

Winter 2019 Wellness Program



WELLABLE – YOUR ONLINE WELLNESS PLATFORM

The B-Well program runs optional health challenges through the Wellable platform. For those of you who have not yet created an account, you may do so at <https://www.wellable.co>

WELLABLE CHALLENGE:

“Step it Up” beginning January 15.

This semester’s Wellable challenge will be a team step challenge. You will select a team of 5 to 9 people and the challenge will be based on the number of steps your team takes each week as a whole. The challenge will begin on January 15 and continue through February 14. At the end of the challenge, the top team and individual will receive \$25 amazon gift cards. In addition, if a participant reaches 60,000 steps in one week, they will be entered into a weekly raffle for \$25 amazon gift certificates.

DISCOUNT FITNESS DEVICE

Don’t forget - for discounted fitness devices, access the Wellable device store at:

<https://app.wellable.co/Wearables>



SAVE THE DATE – BIOMETRIC SCREENINGS

- Screenings will be offered January 23 and January 24 in Commons 226 from 7am to 10am
- Screenings will be fasting
- More information regarding how to sign up is coming soon via email



SAVE THE DATE – NUTRITION COUNSELING

Nutritionist Judy Donnelly will offer one on one private sessions once per month from January through April at 220 College Street.

Dates are:

- January 25
- February 22
- March 22
- April 19

Registration for the one on one sessions will be under Events on Garnet Gateway and registration will open at 9:00am one week prior to each one of the above dates.



Teladoc services offer an affordable alternative for nonemergency medical care 24/7/365. It is an alternative to using the Emergency Room. Using Teladoc allows you and your covered dependents to receive quality care and avoid incurring unnecessary medical costs. You can talk to a doctor in a matter of minutes by phone or video about your illness or injury and even receive a prescription. If you are enrolled in the Whole Health (ACO) plan or PPO plan, Teladoc is available at no cost to you. If you are enrolled in the Consumer Choice (HSA) plan, you are limited to a \$40 charge.

If you need a doctor, you can visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or call 1-855-Teladoc.



Join us for a free lunch as we learn about some important life management strategies.

Schedule as follows:

- January 16 – “Fit for Life - Your Aerobic Training Zone”
- February 15 – “Heart Healthy Eating”
- March (TBD) – “Managing March Madness”
- April (TBD) – “Running for Your Life”



As a caregiver for an ailing parent, child, spouse, or other loved one, you're likely to face a host of new responsibilities, many of which are unfamiliar or intimidating. At times, you may feel overwhelmed and alone. One tip to coping is to seek out other caregivers. It helps to know you're not alone. The B-Well program sponsors a Caregiver's Support Group once a month for staff and faculty who are providing care and support, managing resources, coordinating care and are generally worrying about family members.

Eileen Fair, a Licensed Clinical Social Worker (LCSW), facilitates the group which meets at noon in 220 College Street.

Upcoming sessions are scheduled for:

- January 8
- February 12
- March 12
- April 9



TOBACCO CESSATION OPPORTUNITIES

Have you thought about quitting smoking? The decision to quit is a personal one, but you are not alone in the process. If you are currently enrolled in one of the College's Aetna medical plans, there are many tools and resources available to help you on your way, and to keep you smoke-free for life! These programs are provided at no additional cost to you and your covered dependents.

- Online Coaching Program
- In-Person Counseling
- Nicotine Replacement Therapy (NRT)
- Prescription Medicine

In addition to the resources mentioned above, below are additional resources available to everyone, whether or not you are enrolled in one of the College's Aetna medical plans.

- St. Mary's Coaching Sessions
- Healthy Androscoggin - Quit for Life
- Freshstart®

QUIT AND WIN PROGRAM

Date: Every Wednesday from Jan. 9-Feb. 6

Sign up by January 8

Location: Dempsey Center 29 Lowell St., Lewiston, ME

Healthy Androscoggin works to educate and support tobacco-free lifestyles and tobacco-free environments. Those who participate are eligible for \$250 in prizes including cash awards. If you miss this program, you can always check out Healthy Androscoggin's weekly Tobacco Support Group held Thursday evenings from 6-7pm at St. Mary's Hospital. The group is free and no pre-registration is required.

For more information, call 207-795-5990 or email HealthyAndroscoggin.org.

Please see Human Resources for more information on these programs.



B-WELL SALAD BAR DISCOUNT STICKER

Each year, the B-Well program partners with the Den to offer a discount at the salad bar: 10 cents off per ounce. To earn the salad bar sticker, you must have completed one of the below:

- Designate a Primary Care Physician and have had an annual physical within the past year
- Participate in a biometric screening on January 23rd or 24th in Commons 226

Once you've completed one of the above items, we will add you to the list of salad bar sticker recipients and you will receive your sticker with the cashier at the den!

Visit bates.edu/b-well to enroll in the B-Well salad bar discount sticker program.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Aetna Resources for Living EAP provides confidential and professional assistance at no cost to eligible employees, dependents and/or significant others. Services are available for a wide range of personal matters, such as:

- Depression
- Stress and anxiety
- Marital and family conflicts
- Workplace issues
- Anger management
- Grief and loss
- Substance abuse
- ID Theft

The program provides unlimited telephonic counseling and advice, referrals for up to 6 face to face sessions with a nearby counselor, child and elder care referral services, legal resources and financial counseling resources.

Call 1-888-238-6232, 24 hours a day / 7 days a week or visit www.resourcesforliving.com

(User ID: 4bates and Password: bwell)



FOR MORE INFORMATION/QUESTIONS

Keep an eye out for additional information on the programs mentioned in this newsletter. If you have questions please contact:



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NEW YEAR'S RESOLUTION: THE IMPORTANCE OF AN ANNUAL PHYSICAL

Regardless of your age or stage of life, annual physical exams are essential to your ongoing health and wellbeing. Visiting your Primary Care Provider (PCP) for regular preventive care is one of the best ways to identify and treat health issues before they begin or worsen. These visits will also help you to track your progress toward your own personal health goals. This year, make your New Year's Resolution to further your commitment to your personal health and schedule an annual physical with your PCP in 2019.

