courses.

\*\* The maximum number of bucks an individual can earn annually is 30,000. All bucks earned in the Step to the Next Level Challenge count toward this maximum.



# HARMONIE STATE PARK

*Saturday, June 30*

**Start Times:** 8:30 a.m., 8:45 a.m., 9 a.m., 9:15 a.m., 9:30 a.m.

**Meeting Place:** Elliott Pool

**Gate Fee:** \$7

**Check-in/T-shirt pickup:** 30 minutes before scheduled hike

**Address:** 3451 New Harmony Springfield Rd, New Harmony, IN 47631

*See you there!*

## See you at an upcoming hike or 5k this summer!

### KICK OFF HAWM AND HIKE WITH US ON SATURDAY!

Join us this **Saturday, June 30** at Harmonie State Park for the first hike in the 2018 Run the State Series! Official registration via Eventbrite has closed for the Hike at Harmonie. There are still a handful of spots available. There are hike times scheduled for 8:30 a.m., 8:45 a.m., 9 a.m., 9:15 a.m. and 9:30 a.m.

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

If you can't make it the hike this weekend, there are two more opportunities for you to Run

the State in July. There is a 5k at Ouabache State Park on **July 14**, and Clifty Falls State Park on **July 28**. There are still 50 open spots for the 5k at Ouabache. [Read more](#) about all Ouabache SP has to offer.

[Register for 5k at Ouabache](#) >

There is no cost to register and you get a free t-shirt, but participants are required to pay \$7 per vehicle at the gate for park entrance.

The series concludes **August 11** with a 5k at Fort Harrison State Park. Stay tuned to your email for more information about this event.

### HOW TO UN-REGISTER

If you signed up for a hike and now you know you can't make it, [please un-register](#) for the free event so someone else can take your spot.

### FOR MORE INFORMATION

Visit [InvestInYourHealthIndiana.com/5k](http://InvestInYourHealthIndiana.com/5k) to learn more about the Run the State 5K/Hike Series.

#### 5k Schedule

##### Ouabache State Park

Bluffton (Wells County)

Sat., July 14, 2018, 8:30 a.m.

##### Fort Harrison State Park

Indianapolis (Marion County)

Sat., August 11, 2018

8:30 a.m. and 10:30 a.m.

#### Hike Schedule

##### Harmonie State Park

New Harmony (Posey County)

Sat., June 30, 8:30 a.m.

##### Clifty Falls State Park

Madison (Jefferson County)

Sat., July 28, 8:30 a.m.



# Enter to win a Fitbit during first 12 days of HAWM!

## FREE fitbit GIVEAWAY!

We're giving away Fitbits during Health and Wellness Month. All you have to do is be lucky.

Simply [fill out our sign up form](#) and we'll pick a random winner for each of the first 12 days in the month.

This giveaway is for state employees enrolled in a medical plan through the State of Indiana only. You may only sign up once.

Once the winner is picked at random each work day, we'll contact the winner to confirm eligibility. We'll post the winners on the Invest In Your Health website and email the names out to all that signed up on the first two Fridays of the month.



## #HAWM2018 - 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](mailto:stories@investinyourhealthindiana.com)

Share your photos to [photos@investinyourhealthindiana.com](mailto:photos@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 2018 Health and Wellness Month!

### TELL US ABOUT HEALTHY EVENTS IN YOUR AREA

Do you know of a 5k run/walk, fitness class, wellness seminar, or other healthy event happening in your area?

[Share it with us](#) and we'll add it to our statewide [Healthy Events Calendar](#)

on the Invest In Your Health website. You can also use the calendar to find out about other events in your community. Keep sending us events after July so we can continue to post events statewide for all employees.

### CONNECT WITH US ON SOCIAL MEDIA: #HAWM2018

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 the #HAWM2018!



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



Like [SOI Employees/IIYH Health](https://www.facebook.com/SOI-Employees-IIYH-Health)



Connect [InvestInYourHealthIndiana.com](http://InvestInYourHealthIndiana.com)

## Ready, set, DESKERCISE!

Did you know that sitting for long periods of time can have a negative impact on your health? From the onset of the dreaded “muffin top” to more serious health concerns including increased blood pressure and higher cholesterol, remaining seated for hours at a time can be harmful to one’s overall wellbeing.

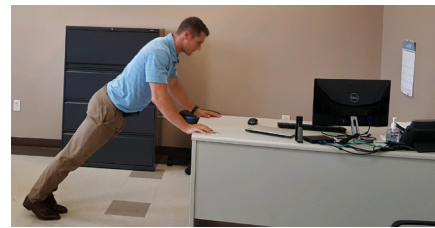
If much of your job involves sitting, you may be susceptible to the ill effects of a sedentary lifestyle.

