New LiveWell DPP Class

Starting

The LiveWell DPP is accepting new participants for the spring class. LiveWell DPP is a 15 week program developed by the Center for Disease Control to prevent type 2 diabetes through healthy eating, weight loss, and regular physical activity.

Learn how to become a fat detective, muscle motivator, and make social cues work for you! You will learn habits that you can easily incorporate into your day making it easier for you to live well!

Who Should Participate:
The program is intended for active employees and spouses on Ball State University’s insurance plan who are at risk for developing type 2 diabetes, high blood pressure, high cholesterol, or wish to reduce BMI.

LiveWell DPP will meet Wednesdays starting January 18 and will run through April 26, 2017.

Take Charge of Your Health

You have a manual for your car, your computer and electronic devices. You have manuals for about every device in your life. But do you keep a manual on YOU? When it comes to our personal health, we rarely keep tabs on what is important.

The time has come to Take Charge!

By pulling together your personal health information and securing a primary care provider you will be ready to play a more active role in your care.

In this 8-week challenge, you will Take Charge and develop YOUR confidential personal health manual by collecting and recording information across eight different categories including:

- Health Contact Information
- Medical Listings
- Health Information
- Medical Documents & Reports
- Health Numbers
- Family Medical Tree
- Medical Visits
- Primary Care Provider

At the end of the challenge, you will keep your Take Charge Manual and return only the Take Charge Checklist—which keeps track of the sections you have completed. The information in your Take Charge Manual will not be submitted.

For more information, visit www.bsu.edu/workingwell or contact us at 285-9355.
Registration deadline is Friday, January 27, 2017.
Get Your 2016-2017 Wellness Incentives

BeWell Incentive

**In order to receive the $50 reward, you must be an active employee or spouse or same sex domestic partner enrolled in Ball State’s health insurance plan.

**

| Get 20 Points by participating in Wellness Activities | Receive a BSU Voucher* |

LiveWell Incentive

*Must be benefit eligible employee, covered spouse or same sex domestic partner to receive LiveWell incentive rewards.

Voucher Choices:
- 2 Semester pass at the SRWC or
- Unlimited Academic Fit Pass for classes at SRWC or
- Adult Physical Fitness Program (Joiner Fee & four months membership) or
- $90 Voucher to
  - Emens /Pruis Hall Performances or
  - BSU Athletic tickets or
  - Outdoor Pursuits activities or rentals or
  - Cardinal Kids Camp

New to Lifeworks?

Go to www.lifeworks.com. If you have never created an account on Lifeworks, use ballstate as the user id and cardinals as the password to access the site. After entering the site, click on “Register” in the upper right hand corner to create a username and password for your personal account. More detailed instructions are available on www.bsu.edu/workingwell.

Working Well Fitbit Leaderboard

Do you have a Fitbit?

Join our Community Activity Group on Fitbit. Search Ball State University Working Well.
Gratitude Challenge—Extended to January 31

The Working Well Gratitude Challenge has been extended to January 31. Start the new year off with an attitude of gratitude!!

Each week for three weeks you will have options to choose from (or you can create your own!) to express your gratitude to others. According to the Harvard Medical School, gratitude can help alleviate stress and increase happiness. Are you ready? Email (workingwell@bsu.edu) with "Challenge Accepted!" to receive your Gratitude Challenge Kit.

Come by Working Well in the Health Center to sign our Gratitude Graffiti wall. Even better… make one for your work area!

Don’t forget to turn in your Gratitude Survey to Working Well when you have finished the challenge!

What’s Happening This Month?

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Where</th>
<th>What</th>
</tr>
</thead>
<tbody>
<tr>
<td>LiveWell DPP Information Session</td>
<td>Thursday, Jan 12</td>
<td>Bracken Library (BL) 104</td>
<td>Learn more about the 15-week program designed to lower risk for type 2 diabetes. Contact Working Well to register.</td>
</tr>
<tr>
<td>Seated Chair Massage</td>
<td>Wednesday, Jan 18</td>
<td>Bracken Library (BL) 304</td>
<td>Chair massage with massage therapist. $10 per 10 minutes. Contact Working Well to schedule an appointment.</td>
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<tr>
<td>Health Check @ The Retreat</td>
<td>Tuesday, Jan 24</td>
<td>The Retreat @ Noyer</td>
<td>Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!</td>
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</table>
| Lunch and Learn—Dining Out: Navigating the Fast Food Lane | Wednesday, Jan 25 | Bracken Library (BL) Ed Resource Room 1 | When you are in a hurry and need food fast, the fast food lane is often quick and convenient. But how can you navigate the fast food lane to keep your healthy eating goals on course? Come join the discussion. To register, contact Working Well.

Contact Us

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