

June 2017



# The Torch

The official newsletter for Indiana state employees

InvestInYourHealthIndiana.com



## We #RunTheState! 5K & Hike Series



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Read on to page five to check out all the fun we've had at the 5Ks and Hikes this year! If you haven't been to one yet, make sure you get signed up. There are still some spots available, but they are filling up quickly!

# Hoosier Youth Challenge Academy enjoyed their semi-annual 5K



Hoosier Youth Challenge Academy (HYCA) held their semi-annual 5K on April 30. This is a fundraiser for the Hoosier Youth Challenge Academy Foundation, which offers assistance to the Academy by raising funds for Cadet activities and needs.

The day was overcast but mostly nice for walking/running a 5K on their beautiful, historic grounds in Knightstown. The HYCA Color Guard presented the Colors, and a current Cadet performed the National Anthem for guests before starting the race. Approximately 350 guests attended the 5K, making it the most successful HYCA 5K to date! Look for information in the fall participate in the next 5K!



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## Volunteer and participate in Ford Hoosier Outdoor Experience



Indiana's biggest weekend of free outdoor recreation is June 10-11.

Held at [Fort Harrison State Park](#) in Indianapolis, the Ford Hoosier Outdoor Experience offers virtually anyone who has the desire and ability the chance to try dozens of hands-on outdoor activities. And you read correctly. It's free.

Parking, entry and all activities are free to participants of all ages, who

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are typically beginners or novices in target shooting, archery, fishing, horseback riding, mountain biking and much more.

If you are already well-versed in many outdoor recreation activities, two learning centers offer expert advice to help you up your game during scheduled programs. DNR also invites you to help others appreciate outdoor recreation by volunteering at the event. To do so, [select a shift](#).

Registering to participate is also requested to help the organizers prepare. Register at [HoosierOutdoorExperience.com](#), where you can also learn more about this year's offerings.

If you aren't local but are interested in staying overnight to experience both days, the [Fort Harrison State Park Inn](#) has rooms available a short distance from the park entrance. There is no camping at Fort Harrison. The closest camping options include [Mounds State Park](#) in Anderson, about 37 miles away, and the [state fairground](#) in Indianapolis, about 9 miles from Fort Harrison's entrance.

The Ford Hoosier Outdoor Experience is presented by Central Indiana Ford Dealers, DNR and Indiana Natural Resources Foundation.

Don't miss the chance to discover, or help someone else discover, what could set the stage for the ultimate summer of active, outdoor fun. The only cost is your time.



## Be big for a child in our community!



*Big Sister Jenny Brusslan with her Little Sister Cheyenne*

Are you looking for a flexible, rewarding and life-changing volunteer experience? Jenny Brusslan is a Court of Appeals employee and has been a Big Sister with Big Brothers Big Sisters of Central Indiana (BBBSCI) for seven months. She encourages everyone to consider the possibility of becoming a Big.

“My Little Sister Cheyenne and I enjoy being active and watching sports,” she said. “Our first outing was ice skating which was a first for her! We both fell a few times, but she picked it up quickly. BBBSCI has also allowed us to attend a hockey match and a football game at no cost.”

“I encourage Cheyenne to try new experiences including sushi,” she added. “She held her nose when she tried the raw sushi and made the funniest face!”

She did like the cooked version though. Cheyenne has dreams of becoming an attorney. BBBSCI gave us the opportunity to visit a college campus, tailgate and attend a football game. Volunteering with Big Brothers Big Sisters has been a great opportunity to give back to the community.”

BBBSCI is looking for individuals to serve as positive role models to kids in our community. BBBSCI serves 1,100 children annually in Central Indiana and volunteers must be 19+ years of age. Visit [www.bebigforkids.org](http://www.bebigforkids.org) to take the first step today or contact Joely Pope, Volunteer Outreach and Engagement Coordinator at [jpope@bbbsci.org](mailto:jpope@bbbsci.org) or 317.472.3722.

