

CCS WELLNESS INITIATIVE

January 2020 Newsletter

WELLNESS UPDATES



FITNESS CLASSES



Kick off the new year with a healthy start!

We are excited to partner with nine CCS locations around the district to host fitness classes. Consider trying a new fitness class this month. [Check out our January - April 2020 fitness class schedule and view instructions to sign up for classes.](#)



FREE DIABETES PROGRAM



Poor nutrition is one of the leading causes of preventable chronic disease.

CCS Wellness has partnered with LifeCare Alliance to offer a free Diabetes Program designed to help participants take control of their health and make long-term lifestyle changes.

If you have diabetes, prediabetes, or are at risk for developing diabetes, we encourage you to consider participating in this program. [Please click here](#) for details and information on how to sign up. Deadline to sign up is on January 10th. **Call 614-437-2878 to sign up or for any questions.**



HEALTHY WORKSITE GOLD AWARD WINNERS



Columbus City Schools' Wellness Initiative has earned the Healthy Worksite Gold Level Award for the second year in a row! CCS is among the 111 employers being honored by The Healthy Business Council of Ohio (HBCO) for healthy worksite practices during the 16th annual Healthy Worksite Awards presentation in January.

The Healthy Worksite Award recognizes Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programs. Applicants are scored on the extent their wellness programs facilitate and encourage employee health, enhance productivity and ensure a healthy work environment.

We are especially proud because this year's application was more comprehensive than past years because the assessment better aligned with the CDC Worksite Health Scorecard so worksites could more effectively become competitive with national trends in workplace wellbeing programming.

Thank you to all for your continued support of the CCS Wellness Initiative.

2020 STAFF BIOMETRIC CLINICS



KNOW YOUR NUMBERS

You may have heard that you need to "know your numbers," which refers to key markers of heart health like blood pressure, cholesterol, blood sugar, body mass index (BMI), and A1C. What do all these numbers really mean for you?

Doctors test most of these numbers at annual check-ups, it's important that you know your numbers and understand ways to keep them in a healthy range. By keeping those numbers within a healthy range, you can greatly improve your heart health and reduce your risk for chronic disease.

Be proactive about your health. If you have United Healthcare Insurance through CCS, starting January 1, 2020 you are able to attend one biometric clinic per the 2020 calendar year. Meet one on one with a CCS nurse after your biometric appointment to discuss your results, learn valuable info about benefits, and receive tools to support your personal health.

► [Click to view the January - April 2020 biometric clinic schedule and instructions to make an appointment.](#)

 EARN A \$50.00 GIFT CARD*	 MEET ONE-ON-ONE WITH A REGISTERED NURSE	 LEARN VALUABLE INFO ABOUT BENEFITS + YOUR HEALTH
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WELLNESS AROUND THE DISTRICT



CONGRATULATIONS, MOLER TRANSPORTATION CENTER



Moler Transportation Center has ousted the two time winner, Morse Road Bus Compound, to be named the **Healthiest Bus Compound!**

Moler Transportation Center had the largest percentage of staff receive their flu shot among all bus compounds staff. Moler staff were presented a trophy and earned bragging rights for receiving this honor.

We want to thank all bus compound staff for receiving a flu shot to protect their health and the health of others belonging to our CCS community. The more staff who are immunized supports the goal of having staff and students present and ready to work and learn. Way to go, Moler Staff!

STAFF WELLNESS SPOTLIGHT

SHARON GOMBAS School Nurse @ Arts Impact Middle School

■ Recently, I have been feeling tired and worn down. I knew that I needed to look into my exercise and nutrition patterns. I saw the WOWW 2 Month Weight Loss Kick Off in the wellness newsletter and decided to apply. It seemed like it was exactly what I was looking for.

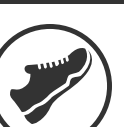
I got accepted and started the program on October 26th. The program consists of a meeting on Saturday, where we discuss a book and nutrition/exercise topics. There are workouts 4 times during the week. The program focuses on more than just weight loss. It examines many of the factors that attribute to weight gain and not exercising, like emotions, stress, and lifestyle. It focuses on long lasting results and lifestyle change, not just weight loss. Saturday meetings are with women that struggle with the same issues that I do, which is motivating and inspiring.

I am so thankful that Columbus City Schools encourages the health and wellness of their employees by sponsoring programs like this. I have seen some weight loss, but I hope more than that to adapt lifestyle changes that will improve my health long term. ■



Do you have a wellness success story? We want to hear about it. Tell us about your wellness journey and be featured in our Staff Wellness Spotlight. Please send your story to syerramilli@columbus.k12.oh.us

CCS FITNESS PERKS

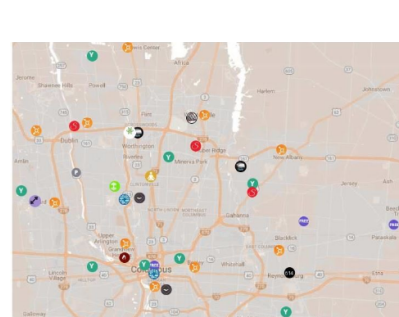


STAY ACTIVE ALL WINTER LONG

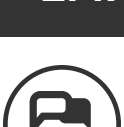
Our bodies need exercise in the winter, too! Try getting the [recommended](#) of at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity per week, no matter what the season.

As a CCS employee, you have special discounts to gyms, clubs and studios around the city. This winter, take advantage of our fitness PERKS. [Click here to view our fitness PERKS to see a full list of offerings.](#)

Is there a gym that isn't part of our PERKS yet, that you would like to be made available to you in the future? Our Wellness Team is always looking to expand our fitness membership discounts for employees. To suggest a new fitness membership discount, contact syerramilli@columbus.k12.oh.us.



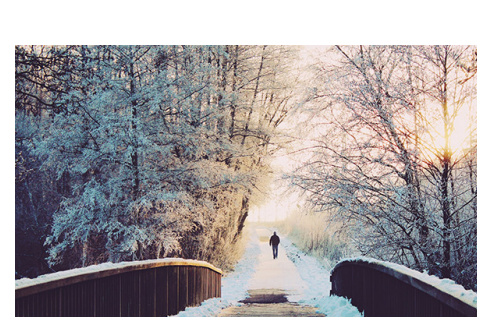
EMPLOYEE ASSISTANCE PROGRAM



FIGHT THE WINTER BLUES

Do the dark, cold days of winter leave you not feeling like yourself? The cold weather months can take a toll on your physical and emotional health.

Guidance Resources is Columbus City Schools' Employee Assistance Program (EAP). Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Guidance Resources provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents



CALL
800.774.6420



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