



Wellness Works

JUNE 2008

Prioritize Wellness and be Rewarded with a \$25 Gift Card and Healthy Buffet

The Harris County Hospital District is pleased to announce Simple Steps To A Healthier Life®, a personalized online health and wellness program to help you discover convenient ways to achieve a healthier, more balanced life.

It can help you eat better, lose weight, get in shape, relieve stress and more – in simple, easy steps, at your own pace.

Simple Steps To A Healthier Life is convenient, secure and can be accessed from home or work. Best of all, it's offered at no additional cost to you.

Each month, the pavilion with the highest percentage of enrollees will receive a healthy buffet.

1. Start with an Online Health Assessment

The online health assessment is a secure 20-minute questionnaire that can help you identify some of your health needs. You will be asked to provide information about your

health habits and family health history to get a personalized status of your current health.

2. View your Personalized Health Reports and Action Plan

After you complete the assessment, you will receive easy-to-understand health reports and a one-page health summary. You can print the health summary and share it with your doctor, dentist or other health care professional.

You will also receive a personalized action plan with a combination of online Healthy Living Programs that have been recommended based on your health needs. Available programs include nutrition, fitness, weight loss, disease-fighting, smoking cessation, and more. Each four-to-six-week Healthy Living Program includes interactive tools such as a fitness planner, diet manager, healthy shopping list and more to help you reach your health goals in a fun and enjoyable way.

3. Select the Programs, Tools and Information That Are Right For You

Simple Steps To A Healthier Life gives you guidance and support to help you make healthy changes or maintain your current health, in simple, easy steps at your own pace. Best of all, you can tailor the program to meet your needs and lifestyle by choosing the resources that are right for you.

Follow these steps to get started today:

- Visit www.simplestepslife.com
- Click "Go" in the First Time Users box
- Enter your work e-mail address
- Fill out form to register and complete health assessment

TIP: To log in, you must use your Aetna ID number. Be sure to type "01" after the 10-digit ID, or you can use your Social Security Number in the "non-Aetna" box and it will link to your account.

Embodying the Six Dimensions of Wellness: Bianca Lopez

In each issue of Wellness Works, the Employee Wellness Program highlights an employee who exemplifies one or more of the six dimensions of wellness: emotional, physical, occupational, social, spiritual and educational.

This month we salute Bianca Lopez, our new employee wellness educator.

Lopez brings a wealth of experience from teaching health and wellness at many levels. A former instructor at the University of Houston, Lopez loves to exercise and show others how to do the same.

"I workout about five times a week," said Lopez.

Keeping physically fit helps lower her stress level, which is an important indicator of overall wellness.

Lopez is already making herself known by administering the sports teams sponsored by the Employee Wellness Program.

"She is doing a great job," said Jennifer M. Roberts, employee wellness coordinator. "We have six teams competing in our volleyball league, as well as three softball teams starting up and she has only been here two weeks!"

"Getting together with the employees to play volleyball is going to be so much fun," Lopez said. "Bringing employees together to exercise is a perfect way to enhance occupational and social wellness."

Help make Bianca feel welcome by joining in or cheering on our teams:

Basketball
Tuesday Nights
Bellaire Recreation Center

Volleyball
Thursday Nights
Rice University

Softball
Monday Nights
Houston Sportsplex

Please contact employee wellness for specific times and dates at 713-566-6360 employeewellness@hchd.tmc.edu.



The first 500 people who complete their health risk assessment at www.simplestepslife.com will receive a \$25 gift card!

If you did this last year, you can update it and still qualify for the gift card.

After you finish, print out the certificate and fax it to 713-566-6302 or interoffice mail it to Employee Wellness #232 Holly Hall to receive your gift card.

