

Meet Our **NEW** Dietician - Grace Tesmer

Grace Tesmer is thrilled to be serving as our new registered dietician! [View Grace's welcome video](#). As a 2011 SASD alumna, she is happy to be returning to serve our employees and their families overcome challenges and achieve their goals. She is a 2018 graduate of UW-Green Bay where she received her BS in Human Biology with an emphasis in nutrition and dietetics. After completing her degree, she went on to become a registered dietician through the completion of an eight-month dietetic internship program where she gained knowledge in areas including medical nutrition therapy, public health, food service and mental health.



Grace became interested in dietetics through her own personal experiences working with a dietician and knows how impactful the role can be in helping others change their lives. A life-long learner, she enjoys the science of nutrition as well as being able to help others by sharing her knowledge. Email Grace at gtesmer@sasd.net for help with your dietary needs.

Lunch Walk Challenge

Point Value = 1 point

Timeframe = February 1 - March 2, 2021

You must walk at least 15 days during the 30 day-challenge. Walk any time that works in your schedule. Log in to myhealics.com to check-in. Need help? Call (414) 375-1600.



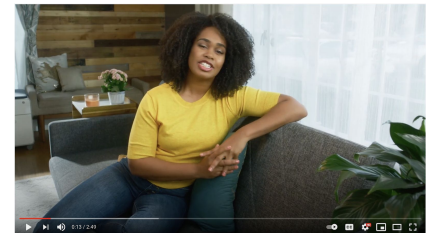
\$40 Fitness Reimbursement Deadline

To receive your \$40 reimbursement, you will need to submit proof of 80 visits to a fitness facility between January 1 - December 31, 2020. If your facility was closed due to COVID and you were unable to attend 80 times, please reach out to Anna Schmidt at annaschmidt@sasd.net. Turn in your documented proof of attendance from your fitness facility to Pattie Pilz in Human Resources by no later than February 15, 2021.

Blood Pressure - Self Monitoring

Point Value = 1 point (max 6 points)

Regular exercise, healthy eating, effective stress relief, and taking medication as prescribed all contribute to better blood pressure control.

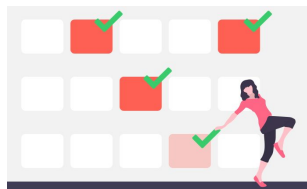


Self-monitoring (regularly taking your own blood pressure) is an important tool for you to understand how well your blood pressure is being managed in order to decrease your health risks of heart attack and stroke. To learn how to take your blood pressure at home, watch [this video](#) from the American Heart Association. Check out the [American Heart Association](https://www.heart.org) website for more information on high blood pressure.

Don't forget to record your self-monitoring for points on the "Rewards" section of your [MyHealics.com](https://myhealics.com) dashboard. You will earn 1 point each month you monitor.

Note HRA/Bioscreen Date Changes

See below for date changes. Note, there will be limited slots open, before the end of the school year, for those who live out of town. These dates have not been finalized at this time.



May 3 - (Schedule Opens)

- Biometric Screening
- Health Assessment Online Questionnaire
- Results Consultation

June 10-July 14 - (Screenings)

- Biometric Screenings (fast 10-12 hours)

September 30 - (Deadline)

- Health Assessment Online Questionnaire
- Results Consultation

Make the S.H.I.F.T. Challenge

Point Value = 5 points (goal + google email link)
Deadline = February 15, 2021 (Challenge deadline)

You have until February 15 to complete the [Make the S.H.I.F.T. Challenge](#). After you have [registered and completed](#) your challenge, you will be required to [confirm your completion via a Google link](#) which will be emailed to you at the end of February by Anna Schmidt, Wellness Coordinator. Participants will be entered into a raffle for wellness prizes.

Online Medical Services

Teladoc online medical physicians can diagnose acute ailments,



recommend treatments, and prescribe medications which is convenient for evening and weekends. Pediatric, psychiatry, psychology, and dermatology specialists are available.

