

June Well Aware eNews

Welcome to the June issue of the Well Aware eNews!
 Read on to learn about—

- this month's wellness champion—a classroom teacher who adopted a healthy lifestyle after losing his father to lung cancer,
- this month's seminar/webinar from Cigna that will show you how to protect your skin from ultraviolet rays and lower your risk of developing skin cancer,
- ways to give the gift of health to the men in your life,
- the reasons you should complete a health screening,
- this month's brain break, and
- more!



Don't Miss It

**This month's free seminar/webinar—
 Save Your Skin**

Learn how to protect yourself and your family from damaging ultraviolet rays to lower your risk of melanoma and other skin cancers.

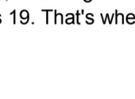
Thursday, June 16, 2016
 4:00–5:00 p.m.

Webinar

Please register for the webinar by e-mailing **Well Aware**. If you register for the webinar, you will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.

Spread the word with our **printable flyer**. See the **Wellness Webinar Library**.

Presented by:



Wellness Champion Commits to Fitness and a Healthy Diet After Father's Passing

Curtis S. Carlton, classroom teacher, Lakelands Park Middle School

Curtis S. Carlton, classroom teacher at Lakelands Park Middle School, might look like the epitome of great health, but that has not always been the case. Throughout high school, he smoked and frequently ate lunch at a donut shop. It took a major loss to get Curtis to approach life in a healthy manner.

"When I was 18, my father, who was always a heavy smoker, was diagnosed with inoperable lung cancer," Curtis said. "He passed when I was 19. That's when I made the decision that I needed to live a healthy lifestyle."

That decision has stayed with him.

Although Curtis grew up in a very sports-oriented family, he has never considered himself a natural athlete. He does see himself as somewhat hyperactive, however, and he needed a way to release some of that energy.

"I started weight training and mountain biking," Curtis said. "I also overhauled my eating habits to try to make up for the damage that had been done from my earlier bad habits. It became such a part of me that my wife says, 'He's a great guy, just don't mess with his sleep, food, or workouts!'"

Just recently, Curtis completed a 110-mile bike ride from Arlington, Virginia to Gettysburg, Pennsylvania to raise money for injured veterans. In 2008, he had started running 5ks to raise money for causes he believed in. By 2010, he entered and took third place overall in a small sprint triathlon in his neighborhood.

"The distance bike rides evolved from my running," Curtis said. I thought, "I might be pretty good at this!"

That led to Curtis riding in a few Olympic distance triathlons and a half marathon. A friend invited him to ride the Seagull Century in 2013, which he thoroughly enjoyed. Later, his pastor asked him to ride with a church team in the 2014 Face of America.

Curtis believes his healthy lifestyle is a tremendous help to his career at Lakelands Park Middle School.

"By making sure I eat well, get enough sleep, and keep my fitness up, I walk into school each day with energy and a positive attitude," Curtis said. "I also set a good example for the students. They see I usually eat a salad for lunch and try to get out and run the mile with them during P.E."

What is his advice for his fellow coworkers at Montgomery County Public Schools?

"I suggest making one change for the better," Curtis said. "That could mean bringing a salad for lunch every day during the workweek. It could mean walking instead of sitting on the couch, watching a rerun or the second hour of the news. It could mean buying only foods that are from nature—from the produce and meat departments—on your next grocery trip. Then, let that change sink in for a few weeks. When it becomes a habit, pick another single behavior to replace."

Curtis hopes to one day complete the Savageman Triathlon in western Maryland. There is little doubt that he will one day achieve this goal!



Wellness Initiatives:

Be Sure to Complete a Screening and Assessment to Save on Your Health Insurance in 2017

Completing your **biometric health screening** each year gives you the information you need to take better control of your health and well-being. And that is important, because when you are running at 100 percent, you have the strength and confidence to be your true self.

Learning more about your blood pressure, cholesterol, blood sugar, and body mass index will give you much more information about your current health. You will learn your risk levels for common health problems including heart disease, colon cancer, and diabetes, and you will have a clear idea of where you need to make changes.

In addition, when you complete your biometric health screening within each year's designated time frame*, you will pay 1 percent less of the total cost of your health insurance during the next calendar year. To get started, visit the **Wellness Initiatives web page**, where you will find information on scheduling your biometric health screening.