Luckily, there are ways to “get up and get moving” during the workday – and you don’t have to

hit the gym or walking trails on your lunch hour to do it!

The [State of Indiana Employees YouTube channel](#) will be home to a series of short “Deskercise” videos beginning in July. The easy-to-do stretches and movements are designed to exercise parts of the body that tend to get neglected while you’re seated throughout the workday.

Logan Blackwell, lead educator at the Lawrence Wellness Center, took simple strength and conditioning exercises and



modified them so that they can be performed in your workspace. Squats, modified push-ups and other quick routines will exercise your core, arm and leg muscles that tend not to get enough attention during work.

The “deskercises” are fun, easy ways to improve your health in only minutes a day!

Are you ready to deskercise?

## You’ve got to change your salty ways



Prevent. Promote. Protect.

Did you know that one teaspoon of salt contains 2,300 mg of sodium?

That’s at the upper level of the recommended daily intake, according to the American Heart Association. Sodium is an essential mineral as it helps regulate certain functions in our body. However, if consumed in excess, over time it can cause an increase in blood pressure (hypertension) and be detrimental to our heart health.

For example, in the short-term, consuming too much sodium can result in extra fluid being pulled into the blood stream. This increases the pressure on our blood vessels, which can eventually

cause injury. Additionally, heart muscles become overworked, pumping that extra fluid throughout the body. Why is this important to know? Heart disease is the number one cause of death in Indiana. High blood pressure is a leading risk factor for both men and women for deaths linked to heart disease.

The good news? You can reduce your chances of developing high blood pressure, and your risk for heart disease by watching your sodium intake in a few simple ways.

1. Read the Nutrition Facts Panel. More than 75 percent of the sodium Americans consume comes from sodium that’s already in processed or prepackaged foods. Read the label and choose lower sodium options.
2. Visit the salad bar for lunch,

and opt for the grab ‘n go fruit options, as these are generally lower in sodium compared to items such as pizza and chips.

3. Set the salt shaker aside. Use herbs and spices when boiling water for cooking, or when seasoning meats and vegetables.

Take the three-week challenge here, and for more sodium facts and heart health tips, visit the American Heart Association.

For more information about how sodium can impact your health, check out the below links:

- [How much sodium should I eat per day?](#)
- [Sodium and your health](#)
- [How high blood pressure can lead to heart failure](#)
- [Indiana state fact sheet](#)



FACE FEEL PUFFY?

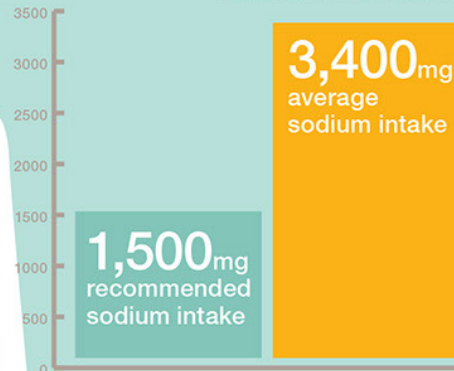
JEANS FIT TIGHTER?

In **3** weeks you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating



On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit.



IN ONLY

CHANGE your **SALTY** WAYS

21 DAYS

Nutrition Facts	
Serving Size 5 oz. (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Sodium 560mg	28%
Cholesterol 118g	39%
Total Fat 15g	21%

Learning to read & understand food labels can help you make healthier choices.

[heartcheckmark.org](http://heartcheckmark.org)



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

WEEK ONE

Breads & Rolls

Cold Cuts & Cured Meats

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you’ve shaved out of your diet

WEEK TWO

Pizza

Poultry

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

WEEK THREE

Soups

Sandwiches

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

KNOW THE SALTY 6

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches



Choose wisely, read nutrition labels & watch portion control.



# Indiana Commission for Women seeks Torchbearer nominations

The Indiana Commission for Women (ICW) is seeking nominations for the **2018 Torchbearer Awards**.

Torchbearers are Indiana's most prestigious recognition of women. They have stepped forward as leaders by breaking down barriers to women's full participation.

"These women have overcome or continue to confront immense challenges with courage, perseverance, and compassion," said Melissa Cotterill, Board Chair of the Indiana Commission for Women. "They serve as inspiration for others by facing tough choices, demonstrating character, and making significant contributions to their communities and to Indiana."