- Must be on SASD's medical plan to qualify
- Approx. wait for primary doctor is 5 minutes
- Cost is \$49 or less for everyday care

Contact Teladoc at www.teladoc.com or 800-835-2362.

COVID-19 Vaccine - Earn Points!

Points = 10 points

Earn 10 wellness points with your COVID-19 vaccination! Did you know, the word COVID is a mash-up of three words: CO (Corona), VI (Virus) and D (Disease).



Financial Webinar: Women and Retirement

Point Value = 3 points

Date: February 16, 2021

Time: 4:00 p.m.

Register: [Click here](#)



Sharon Schmidt will present this webinar which focuses on women and retirement. Did you know that women are at a higher risk of facing financial uncertainty in retirement and retiring with considerably fewer savings than men?

Webinar Keypoints

- Strategies to overcome saving obstacles
- Become more financially secure

Join the session via Mac, PC, or a mobile device. Employees and spouses on SASD health insurance will earn 3 points for attending this financial webinar. You will be responsible for entering your points in your myhealics dashboard. See below for instructions.

Financial Webinar: Submit Your Points

1. Login to MyHealics.com.
2. Click on *Rewards* in the top navigation bar.
3. Scroll to *SASD Specific Programs*.
4. Locate *Sponsored Financial Wellness Education...*
5. Click the plus sign.
6. Click *Record*.
7. Enter program name, location, and date.



Meet Healics' **New Health Coach - Aly Krey**

We wish our former Healics Health Coach Nikki Hiebing the very best as she moves forward to new ventures! Alyson Krey (pronounced "cry") is joining us as our new Healics Health Coach and is ready to support you in meeting your goals. Aly's approach to coaching is proactive, focused on prevention. She will give you tools and resources to be successful.



As a health coach, Aly will encourage you to take charge of your health and well-being. Aly's role is to educate, listen, encourage, and motivate you through every step of your journey. Aly's aim is to help you feel your best! Email Aly to sign up for health coaching at Alyson.Krey@healics.com. Her list of services are below:

Health Coaching Services

- Weight management
- Nutrition
- Exercise programming
- Stress management
- Diabetes prevention and management
- Creating sleep patterns
- Goal setting
- Heart health education
- Tobacco cessation
- Time management
- Improving self-esteem
- Healthy cooking tips

Personal Training - March 8 - April 23, 2021

[Sign up](#) for a 6-week personal training session with personal trainer Elliot Schmitt! Be sure to select all timeslots that would work for you. You will be contacted by Elliot, by the first week of March, if you are selected for the program. Virtually meet with your personal trainer TWICE PER WEEK for 30 minutes. Those who are new to fitness, employees and spouses, are encouraged to sign up. Employees

and/or spouses do NOT need to be on SASD health insurance to participate in this program!

Lunch 'N Learn - Earn Points!

Point Value = 1 point (Max 5 points)

Watch the short videos and take the quizzes below to earn points.

February's Lunch 'N Learn = 1 point

Topic: Men's Health at Any Age

Video - <http://bit.ly/feb-lunch-n-learn>

Quiz - <http://bit.ly/feb-lunch-quiz>

Expires - March 31, 2021 at 11:59 p.m.

January's Lunch 'N Learn = 1 point

Topic: Tech & Wellness - How to Use It To Be Well

Video - <http://bit.ly/jan-lunch-learn>

Quiz - <http://bit.ly/jan-lunch-quiz>

Expires - February 28, 2021, at 11:59 p.m.

Educator Connection Virtual Sessions

Virtually connect with other school district educators for resource sharing and self-care growth. Discussion topics may include: physical, environmental, emotional, spiritual, social, occupational, financial, and intellectual areas.

This six-week program is offered through Advocate Aurora Health EAP. Sessions are held from 4:00-4:45 p.m. on Wednesdays from February 10 - March 17. You do NOT need to commit to EVERY session. BUT, if you want to attend ANY session, you will need to [register](#).



If you do not make time for your wellness... you will be forced to make time for your illness.