



For *YOUR* Benefit

GRANITE SCHOOL DISTRICT'S EMPLOYEE BENEFITS NEWSLETTER



Superintendent Bates Supports the Wellness Effort

As superintendent of Granite School District, I am pleased to announce my support for the Granite School District Employee Wellness Program, an exciting workplace wellness program designed by Granite School District employees exclusively for Granite School District employees and their families.

The Granite School District Wellness Program offers health education materials, resources and a series of valuable programs and initiatives to help employees lower their risk of disease and improve their overall health and well-being.

The GSD Wellness Program has five key goals:

- Help employees identify personal health risks
- Encourage personal responsibility for health and wellness
- Provide motivation and support to help employees make healthy choices
- Control health care costs through disease prevention
- Improve overall employee morale and well-being

To accomplish these goals, we have formed a Granite School District Wellness Committee, with representatives from every employee group. We have named the committee members "Wellness Champions" because their role is to speak on behalf of the employees they represent. In addition, we have asked that the schools and departments identify employees who can volunteer to serve as "Wellness Specialists." The Wellness Specialists' role will be to deliver the message of wellness to their respective locations.

Not only do I encourage all of you to participate, but I will be participating also, and I am excited to be part of this wellness movement. I recently completed by Health Risk Assessment and know that you have all been invited to do the same. It was definitely an eye opener, and has motivated me to be a little more proactive about my own health moving forward.

Thank you in advance for supporting this program, and I hope you look forward to the journey as much as I do.

Sincerely,
Dr. Martin W. Bates
Superintendent



CONTACT US

Granite School District
2500 S. State Street
Salt Lake City, UT 84115

Chad Carpenter
Benefits Manager
Office: (385) 646-4528
Fax: (385) 646-4319

benefits@graniteschools.org



& Your Heart - One Employee's Story

Six years ago I started to have problems with my heart, irregular heartbeat, chest pain, sometimes my heart would race. I made an appointment with my husband's cardiologist. He ran some tests on my heart, including the dreaded stress test. When I went in for my results it was good news....there was nothing wrong with my heart!

Trying to determine the cause for my symptoms, the doctor looked over the questionnaire I filled out when I first went in. He said to me, "You put down here that you drink caffeine, how much do you drink?" I told him about 64 oz. a day, which was an outright **LIE**, I was drinking

about twice that. I would start out the day with a 44oz. Diet Coke on my way to school, run for a 44oz. at lunch, buy a 44oz. on the way home from school, and often times my daughter and I would go walking at night and you guessed it....we would stop at the gas station for a 44oz. Diet Coke to help us survive the two mile walk home.

The doctor told me,

"YOU'RE DONE TODAY - NO MORE DIET COKE!"



A death sentence for someone so hooked on Diet Coke. He told me that if I would quit drinking the diet coke all my symptoms would go away. I went to my car in total depression and waiting to console me was the 44oz. Diet Coke I had bought on the way to the doctors. As a last hurrah, I drank the Diet Coke and then stopped cold turkey. I immediately started taking Tylenol, knowing that the headaches were coming. After a two week period all my symptoms were gone**and so was my Diet Coke.**

Employee's Story:

Colleen Norris has worked for Granite School District for over thirty years teaching Health and Physical Education

Rx Corner - Generic v. Brand

Each month, this section of the **For YOUR Benefit** newsletter will highlight different Generic Prescriptions that provide individuals with the same result, but at a much lower cost for both the employee and the insurance plan itself. The less money we (employees and employer) have to spend on insurance increases, means more money to spend on other things (like raises).

Check these savings out —:

30 Celexa capsules retail for **\$107.39**. The same number of the generic **citalopram** cost **\$6.02**. That's a difference of **\$101.37**.

citalopram may not have the familiar ring of Celexa (that's marketing at work) - but look at the money they could have saved you!

What Are Your Numbers?