Recipients are selected from a pool of nominated candidates who have overcome adversity, made extraordinary contributions, or been pioneers throughout their lives. Selection is based on the recipients' demonstrated achievement in the areas of their professional careers, community leadership, and/or public service. Recipients must be living at the time of their nomination.



2017 Torchbearer Recipients

2018  
INDIANA  
COMMISSION  
*for* women  
*Torchbearer Awards*

SEPTEMBER 26, 2018  
INDIANA HISTORICAL SOCIETY  
450 EAST OHIO STREET  
INDIANAPOLIS, INDIANA 46202

**Nominations Now Open**  
Applications Due: July 6, 2018

Nominations will be evaluated with considerable attention given to those women who have been pioneers, have removed barriers and/or have made a considerable impact to the advancement of women in Indiana.

Visit [www.in.gov/icw/2334.htm](http://www.in.gov/icw/2334.htm) to download the nomination form and guidelines. Submitted nomination forms are due on or before 5 p.m. EST Friday, July 6. Recipients of the 2018 Torchbearer Awards will be announced at an Awards Ceremony Sept. 26, at the Indiana Historical Society.

For more information or a printed copy of nomination form, contact Kristin Garvey, Executive Director at 317-232-6720 or [info@icw.in.gov](mailto:info@icw.in.gov).



Artwork by  
Jerry Williams



# Guy's Guide to Pregnancy



If you are a dad-to-be, the role you play in your partner's pregnancy (and your baby's start in life) is vital and no one can play it but you.

You may feel your contribution to making a child is minimal compared to hers, but physiologically, emotionally and psychologically, you, dad, are critical to both mom and baby.

You may already know that early father/child interaction can affect a child's cognitive, social and emotional health for life. But recent research has demonstrated that fathers play a bigger part in the health of the fetus than was previously suspected.

In his book [Do Fathers Matter?: What Science Is Telling Us About the Parent We've Overlooked](#), Paul Raeburn reports on University of South Florida research showing that children born to fathers who had been involved in their partners' pregnancies were four times less likely to die in the first year of life than infants whose fathers were not around. Babies of absent fathers were also more

likely to be born prematurely and at a lower birth weight.

The cause of these results is unknown but the implications are clear: Mom and baby are healthier when dad is involved in the pregnancy. So, plan to be part of your baby's life even before you meet in the delivery room.

## How can you support your partner in pregnancy?

If this is a first baby, remember that as nervous as you may be, mom is quite likely even more concerned. Even if you are both experienced parents, each new life is separate and unique from all others. So are pregnancies.

Here are some tips and some links for coping with (or maybe even enjoying) the next 40 weeks or so.

- Be supportive when you hear the news. It's okay to be overwhelmed by emotion; in fact, it's very normal. What matters is that you support each other over the next nine months and that you face this pregnancy (and any challenges it presents) together.

- Do some research. Try [What to Expect When You're Expecting](#), or download "Liv A Pregnancy App," from iTunes or Google Play, or try [The American Pregnancy Association](#), [the National Institutes for Health](#), or the [CDC](#).
- Go with her to her doctor's appointments.
- Attend [childbirth classes](#).
- Check your employee benefits.
- Evaluate your finances. Talk with your partner about money early on. To find a financial advisor, try the [National Association of Financial Planners](#) or ask at your bank for a wealth management advisor.
- Reduce her stress by [taking on chores](#).
- [Help her get 40 winks](#).
- Be patient with her frequent trips to the bathroom.
- [Help with morning sickness](#).
- [Be flexible about food cravings](#). If you're willing to run out and buy whatever she craves, there are big hero points for you.
- Keep your own grooming up to par. Make sure you bathe, brush and floss regularly so it's not you who's causing her to get sick to her stomach.
- Don't leave everything to her. [Engage](#).
- Talk with your partner about your fears and concerns. Think about joining a father's group. Call 1-844-624-6667 for men's groups in your area.
- [Eat](#) and [work out](#) together.
- Help make a [birth plan](#).
- Be there for her. Sometimes your physical and emotional presence is all she needs.

You've got this, dad.



# Two chances to attend state contracts seminar



The Office of Indiana State Attorney General Curtis Hill, in collaboration with

the Indiana Department of Administration, State Board of Accounts, State Budget Agency, and the Office of the Inspector General, is sponsoring the annual State Contracts Seminar.

The first session is set for July 17. A repeat session will be held Aug. 1. Both sessions begin at 8 a.m. in the IGC-S Conference Center Auditorium. The free seminars are expected to conclude at noon.

