



# Wellness Works

OCTOBER 2008

## Serve, Set, Spike

### Volleyball Tournament Crowns S.M.A.S.H. Winners

The Employee Wellness volleyball league finished its five-week season followed by a two-week single elimination seeded playoffs.

Nearly 70 employees made up the six teams named Scared Hitless, Code Red, Hellraisers, Serves U Right, Ball Crushers and S.M.A.S.H.

Ultimately, it was S.M.A.S.H. that took the crown, led by captain Les Cooper, IT education instructor III, and most valuable player Sheila Gay, assistant nurse manager.

The Ben Taub Medicine Surgery Clinic

teams represented players from all over district.

"Information Technology, Ben Taub and Community Health Choice had a strong turn out," said Jennifer Roberts, employee wellness coordinator.

David S. Lopez, president and CEO, said administration is going to have a team for the next season.

If you are interested in playing volleyball and battling the "C-Suite," contact Employee Wellness.



TEAM S.M.A.S.H along with Dr. Hilliard and Referee Aubrey Williams display their 1st place medals

## BT BALLERS Win it All!

You may have noticed some of your co-workers with an extra bounce in their step. That is because the Ben Taub Ballers men's basketball team won the most recent SportsMonkey Hoops championship.

Led by captain Reginald Daniels, property management technician, the team, which included Terrence Lewis, Eric Price, Kevin Sanders, Christian Lacey, Bennie Butler, Elbert Lewis, Juron Culbreath, Byron Burnett and Raymond R. Roquemore went on to beat eight other teams in regular season play with a perfect 8-0 record.

The Hoops League held the seeded, single-elimination playoffs, which included competition from other community and corporate teams.



The LBJ team The Transporters, led by Henry Patterson, guest transport shift supervisor, tied for third place at the end of the league's regular season.

The new season just started and the competition is heating up with a third team BT3, led by Trebien Robertson, psych tech. Come out to watch the lively games at the Bellaire Recreation Center Tuesday nights.

For a full schedule, visit Employee Wellness's Web site: [Homepage/Departments/EmployeeWellness](#)

## Softballs, Golf Balls and Basketballs, Oh My!

Team sports are great ways to jump start your health!

Currently, the Employee Wellness Program is sponsoring co-ed softball at the Houston Sportsplex, located at 12631 South Main, Houston, TX 77035, on Monday nights; golf at Bearcreek on Sundays; and co-ed 3-on-3 basketball at Quinlan Memorial Center on Monday nights.

There is no cost to staff for participating. If you are interested in joining any of these teams, contact Employee Wellness at [employee wellness@hchd.tmc.edu](mailto:employee wellness@hchd.tmc.edu) or 713-566-6538.

## Dance Your Way to Better Health

Dust off your boots or stilettos and dance your way to better health. The Employee Wellness Program is sponsoring dance classes held at Sonia's World of Dance, located at 5539 Richmond Avenue, near Chimney Rock.

Classes are every Tuesday at 6 p.m. and are free to hospital district staff. Come by to learn salsa, line dancing and western.

Call 713-566-6360 or email [employee wellness@hchd.tmc.edu](mailto:employee wellness@hchd.tmc.edu) to reserve your spot.



# WOW!

You still have time to complete your simple steps certificate at [www.simplestepslife.com](http://www.simplestepslife.com). Turn it into Employee Wellness for a \$25 gift card.

Remember to write your work location on the certificate. Staff can fax it to 713-566-6302, send it through intercampus mail (Holly Hall #232), or e-mail it to [employee wellness@hchd.tmc.edu](mailto:employee wellness@hchd.tmc.edu).

Dependents and spouses enrolled in Aetna health plans are also eligible to receive a card! Don't hesitate to reap your reward! Call 713-566-6360 with any questions.

Those who complete simple steps can also participate in our confidential no cost health screening at Ben Taub on Sept. 30 through Oct. 3 from 6 a.m.-7:30 p.m. on the 5th floor, and LBJ on Sept. 23 and 24 on the 2nd floor from 6 a.m.-7:30 p.m.

Contact Employee Wellness to learn more.

## Embodying the Six Dimensions of Wellness: Arnold Agustin

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, spiritual and educational.

This month we salute Arnold Agustin, claims examiner for Community Health Choice.

Agustin has been an active captain for the Employee Wellness co-ed volleyball team the Hellraisers, and has even joined the dance classes currently in full swing.

"Arnold will fill in for any team that needs it. He's a great captain," said Bianca Lopez, employee wellness educator.