To save even more, complete your medical insurance provider's **health risk assessment** within the same time frame.* If you do, you will receive another 1 percent reduction in the total cost of your health insurance. To complete your health risk assessment, log in to your medical insurance plan's website by October 7, 2016, and search for your plan's assessment. You'll find links to your plan's website on the **Wellness Initiatives web page**.

**You must complete your biometric health screening and health risk assessment between the first day of fall Open Enrollment and the Friday before the next Open Enrollment begins a year later. For the current year, you have from October 12, 2015, and October 7, 2016, to complete the requirements and receive the incentives effective January 1, 2017.*

InSTEP with Diabetes

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes? Join Well Aware and Kaiser Permanente for InSTEP with Diabetes, a four-week on-site program to better understand diabetes and learn skills for healthy living, including: diabetes facts, nutrition and food choices, physical activity, testing your blood sugar, diabetes medicines, and recommended care. You do not need to be a Kaiser Permanente member to participate.

Our summer class has started, but you can still join us. This is a great opportunity to take advantage of your summer break to gain control of your health and wellness! Space is limited.

InSTEP with Diabetes is being held—

Wednesdays, June 1–22, 2016

4:30–5:30 p.m.
 Aspen Room
 45 West Gude Drive
 Rockville, Maryland 20850

For more information or to register for the class, e-mail **Well Aware**.

Stay Active This Summer

Summer is a great time to get back into walking, biking, jogging, or even playing outside with your children. Getting active now will make it easier to keep it up when you go back to school this fall.

Well Aware and Cigna are offering you some options to help you get fit this summer. To register for these classes, e-mail **Well Aware**.

Sit and Be Fit

Join us for this total body resistance training workout for beginners who may have limited mobility or are not ready for a traditional "body pump" gym class.

Tuesdays

June 28–August 2, 2016
 4:30–5:30 p.m.
 Café 45
 45 West Gude Drive
 Rockville, Maryland 20850

Seated Yoga

Come learn basic yoga techniques in a comfortable environment.

Wednesdays

June 29–August 3, 2016
 4:30–5:30 p.m.
 Café 45
 45 West Gude Drive
 Rockville, Maryland 20850

Tai Chi

Join Well Aware for this stress-relieving practice.

Thursdays

June 30–August 4, 2016
 4:30–5:30 p.m.
 Café 45
 45 West Gude Drive
 Rockville, Maryland 20850

Zumba

Tuesdays

July 5, 12, and 19, 2016
 4:30–5:30 p.m.

Thursdays

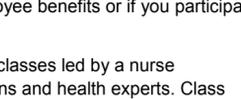
July 7, 14, and 21, 2016
 4:30–5:30 p.m.

Weller Road Elementary School
 3301 Weller Road
 Silver Spring, Maryland 20906

Men's Health: Stay on Top of Your Game

We celebrate Father's Day in June, making it an ideal month to celebrate the men in your life. What better way than to give them the gift of good health?

- Review **Checkup and Screening Guidelines** for men and encourage your husband, father, brother, son, and friend to stay on top of their health by following them.
- Show the men in your life that you care by wearing blue on Friday, June 17, 2016. *Wear Blue* was created by the Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. By wearing blue on June 17, you will raise awareness about men's needs to make healthy lifestyle choices, initiate their doctor annually, and get educated on heart disease and diabetes. You may even invite general health conversations with your male family members and friends to further encourage them to take care of their health.
- Enjoy this video from the Men's Health Network: **Congress Works Out for Men's Health Month**.



You Know You Need to Quit. We Can Help You Do It ... for Good.

MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. The free program is available to employees and their spouses, regardless of whether or not you participate in MCPS' employee benefits or if you participate with Kaiser.

The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Class leaders and participants discuss the skills necessary to successfully live tobacco-free. Discussion topics also include risk assessment, stress management techniques, healthy weight management strategies, and more. In addition to the class meetings, participants receive support through a help line, peer sponsors who understand what it takes to quit, and other resources. Learn more about the program by visiting the **Quit for Good web page**.

The next session of Quit for Good begins this fall. You must register to participate by **e-mailing Well Aware**.

Give Your Brain a Break

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

Have you heard of Laughter Yoga? **This Tedx video** will show you how it's done. Take a five-minute brain break and get in a good dose of laughter.

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