Attendees can earn three hours of CLE credits including one hour of ethics (pending approval).

All state government attorneys and state employees who work

with contracts and contracting are encouraged to attend.

The seminar highlights the procedures by which state contracts are procured, drafted and approved. It will provide practical insight and helpful advice to those involved in the state contracting process.

[Register for July 17 seminar >](#)

[Register for Aug. 1 seminar >](#)



## 2018 RETIREMENT READINESS open house

Hosted by Hoosier S.T.A.R.T. and State Auditor Tera Klutz

Join us for an Educational Open House where you'll learn about your deferred compensation plan and retirement saving. You'll be able to watch a short presentation at noon and meet privately with a Hoosier S.T.A.R.T. representative to get you on the right path to retirement.

*Designed to help you become*  
**RETIREMENT READY**

**Wednesday, August 29**  
**State House South Atrium**  
**11:00 am - 4:00 pm**  
**Light refreshments served**

Contact [vhunt@auditor.in.gov](mailto:vhunt@auditor.in.gov) to schedule your one-on-one consultation with a Hoosier S.T.A.R.T. Representative.

# Upgrade to a Real ID at BMV Mobile Branch

Beginning Oct. 1, 2020, all Hoosiers must have a Real ID to board a commercial flight or enter certain federal facilities.

State employees can now upgrade to a Real ID at the BMV's mobile branch located in the Indiana Government Center South Conference Center in the month of July. Please visit [myBMV.com](http://myBMV.com) to schedule an appointment. Walk-in customers are welcome on a first-come, first-serve basis with limited availability.

- 9 a.m. to 3 p.m. Wednesday, July 25 in Conference Room 6
- 9 a.m. to 3 p.m. Thursday, July 26 in Conference Room 6

Please bring all required documentation to prove your identity, Social Security number, Indiana residency and lawful status. Also, if you have had a name change, additional

documentation is required (marriage license, divorce decree or court order).

## Required Documents:

Identity documents include (one document required):

- Unexpired U.S. Passport or Passport card
- Original or certified copy of a birth certificate

Social Security documents include (one document required):

- Social Security card
- W-2 form
- Pay stub containing name and Social Security number

Indiana residency documents include (at least two documents are required):

- U.S. Postal Service change of address confirmation
- Indiana voter registration card
- Utility company, credit card,



doctor or hospital bill issued within the last 60 days

Lawful status documents include (one document required):

- Certificate of citizenship
- Certificate of naturalization
- Unexpired permanent resident card

Don't get grounded – upgrade to a Real ID before the 2020 deadline. Visit [RealID.in.gov](http://RealID.in.gov) for an Interactive Documents Guide of required documentation.

# ICRC and Indiana Black Expo, Inc. to host the 2018 Governor's Reception



The Indiana Civil Rights Commission (ICRC), Indiana Black Expo, Inc., Indiana Department of Administration Division of Supplier Diversity, and Indiana Family and Social Services Administration will host **the 2018 Governor's**

**Reception in conjunction with the 48th Annual Indiana Black Expo on Tuesday, July 17 at 2 p.m. at the Indiana Convention Center.**

Every year, Governor Eric J. Holcomb honors African-American Hoosiers for their exceptional efforts across several fields including education, health, and civil rights. This year we are introducing the "Next Level" Youth Award to acknowledge extraordinary young people for their contributions to Indiana's community.

There are eight awards to be given. **If you know anyone who has gone above and beyond in one of the award fields, nominate them.**

The event is free and open to the public, however, pre-registration is required on Indiana Black Expo's website [here](#) while tickets last.

For more information on the 2018 Governor's Reception, your rights and responsibilities under Indiana Civil Rights Law, or to request an accommodation at the above event, visit ICRC's [website](#) or call 317-232-2600.



# Data indicates more Hoosier high school students are college-ready

According to the 2018 College Readiness Report released in June by the [Indiana Commission for Higher Education](#), Indiana high school graduates are more prepared for college than ever before.

The report shows that while the number of high school graduates who go directly to college continues to hold steady at around 64 percent, those who choose to pursue postsecondary education are prepared for college coursework and are more likely to succeed.

The new data reveals that more Indiana high school students are earning college credit while in high school and high school graduates require less remediation when entering college. Among 2016 high school graduates, 61 percent earned Advanced Placement (AP) or Dual Credit or both while in high school – a 14 percent increase over the past four years. Additionally, only 13 percent of 2016 high school graduates needed remediation in college, compared to 28 percent of the 2012 high school class.