CHOLESTEROL —

An unexpected heart attack may be caused by years of living with high cholesterol and extra fat stored in the body. **TOTAL CHOLESTEROL SHOULD BE 200 OR LESS.** You should also ask your doctor what your HDL cholesterol (good) and LDL cholesterol (bad) levels are. Having high total cholesterol, high LDL, or low HDL can put you at risk for a heart attack or stroke. Since there are no symptoms of high cholesterol, it is imperative that you know your numbers!

BLOOD PRESSURE —

Blood pressure is the amount of force that it takes for your heart to pump blood through your body. High blood pressure, known as hypertension, increases your risk of heart attack, stroke and kidney disease. It can also cause damage to your brain, eyes and arteries. **BLOOD PRESSURE SHOULD BE 120 OVER 80.** Much like cholesterol, there are no symptoms of high blood pressure, so knowing your numbers is key to good health.



BLOOD SUGAR —

Glucose is sugar that is stored in the blood as your main source of energy. If your glucose levels are too high or too low, you can develop diabetes. **THE NORMAL RANGE FOR BLOOD SUGAR IS 80 TO 120.** Since diabetes can strike anyone of any age, it is essential that you know your blood sugar number. This is especially true if you experience any of the following symptoms of diabetes: frequent urination, extreme hunger, thirst, unusual weight loss, increased fatigue or blurry vision. If diabetes is left untreated, it can lead to heart disease, blindness, amputation of the arms or legs and/or kidney disease.

BODY MASS INDEX —

BMI measures your weight in relation to your height. This measurement indicates whether your weight falls within a normal, healthy range. **YOUR BMI SHOULD BE LESS THAN 25. A BMI OVER 25 INDICATES THAT YOU ARE OVERWEIGHT AND A BMI OVER 30 INDICATES THAT YOU ARE OBESE.** Carrying extra weight can lead to high cholesterol, heart disease, diabetes and other chronic conditions. To figure out your BMI, use the calculator at www.nhlbisupport.com/bmi

Knowing your blood pressure, cholesterol, blood sugar and body mass index (BMI) are extremely vital in determining whether you are at risk for developing major illnesses, such as heart disease and diabetes. If you know your numbers are out of range, you can take measures to get yourself back into good health.

Source: GBS Benefits



The Granite District Wellness Committee, would love to hear from you. If you have suggestions, comments, success stories or ideas about how the Wellness Committee can do a better job of promoting wellness throughout the district, please send an email to:

benefits@graniteschools.org



HEALTH RISK ASSESSMENT



Make this investment in your health today!

Do you know the status of your health— your blood pressure, cholesterol levels or time of your last vaccination?

Most people are unaware of these factors, which may put them at risk for disease and other health complications.

The Granite Wellness Committee is doing a PRIZE drawing for all those employees who complete the Health Risk Assessment, by November 30, 2010.

There will also be a prize drawing for spouses!

The results of this process are COMPLETELY CONFIDENTIAL and will be accessible only to you as you benchmark your current health status.

Instructions for completing your assessment!

Regence Members:

- 1) Log on to www.myRegence.com (first time users will need to register, all you need is your ID Card) Find the orange “myHealth” tab at the top of the screen.
- 2) Click on the ‘General Health Assessment’ in the pull-down menu
- 3) Enter you own information
- 4) When finished you will see a personalized report and recommendations that are for your eyes only.

Live help online available or at 1.888.472.0470

Select Health Member:

- 1) Log on to “my Health” on www.selecthealth.org (first time users will need to register, in the right hand corner under “myhealth”, all you need is your ID Card. Within 24 hours you will receive an email confirming your account and can then follow the remaining steps)
- 2) Click on “Health and Wellness” near the bottom of the navigation menu on the left
- 3) Click on “My Health Score” to complete assessment.
- 4) You can print and save and even fax to your doctor upon completion

Select Health and Regence will provide Granite School District with the names of those individuals who take the HRA. The names on that list will be entered into the drawing. It is important for you to know that **no personal information will be given to Granite School District.**

Prizes include:
I-Pod Shuffles
Exercise ear phones
Massages from “Massage Envy”