"It was so much fun to play with other people from HCHD and get to meet people who love the sport," Agustin said. "Aside from

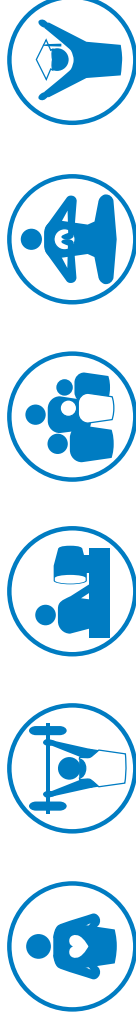
the exercise, it was a great way for some of us to re-live our glory days when we were a lot younger. Since I exercise regularly, I never expected my muscles to ache as they do now."

By joining the teams, Agustin has enhanced his physical, emotional, social and occupational wellness.



Arnold Agustin (far right) with his team the Hellraisers

# Wellness Works



## ATTENTION HCHD EMPLOYEES



### BIOMETRIC HEALTH SCREENING SIGN-UP INSTRUCTIONS

1. Go to [www.employeewellnessusa.com/lifetime](http://www.employeewellnessusa.com/lifetime)
2. Click on "Schedule Your Appointment"
3. Fill in your "Personal Information" & your "Log-in Info"
4. Under "Schedule Your Screening" please type the following under "Screening Key": **HARRISCO2008** & click "continue"
5. Fill out consent information on the next page. After you have completed everything, please click "Submit".
6. The next page is "Screening Appointment - Select Date" please click on Date/Location of your choice.
7. Under "Screening Appointment - Select Time" please select a time from the drop down and click "Submit".
8. Once you get to "Screening Registration: Done" you are finished and can print this page to help you remember your appointment date and time. You will also receive an email reminder the day before with your date and time.

#### SIGN-UP BY PHONE

1. Call HealthCheckUSA Customer Service Dept. 1-800-929-2044 (Mon-Fri 9am-3pm CST).
2. You will need to provide the following information: Company Name: HCHD, Your First/Last Name, DOB, Gender, & Email Address.

**Participants must complete a health risk assessment at [www.simplestepslife.com](http://www.simplestepslife.com) to be eligible. Everyone who completes the health risk assessment will also receive a \$25 gift card.**

Training Provided by:



Ben Taub General Hospital • Lyndon B. Johnson General Hospital • Quantin Mease Community Hospital • Community Health Program

## CALENDAR

OCTOBER	
<p>October 7-8 from 6 a.m. - 7:30 p.m. Biometric Health Screening LBJ Hospital Annex Room #217</p> <p>October 13 at 3:30 p.m. Employee Wellness Advisory Committee Holly Hall Admin Conference Room</p> <p>October 28-31 from 6 a.m.-7:30 p.m. Biometric Health Screening Ben Taub Hospital 5th Floor Clinic 5G</p>	<p><i>Throughout October</i></p> <p>Health Screenings Blood pressure, body mass index, cholesterol, glucose, advanced health profile (must do Simple Steps health risk assessment to be eligible <a href="http://www.simplestepslife.com">www.simplestepslife.com</a>) Friday October 3 from 6:00 AM - 7:30 PM</p> <p>Quit Smoking Classes/ Counseling Offered two times a month See pavilion health educator or contact employee wellness for times</p>
NOVEMBER	
<p>November 20 The Great American Smokeout The purpose of the event is to set aside a day to help smokers quit smoking, quit using tobacco products – for at least one day, with the hope they will quit completely. Wear orange to show your support today! Fun events are scheduled at all pavilions. See your local health educator or call employee wellness for a schedule of events.</p>	<p><i>Throughout November</i></p> <p>Health and Wellness Information Kits Distributed to all employees</p> <p>Quit Smoking Classes/ Counseling Offered two times a month See pavilion health educator or contact employee wellness for times</p>
DECEMBER	
<p>Dance Class Tuesday evenings Urban Line Dancing, Salsa, Western Sonia's World of Dance 5539 Richmond Ave. Houston, Texas 77056</p>	<p><i>Throughout December</i></p> <p>Health and Wellness Information Kits Distributed to all employees</p> <p>Quit Smoking Classes/ Counseling Offered two times a month See pavilion health educator or contact employee wellness for times</p>

If you are interested in joining a team, class or event, contact Employee Wellness at [employeewellness@hchd.tmc.edu](mailto:employeewellness@hchd.tmc.edu), or call 713-566-6360.