



Special Points of Interest

Earn **MIP points** through Wellness Program.

FREE Flu Shots

Find out how to get **FREE** Diabetic Supplies and Medication.

Annual Wellness Assessments

Inside this issue:

Wellness Discounts	2
Diabetes Management	2
Wellness Screenings	3
Cholesterol Facts	3
Sponsors	4
Wellness Liaisons	4

Enhance your L.I.F.E.

Lifestyle Improvement

Each month you will participate in different activities that promote healthy lifestyle changes.

As you progress through the challenge, you will incorporate each month's activities into your new, healthier lifestyle!

Fulfillment

Self-fulfillment, improving your self-esteem, and increasing your self-awareness are important aspects of a lifestyle management program. This challenge will provide an opportunity to evaluate success and overcome obstacles.

Education

Knowledge is a key component in any lifestyle change. In order to make sound decisions concerning your health, you must rely on credible and reliable information. During this challenge, you will use various resources to learn about issues affecting your health.

The *Enhance Your L.I.F.E.* Wellness Challenge is a program designed to help employees make healthy lifestyle changes through daily physical activity, proper nutrition, personal reflection, and education.

Instructional employees who participate in the program will be eligible for 30 MIP points.

Interested????
Contact your Wellness Liaison.

GET VACCINATED—FREE FLU SHOTS

Once again, Blue Cross and Blue Shield will be providing complimentary SEASONAL flu vaccinations to school board employees.

From now through December, the nurse from MRMC will be traveling throughout the county to administer the vaccination.

In order to receive your free flu vaccination, please bring your MCPS ID badge and completed consent form.

The consent form can be found on the MCPS Website or from your wellness liaison. Please read through the consent and obtain Dr. approval if necessary.

For more information about the flu vaccination, who should get vaccinated, and side effects, please visit the Center for Disease Control (CDC).

* This is **NOT** for the H1N1 Swine Flu.

MCPS Wellness Discounts

The following businesses offer wellness-related discounts to all MCPS employees.

When requesting any of the following discounts, please have your MCPS ID badge available for verification purposes.

SAVE \$\$\$\$

LifeTime Centers MPMC	Compass Health and Fitness	Franck's Pharmacy
<ul style="list-style-type: none"> • \$25.00/month • \$35.00 one time membership fee • See link below for amenities. 	<ul style="list-style-type: none"> • \$39.00/month* • Access to both Compass Main and Xpress. • See link below. 	<ul style="list-style-type: none"> • 10% off of all compounds. • 20% off vitamins. • See contact info below.

LifeTime – <http://www.munroeregional.com/body.cfm?id=114>

Compass – <http://www.compassfit.com>

Franck's Pharmacy – 622-2913 ext 221

* In order to get this rate at Compass, please contact Laurel Lingle (622-9124)

"I know more about how to take care of myself. I love the care and attention!"



Diabetes Management Program

Blue Cross and Blue Shield of Florida, in partnership with Diabetes Healthways at MPMC, is currently offering a program for diabetic employees.

All school board employees, their spouses, and adult dependents who are enrolled in the school board's insurance plan are eligible to participate**.

The MCSB Diabetes Management Program was designed to provide resources and education to help diabetics effectively manage their disease.

As part of the program, participants will receive the following services at no cost:

- Diabetes Education*
- Nutrition Education*
- Diabetic Screenings*
- Diabetic Podiatry Exam*
- Dilated Retinal Exam*

In addition to the initial education classes and screenings, participants will be monitored throughout the program with follow-up visits and telephonic coaching.

Once a participant has completed the program requirements, they become eligible for several valuable incentives:

- Those incentives include:
- Generic Diabetes, Blood Pressure, and Cholesterol Medication*
 - Insulin*
 - Testing Strips*
 - Lancets*
 - Needles/Syringes*

To enroll in an upcoming session, please contact Laurel Lingle (352) 622-9124

**Employees who chose Plan 2 (HSA Compatible) are not eligible to participate in the program due to IRS regulations.

Employee Wellness Assessment



As part of the benefits offered through your BCBS insurance policy, MCPS employees are eligible to participate in the annual employee wellness assessment at no cost.