“It’s encouraging to see our state’s college readiness numbers continue to rise,” said Indiana Commissioner of Higher Education Teresa Lubbers.

“These achievements reflect the significant efforts at the state and school levels to help prepare more students for college coursework with the ultimate goal of higher completion rates. That said, it is important that we continue to work hard as we reach for Indiana’s goal of 60 percent of Hoosiers completing education beyond high school by 2025. Specifically, we must continue to focus on closing achievement gaps.”



While Hoosiers are more prepared for postsecondary education, racial and ethnic gaps remain. Hispanic and black students are the fastest growing high school populations, but college-going rates among these two groups did not grow as

rapidly throughout the past year. Data indicates that 57 percent of black students and 52 percent of Hispanic students go directly to college, compared to 77 percent of Asian students and 66 percent of white students.

However, the report reveals that gaps in remediation rates are closing. Nearly all racial and ethnic groups experienced decreases in the percentage needing remediation in college and increases in the percentage completing remedial credits.

See the full 2018 College Readiness Report [here](#).

## Kings Island State Employee Appreciation Days in July

Visit Kings Island during State of Indiana Employee Appreciation Days - July 14, 15, 21 and 22

Kings Island is offering an even better discount for two weekends in July. Simply download and present [THIS FLYER](#)\* at the parking tolls and any front gate sales window to purchase \$12 parking and \$34 one-day admission tickets. There is a limit of one vehicle with payment by credit card only for parking and up to six (6) discounted admissions can be purchased.

\* The flyer is available for download only via the INSPD Intranet. If you can't access the INSPD Intranet from your work location, please request the flyer via [email](#).

### Kings Island Seasonal Offer always available

Tickets are \$38 per any day ticket for ages 3 and up. Children 2 and under are free. You can also get a Two Day ticket for \$65. Check the website for other specials including Ride & Refresh tickets.

The link, username and password is available to STATE EMPLOYEES ONLY on the [State Personnel Department Intranet discount page](#) or you can request the code via [email](#).

View [full list of discounts](#) available to state employees.

# WE KNOW FITNESS

## STATE OF INDIANA EMPLOYEES



We invite you to take advantage of this **COMPLIMENTARY 7-day membership!**

Call your nearest location for an appointment today!

Chesterton	(219) 983-9832	M-Th 9-7	Fri 9-5	Sat 10-2
Chicago Heights	(708) 755-3020	M-F 8-9	Sat 9-5	Sun 9-5
Schererville	(219) 865-6969	M-F 9-9	Sat 10-6	Sun 12-6

### EXCLUSIVE OFFER! OTHER BENEFITS:

- Corporate membership with \$0 Join Fee with Lifestyle II or Month to Month Membership
- Discounts for spouses also available

- Enjoy reciprocal privileges at all three clubs
- Child care services
- Group fitness classes
- Spa Services... **AND SO MUCH MORE!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**Must claim by: September 30, 2018.** New corporate members are referred by their company. Bearer must be 18 years of age and provide a state-issued photo ID along with this card on each visit. Limit one per person. Non-transferable. Certain restrictions apply. No cash value. No purchase necessary. Non-members only. Cannot be applied to current membership.

State of Indiana Employees

3410-G503  
Issue Date: 2012-09

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Rev. Date: 2018-03

Page: 1 of 1  
Rev.#: 003



A complimentary  
**7-DAY**  
membership!

 **Franciscan HEALTH**  
FITNESS CENTERS

Chesterton  
810 Michael Drive  
Chesterton, IN 46304  
(219) 983-9832

Chicago Heights  
100 W 197th Pl.  
Chicago Heights, IL 60411  
(708) 755-3020

Schererville  
221 US Hwy 41, Suite A  
Schererville, IN 46375  
(219) 865-6969

[FranciscanHealthFitnessCenters.org](http://FranciscanHealthFitnessCenters.org)