Volunteer Mentor Opportunities:  
Big Brother, Big Sister, Big Couple, or Big Friends.



**Big Brothers Big Sisters**  
of Central Indiana

## DNA testing for the Genealogist Workshop



Indiana State Library  
Saturday, June 10, 2017  
11:30 a.m. - 3:30 p.m.

This FREE workshop focuses on the basics of genetic genealogy and how DNA testing provides new tools for the genealogist. Topics include: the types of tests available (autosomal (atDNA), Y-dna, and mtDNA tests), testing companies, who to test, understanding DNA Test results, ethnicity reports, contacting matches, and more. CIDIG team members are available throughout the sessions to answer your questions.

Registration is required by June 7. If maximum capacity is reached before June 7, registration closes prior to the deadline. Register [here](#).



Artwork by  
Jerry Williams

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## DEADLINE APPROACHING: Complete your biometric screening soon!

The deadline for submitting results of your biometric screening is less than one month away – June 30, 2017 – in order to guarantee points towards an Earned Status of Silver, which qualifies employees for the 2018 Wellness Consumer Driven Health Plan (CDHP).

As a reminder, biometric screenings along with the Health Assessment, are used to calculate Go365 age. The Go365 age determines if you are living older or younger than your actual age based on a variety of factors. This information can offer insights into your current lifestyle habits and can be helpful in reaching

your health and wellness goals.

If you haven't completed your biometric screening yet, [check out when these free biometric screenings are in your area](#). Click on the links to the right of any date and location to sign up for a screening.

While the linked screenings are scheduled at state facilities, the results cannot be accessed by the state; instead, the results are sent directly to Go365 to factor into your Go365 age and add points to your profile.

Biometric screenings can also be completed at a partner clinic around the state or at your primary care physician's office. Information about completing a biometric screening at a partner clinic can be found [here](#). Information about completing a biometric screening at your primary care physician's office can be found [here](#).

Don't forget – biometric screenings earn you at least 2,000 points just for participating, and up to 4,000 total points toward an Earned Status of Silver to qualify for the 2018 Wellness CDHP. Sign up now!

## LabCorp is a new provider for Go365 biometric screenings

LabCorp is now a participating provider in Go365's biometric screening network. This new addition allows eligible Go365 members to get their screening from more than 5,000 retail clinics nationwide.

Here's how members can obtain a biometric screening from LabCorp:

- Sign in to Go365.com > Click "Activities"
- Find "Biometric screening" from the list > Click "View details"
- LabCorp > Make an appointment

Once members make an appointment, they receive a pre-populated lab requisition form that they need to take with them to their appointment. This alerts the LabCorp provider as to which test a Go365 member receives and ensures members' results feed automatically to Go365, so they don't have to self-submit. Members can expect a blood draw from LabCorp providers.

As a reminder, members can download a voucher to take with them to The Little Clinic, Walgreens Healthcare Clinics, or Kroger Company Family of Pharmacies. Members need to register and schedule a pharmacy appointment at Kroger's Company Family of Pharmacies and then print out a Kroger voucher to take with them to their appointment.

They can also choose to make an appointment with Quest Diagnostics Patient Service Centers using Quest's online scheduler on [Go365.com](#).

If members prefer to visit their primary care physician for their biometric screening, any services rendered are subject to their own medical plan provisions. Members also need to self-submit their results to Go365 using the Biometric Screening Form, available on [Go365.com](#).

## More partner fitness facilities added to Go365

MINDBODY is the newest addition to Go365's fitness facility network, giving members access to earn points at over 33,000 facilities. MINDBODY locations are identified with the green "Auto" icon when searching for facilities through Go365's Fitness Facility Finder on Go365.com.

Once you find the MINDBODY location you want, select Earn Points at this Facility where you have the ability to connect your fitness facility's membership with your Go365 account. After connecting your accounts, you are rewarded for visiting any MINDBODY fitness facility location within 24 hours.



