

HAPPY HOLIDAYS



FROM THE CCS WELLNESS TEAM

WELL-BEING FOR TODAY'S WORLD

No matter who you are, there is one thing we can all agree on: 2020 hasn't gone as planned. It is important, now more than ever, for everyone to be mindful of wellness practices as a means of prevention. Eating well, physical activity, adequate rest and taking care of our physical and mental well-being improves our overall health and wellness. These practices are just a few simple ways to prevent disease and build resilience during COVID-19.

Has your health and wellness routine been dramatically disrupted? CCS Wellness wants to help you to stay healthy and to get the most out of your Staff Wellness Initiative. Keep reading to learn ways to feel great during the holiday season!

MAINTAINING YOUR RESILIENCY DURING THE HOLIDAYS (AND A PANDEMIC!)



The holidays can be a joy-filled season, but they can also be stressful and especially challenging as we cope with COVID-19. CCS Wellness encourages everyone to check out the valuable emotional wellbeing resources available:

- Utilize your [Behavioral Health benefits](#) through Unitedhealthcare
- Access the Employee Assistance Program (EAP) [Guidance Resources](#)
- Take a few minutes to try a [Loving-Kindness](#) mindfulness practice
- Reconnect with what's important in your life using this [Mindful Journal](#)

WELLNESS WINS PLATINUM LEVEL AWARD

The CCS Wellness Initiative is proud to announce that we have won the Healthy Business Council of Ohio's **Platinum Level Award** for Healthiest Worksites. We are very proud of this accomplishment.

We strive to improve our CCS Wellness Initiative year-over-year and we are very excited to learn that our Initiative went from earning the Healthy Ohio Business Council Gold award in 2019, to earning a Platinum award this year. We believe that working to enhance staff's health and wellbeing is some of the most important work that we do as a district and we could not accomplish it without the long-standing support of the Board of Education, Administration, OAPSE and CEA.



CCS WELLNESS CHALLENGE



The CCS Wellness Initiative is excited to host the CCS Wellness Challenge: Get Healthy, Stay Safe, and Be Ready!

The purpose of this challenge is to promote health and wellness activities designed to educate and encourage staff about personal health management and healthy living. Complete wellness activities from now until June 4th, 2021 to improve your health and wellbeing and for an opportunity to earn a \$50.00 gift card.

Visit the [CCS Wellness Challenge tab](#) on our wellness website to learn more.

* Please note, gift cards are considered a form of compensation and are subject to employee payroll tax.

GET YOUR FLU SHOT

If you haven't already, make sure you get a flu shot. The flu can be more serious than you might think, and it can affect you even if you're healthy. The good news is that you can significantly reduce your risk of the flu by simply getting a flu vaccination.

- **If you have health insurance**, visit our [wellness website](#) to view a list of resources for where you and your family can get a flu shot.
- **If you do not have health insurance**, [click here](#) to complete a request for a voucher to Walgreens. We will send you a voucher to receive a flu shot at no charge.

REAL APPEAL

We are excited to announce a new online wellness program, Real Appeal, offered to qualifying staff and their dependents 18 years old and higher who have United Health Care benefits.

Real Appeal is an online lifestyle program designed to help you lose weight, feel better, and improve your health – one small step at a time.

Real Appeal participants learn ways to:

- Eat Healthier
- Stay Active
- Fit healthy choices into your lifestyle
- Stay motivated and energized
- Develop lasting, healthy habits



[Click here](#) to learn about Real Appeal and for instructions on how to get started.