The Wellness Assessment provides a *snapshot* of your personal health through several screenings.

Those screenings include:

Total Cholesterol

HDL/LDL Cholesterol

Triglycerides

Glucose

Blood Pressure

Weight/Body Fat %

In addition to the screening, employees who complete an on-line questionnaire will receive a **\$15.00 gift card to Ocala Sports** provided by BCBSFL.

Be on the lookout for more information concerning your school's screening date and time.

FREE

Cholesterol: Knowing your Numbers

TOTAL CHOLESTEROL

Cholesterol is a soft, wax like substance found in the blood stream and all of our body's cells. Cholesterol is used to make cell membranes and produce many of our hormones. Unfortunately, elevated levels can lead to heart disease and stroke.

A person's total cholesterol level is determined by a number of factors including:

Heredity

Thyroid and Liver Function

Dietary Habits

According to the American Heart Association, a person's TOTAL cholesterol should be *less than 200 mg/dl*.

HDL CHOLESTEROL

HDL Cholesterol, also known as "good cholesterol", helps reduce one's risk for heart disease and stroke. HDL cholesterol removes excess cholesterol by transporting it to the liver to be excreted from the body.

Raise HDL Cholesterol by:

1. Participating in cardiovascular and resistance training exercises.
2. Increasing your intake of Omega 3...fish, nuts, veggies.
3. Losing excess body fat.
4. Quitting smoking

Women – HDL >50 mg/dl

Men – HDL >40 mg/dl

LDL CHOLESTEROL

LDL Cholesterol, also known as "bad cholesterol" is one of the major culprits in heart disease and stroke. LDL cholesterol sticks to the blood vessel walls causing blockages.

Lower Cholesterol by:

1. Reducing your intake of trans-fats and saturated fats.
2. Increasing your intake of fruits, vegetables, and fiber.
3. Engaging in regular physical activity.
4. Limiting intake of dietary cholesterol to less than 300 mg.

LDL Cholesterol < 130 mg/dl

SPONSORS

Platinum



Jenkins Auto Group



Gold

N/A

Silver

Edible Arrangements

Wellness Coordinator

Laurel Lingle

laurellingle@hotmail.com

(352) 622-9124

Wellness Liaisons

Anthony – Leslie Switzer

Belleview Elem – Jeanne Baumel

Belleview Santos – Mike Netherclift

College Park – Lori Kolb

Dr. N.H. Jones – Lori Pizzini

Dunnellon Elem – Dan Werner

East Marion – John Bruce

8th Street – Tammy Parker

Emerald Shores – Charlie Mancuso

Evergreen – Greg Hart

Fessenden – David Maxwell

Fort McCoy – Kathy Hatfield

Greenway – Phil Rath

Hammett Bowen – Vilma Nieves

Harbour View – Cindy Brodie

Hillcrest – John Nevarez/Jen Greco

Horizon – Jenny Martinez

Madison Street – Linda Beckwith

Maplewood – Regina Dooley

Oakcrest – Mike Herbert

Ocala Springs – Heather Joos

Reddick-Collier – Matt Robinson

Romeo – Beth Richardson

Saddlewood – Rob Gomillion

Shady Hill – Sandy Watt

South Ocala – Tim Glisson

Sparr – Lamar Rembert

Stanton Weirsdale – Lynn Robinson

Sunrise – Kelly Asquith

Ward Highlands – Pam Silvestre

Wyomina Park – Matt Johnson

Belleview Middle – Dorothy Rademaker

Dunnellon Middle – Glen Jones

Fort King – Lisa Morris

Howard – Dan Corsi

Lake Weir Middle – Tom Tahlier

Liberty – Reeshemha Anderson

N. Marion Midd. – Brenda Maxwell

Osceola – Cindy McCambridge

CTAE – Beth Jones

Belleview High – Scott Stephens

Dunnellon High – Tracy Hart

Forest – Dave Falcone

Lake Weir High – Ann McKinney

MTI – Susan Eatmon

N. Marion High – Cheryl Freimuth

Vanguard – Leila Mathews

West Port – Maggie White