## Hiking in the rain at Harmonie State Park

The first hike of the 2017 Run The State 5K and Hike Series was May 20 at Harmonie State Park in southwestern Indiana. The rain did not hold back, but neither did the hikers as they learned about the history, wildlife and other aspects of Harmonie State Park from one of three DNR naturalists who led the hikes.

Finally, an extra thank you to Jon Winne and all of the helpful staff at Harmonie State Park. The park had been under water for almost two weeks and they were still cleaning, mowing, and making the trail passable just hours before the event started. Thanks for all of your work to make the event possible!

[View photos on Invest In Your Health's webpage.](#)  
[View photos on Facebook](#) (will not work on the state network)



**Top:** INDOT Vincennes district representation from left, Alan Tucker, Denise Koutz, Lora Wesselman, Becky Bough, Dewayne Detzer, Terry Bough, Mike Crumbacher, Russel Fowler, William Kimmel; **Left:** Emily, Chris, Egan and Cael Synowiec; **Below:** DNR Naturalist Amelija Wildeman, and the Conner family



## Two upcoming 5Ks have spots available

Sign up for these 5K's before spots are gone. Both routes are paved and stroller friendly!

- July 8 – [5K at Whitewater Memorial State Park.](#)
- July 15 – [5K at Prophetstown State Park.](#)



## Our next hike has spots available

- We have opened more spots for the hike being led through Clifty Falls State Park on June 17. Be sure to grab a spot for you and your family before it fills up again! Learn more about the course and [RSVP here.](#)

## How to upload proof of 5K/Hike participation for Go365 points

All 5Ks and Hikes in the Run The State 5K and Hike Series are eligible for 250 points in Go365. Take a photo of yourself wearing your race bib at the finish line to submit.

### Go365 MOBILE APP

1. Log in to the Go365 app
2. Click "Activities"
3. Click "+" on the top right corner
4. Select "athletic event"
5. Enter running/walking for type
6. Enter distance as 3K-9K
7. Enter event date
8. Submit photo of you in your race/hike bib as proof of participation

### Go365 WEBSITE

1. Log in to Go365.com
2. Click "Activities" at top left of page
3. Click "Fitness" category
4. Click "View Details" under "Take part in an athletic event"
5. Enter running/walking for type
6. Enter distance as 5 kilometers
7. Enter event date
8. Submit photo of you in your race/hike bib as proof of participation

## Social Security Workshop



Elements Wealth Management discusses how Social Security benefits are calculated though their lunch and learn series in June. Learn how to maximize income for married couples and other important tax information from their experts. No matter what age, lunch and learn participants receive insights and techniques that can help them better understand social security and help transform this important benefit into a winning retirement strategy.

Visit the [Elements Financial Online Education Center](#) to learn more about this month's Social Security Benefits Workshop if you are not on campus or cannot attend one of the three in person seminars. Earn 35 Go365 points per month by attending Elements Financial seminars in person or online. Register for one of the classes being hosted in IGC-S here:

[June 14 at noon](#)

[June 28 at noon](#)

[June 28 at 1:15 p.m.](#)



## July steps challenge is back! Join “To Silver and Beyond”

Next month is Health and Wellness Month, and we’re celebrating by bringing back our July steps challenge! This year, the Bicentennial Billion Steps Challenge becomes the To Silver and Beyond Steps Challenge, because we hope the points you earn in the month of July take you to an Earned Status of Silver in Go365...and beyond!

As you may recall, last year, we surpassed our one billion step goal with 1,160,401,021 total steps, and had 5,197 state employees and their dependents participate. This year, our participant goal remains the same – more than 5,000 – but we want to beat our step goal from last year. Let’s aim for 1.2 billion steps!