# 2018 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	<b>Free yourself</b> Becoming organized and clutter-free	<b>Everything in Its Place: Getting Organized</b> Available on demand starting Jan 16	When we are not organized, we waste precious time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place.
FEB	<b>BFF</b> Being your own best friend	<b>Self-Care: Remaining Resilient</b> Available on demand starting Feb 20	Learn to identify ongoing symptoms of stress and how to find a healthier approach to the demands of work and home.
MAR	<b>Staying on track</b> Budgeting and personal finances	<b>Your Routine Financial Checkup</b> Available on demand starting Mar 20	Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.
APR	<b>Keep it kind</b> Creating positive interactions	<b>Maintaining Respect and Civility in the Workplace</b> Available on demand starting Apr 17	Identify methods to assertively address inappropriate conduct within the workplace to promote a healthy work environment.
MAY	<b>Life 101</b> Basic skills of adulthood	<b>DIY: Apps and Guides for Household Management</b> Available on demand starting May 15	Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.
JUN	<b>Rise up!</b> Reducing sedentary behavior	<b>Improve Your Health With Proper Ergonomics and Frequent Movement</b> Available on demand starting Jun 19	Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives!
JUL	<b>Grocery run</b> Making sense of nutritional information	<b>Eating Your Way to Wellness</b> Available on demand starting Jul 17	This session focuses on the USDA's MyPlate with tips and resources on how to eat your way to better and long-lasting health.
AUG	<b>Ages &amp; stages</b> The new developmental milestones	<b>Technology and Keeping Your Kids Safe</b> Available on demand starting Aug 21	The seminar touches on the risks facing children online. You'll learn helpful tips, from where to locate the computer in the home to available parental computer monitoring programs.
SEP	<b>GPS!</b> Charting a course to reach your goals	<b>Creating a Personal Development Plan</b> Available on demand starting Sep 18	Participate in this session to understand effective goal setting and identify potential obstacles that can create barriers to reaching your goals.
OCT	<b>Bounce back</b> Recovering from stressful situations	<b>A Personal Guide to Building Resiliency and Coping With Change</b> Available on demand starting Oct 16	It's not what happens to us but how we respond to what is happening to us. This seminar will empower you to become more resilient.
NOV	<b>Talking together</b> Family conversations about aging	<b>Caring for Aging Relatives</b> Available on demand starting Nov 20	Older relatives may require more care than family or neighbors can provide. This seminar is a helpful first step to determine what kind of care is needed.
DEC	<b>Just ask</b> Asking for what you need	<b>Say What You Mean the Right Way: Healthy Forms of Communication</b> Available on demand starting Dec 18	There are many ways to communicate how you feel to the people in your life. Explore how you can use communication to strengthen your relationships.

To view a seminar on demand go to [anthemeap.com](http://anthemeap.com) and enter **State of Indiana**  
You'll find these and other seminars in the **Seminars Center** that rotates in the middle of the page.

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# LOSE THE HABIT



You gain so much more when you lose the tobacco habit <sup>1,2</sup>

## After you quit tobacco, here's what happens within:

<b>20</b> minutes		Your heart rate and blood pressure drop
<b>12</b> hours		Dangerous levels of carbon dioxide in your blood drop to normal
<b>5</b> days		Most nicotine is out of your body
<b>2</b> weeks– <b>3</b> months		Circulation improves and lung function increases (if you were a smoker)
<b>1–9</b> months		Circulation improves and your body's overall energy levels increase (if you were chewing tobacco)
<b>1</b> month		Your skin appearance is likely to improve
<b>1</b> year		Your risk of heart disease is cut in half, compared to those who use tobacco
<b>5</b> years		Your risk of stroke decreases to that of a non-tobacco user



## RESOURCES AND TOOLS

As a Go365<sup>®</sup> member, you have access to resources and tools to help you get and stay tobacco-free (and earn Points while you're at it). Options include:

- Completing online calculators
- Enrolling in health coaching
- Taking an online course

For a personalized list of activities that may be eligible for Points:



- Sign in to Go365.com
- Visit the "Activities" section and filter to the "Recommended" category
- Ensure you've completed your Go365 Health Assessment for the most personalized list

## Did you know?

An individual's chance of quitting tobacco successfully increased by 50–70 percent when taking NRT\* (nicotine replacement therapy), according to a review of 150 trials of NRT.<sup>3</sup>

\*Prescription and some OTC smoking cessation drugs are covered with limits by the State Employee Medical Plans. Contact CVS Caremark at 1-866-234-6869 for more information.

## References

<sup>1</sup>American Cancer Society

[www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html](http://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html)

<sup>2</sup>Killthecan.org

[www.killthecan.org/additional-resources/stop-chewing-recovery-timetable/](http://www.killthecan.org/additional-resources/stop-chewing-recovery-timetable/)

<sup>3</sup>Cochrane

[www.cochrane.org/CD000146/TOBACCO\\_can-nicotine-replacement-therapy-nrt-help-people-quit-smoking](http://www.cochrane.org/CD000146/TOBACCO_can-nicotine-replacement-therapy-nrt-help-people-quit-smoking)