

# Fall 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>

### UPCOMING CHALLENGE:

**"Sleep Tight Tonight"** beginning October 1.

Sleep plays an important role in physical, mental, and emotional health, and as a result, making small tweaks to sleep hygiene can have a big impact on overall well-being.

Join this four week "Sleep Tight Tonight" Challenge to learn the importance of a good night's rest and ways to practice healthy sleep habits. Not only will you feel rested and refreshed, but participants will also have the opportunity to earn prizes along the way!

### 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 by St. Mary's Prevention and Wellness Center on October 29 and October 30 in Commons 211
- Screenings will be fasting
- More information regarding how to sign up is coming soon



## SAVE THE DATE – NUTRITION COUNSELING

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

### Dates are:

- September 20
- October 18
- November 15
- December 13

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.



## EAT LOCAL AND HEALTHY (CSA)

Are you interested in eating local, healthy, fresh and organic produce throughout the fall and winter months? Fall and Winter Shares are starting in just a couple weeks! Bates is excited to invite you to join in a Community Supported Agriculture (CSA) share through Wolf Pine Farm in Alfred. The B-Well program has arranged for a discounted rate (\$100 off) for Bates' employees. The shares will be delivered to Bates once every two to four weeks throughout the fall/winter starting early October and lasting into March. The share should be enough food to meet the daily vegetable needs of two adults or a larger family who cooks less frequently.

The cost is \$465 (after the discount) which comes to just over \$20 per week and you can pay for your share through payroll deductions!

See Human Resources for additional information or visit: [wolfpinefarm.com](http://wolfpinefarm.com)



## LUNCH AND LEARNS

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

### Schedule as follows:

- September 18 – "The Impact of Eating Local"  
*in Commons 221*
- October 16 – "Boost Your Sleep Hygiene"  
*in Commons 221*
- November 20 – "Reducing the Stigma of Mental Health"  
*in Commons 221*



## COPING WITH CAREGIVING

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:

- September 10
- October 8
- November 13
- December 11



## 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

Please see Human Resources for more information on these programs.



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://Teladoc.com/Aetna) or call 1-855-Teladoc.



## 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, follow the steps below:

- Designate a Primary Care Physician and have an annual physical within the past year
- Participate in a biometric screening on October 29 or 30 in Commons 221

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



## 2019 FLU SHOT CLINIC

Getting a flu vaccine every year is the best way to protect yourself and your family from flu and its potentially serious complications.

- The 2019 Flu Shot Clinic will be held on October 6th in Muskie. Registration information to follow!
- Contact Mike Milliken or Brenda Sawyer with questions.



## RESOURCES FOR LIVING

The Resources for Living Employee Assistance Program 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](http://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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