**Signing up for the To Silver and Beyond Steps Challenge is simple. Just log on to your Go365 account and join the To Silver and Beyond Challenge. (You can find the challenges page from the Quick Links button at the top of the page, or by scrolling down on your Dashboard). From there, you can join an existing team within the challenge, or create your own team.**

**NOTE:** The deadline to join the To Silver and Beyond Steps Challenge is June 30, 2017. 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 points and bucks in Go365 by walking your way to Silver Status and Beyond:

- 50 points for joining the To Silver and Beyond Steps Challenge
- 50 points for joining a team in the challenge
- 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.\*\*

Check back on the [Invest In Your Health blog](#) regularly – we’ll post updates on our progress, as well as on our social media accounts ([Invest In Your Health Indiana on Facebook](#) and [@INSPDBenefits on Twitter](#)).

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

\*\* The maximum number of bucks an individual can earn annually is 30,000 bucks. All bucks earned in the To Silver and Beyond Steps Challenge count toward this maximum.

**FIT BY FORTY**

Feel free to join a team already listed, from your agency or join Jeff’s team titled “Fit By Forty” in the Go365 challenge area. You can search “Fit By Forty” in the upper right hand side of the area where existing teams are listed.

## June is Men's Health Month

This month we are shining light on men's health. The goal of Men's Health Month is to heighten both awareness and education of preventable health problems, while encouraging males to take control of their health. The month of June gives health care providers, public policy makers, media outlets, and individuals the opportunity to encourage males to seek regular medical advice and early treatment for disease and injury.

### Men's Health Facts:

- Men die at higher rates than women from the top ten causes of death, and are victims of more than 92 percent of workplace deaths. Men die almost five years earlier than women.
- 34.5 percent of men 20 years of age and older suffer from obesity
- Only half of the male population over the age of 18 are meeting the physical activity guidelines.
- Testosterone levels respond to an individual's cholesterol levels. For example, if the bad cholesterol levels (LDL) rise, the individuals testosterone levels fall.
- 12 percent of men ages 18 and older are in fair or poor health condition
- The leading causes of death in the male population are heart disease, cancer, and accidents.

Not every health concern is completely preventable, however, there are many actions that men can take in order to live their best lives and reduce the impact of disease; one being routine health screenings. By getting the

right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. According to Everyday Men's Health, these six screenings should be added to your personal preventive care plan:

1. **Blood Pressure Tests** are one of the easiest, most painless things you can do for your health, and often times can do them at convenient locations, such as: pharmacies, grocery stores, or a physician's office. The National Institutes of Health currently recommends that men between the ages of 18 and 64 be screened at least once every two years, but your doctor may advise more frequent tests depending on how high your numbers are.
2. **Cholesterol Tests** are also simple and vital to overall heart health as you age. Measured with a simple blood test, cholesterol screenings for men's health are recommended every five years. You may need them more often, however, if you are over age 45, at high risk for heart disease, or have high levels of "bad" LDL cholesterol or low levels of "good" HDL cholesterol.
3. **Prostate Cancer Screening** involves testing for prostate cancer in men who have no symptoms of the disease. This testing can find cancer at an early stage. Although medical experts disagree about whether prostate cancer screening is right for all men, it is best to consult your doctor to determine the best course of action.
4. **Colon Cancer Screening.** Colon cancer is the second leading cause of cancer deaths in the United

States. According to the American Cancer Society, 103,170 new cases of colon cancer will be diagnosed this year alone, more than half of which will be in men. Because of this, current guidelines say that men should start getting checked at age 50.

5. **Skin Cancer Checks** are important because men are two to three times more likely to get Non-Melanoma Basal Cell and Squamous Cell Skin Cancers than women are, and their risk increases as lifetime exposure to sun accumulates. Professionals suggest that men should check themselves about every three months via self-examination for new or changing skin lesions.
6. **Diabetes Tests** help Americans to know if they have, or are at risk of developing, Diabetes. Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina, nerve damage and impotence.

When it comes to health, numbers don't lie. Although some diseases cannot be prevented, their impact, and future time and cost associated with treatments, can be reduced by finding them early. To read more about the different types of screenings, where you can go for each, and what you can do about your results, visit Health Hub.

### References:

1. [Men's Health Network](#)
2. [Everyday Health](#)

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