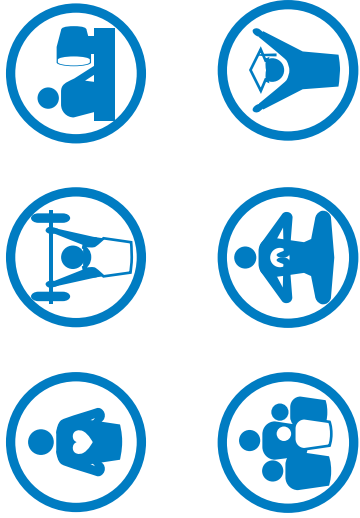
Do it now before cards run out!

Call 713-566-6360 or e-mail employeewellness@hchd.tmc.edu for technical help and more information.

Employee Wellness Team



Jennifer M. Roberts, Michelle Galindo, Bianca Lopez (from left to right)



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In advance of the Harris County Hospital District becoming smoke-free Sept. 1, 2008, the Employee Wellness Program is offering employees free smoking-cessation classes, “quit kits,” and a one-month supply of nicotine patches. To learn more, please contact Employee Wellness at 713-566-2000 or e-mail employeewellness@hchhd.tmc.edu.

If you are interested in learning more about lifestyle change topics like eating better and being more active contact one of the health educators at your pavilion (listed at your right) to join a class or for one-on-one counseling. Those at non-clinical sites, please contact Employee Wellness.

| Location | Language | Day | Time | Resource Code | Contact |
|------------------------------------|----------|------------------------------|--|---------------|---|
| Administration - HH Room 232 | E | 2nd & 4th Thursdays | 11 a.m. – 11:45 am | ESMK | Jennifer Roberts |
| Acres Education Room | E | 1st Wednesday 2nd Monday | 11 a.m. – noon 2 p.m. – 3 p.m. | ESMK | Angelia Guinara |
| Aldine Conference Room | E/S | Wednesdays twice/month | 1p.m. – 2 p.m. | ESMK | Gonzalo Murillo |
| Baytown Conference Room | E/S | Tuesdays twice/month | 2 p.m. – 3 p.m. | ESMK | Yesenia Mora |
| Ben Taub 2nd Floor Conference Room | E | 2nd & 4th Thursdays | 3 p.m. – 4 p.m. | ESMK | Arcy Segura |
| Casa de Amigos Conference Room | E/S | 2nd & 4Th Tuesday | 12:30 p.m. – 1:30 p.m. | ESMK | Adria Jones |
| Gulfgate Conference Room | E | 1st & 3rd Thursdays | 12:00– 1:00pm | ESMK | Milet Portales |
| LBJ UT Annex Building Room 132 | E/S | 2nd Thursday 4th Thursday | 3 p.m. – 4 p.m. 3 p.m. – 4 p.m. | ESMK | Lizette Escamilla |
| MLK Basement Class Room | E | 4th Thursdays | 2:30 p.m. – 3:30 p.m. | ESMK | Melodie Pierce |
| Northwest Conference Room | E/N | 2nd & 4th Tuesday | 1 p.m. – 2 p.m. | ESMK | Tammy Vu - Out of the Office Rhonda Randolph |
| Peoples Room 102 | E | 4th Monday 2nd Friday | 11:30 a.m. – 12:30 p.m. | ESMK | Karla Phillips |
| Settegast Conference Room | E | 1st Tuesday 3rd Thursday | 10 a.m. – 11 a.m. 1 p.m. – 2 p.m. | ESMK | Latecia Murphy |
| Squatty | E | 1st Monday 3rd Tuesday | 11 a.m. – noon 1 p.m. – 2 p.m. | ESMK | Latecia Murphy |
| Strawberry | E | 2nd & 4th Thurs. | Noon – 1 p.m. | ESMK | Coby Crawford |
| Thomas Street Room 309 | E | Every Thursday | 10 a.m. – 11 a.m. | ESMK | Jeff Benavides |
| South Loop 6th floor break room | E | 2nd Thursday 4th Thursday | 12:15 p.m. – 1 p.m. 12:15 p.m. – 1 p.m. | ESMK | Jennifer Roberts |