



Wellness Works

MARCH 2009



Sports Teams are Back!

Let your inner youth shine through and get back into action with our sports teams! It is a great way to get in shape, stay in shape and meet new friends.

Starting in March we will begin the employee wellness team sports. Teams include men's basketball, co-ed softball, co-ed volleyball, co-ed soccer, co-ed flag football, dance, golf and bowling.

All teams and events are off site and after hours. You only need to fill out a liability waiver to participate—no fees!

We need a specific number of people per team and spots fill up fast. So, contact Employee Wellness to learn more and tell us your interest.

E-mail: employeewellness@hchd.tmc.edu
Phone: 713-566-6360

To learn about the six dimensions of wellness, visit our Web site <http://home/departments/wellness/main.htm>.

Embodying the Six Dimensions of Wellness – Settegast High Steppers

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

This month we salute the Settegast High Steppers.

The Settegast High Steppers are participating in The Live Healthy Challenge, a 100-day competition to see which team at the Harris County Hospital District, in Houston and across the country can log the most steps and activity minutes.

The Settegast High Steppers are ranked number one at the Harris County Hospital District and 5th in Houston!

Members log on to the website www.livehealthyhouston.com to track points, learn health information and check out the competition. The Employee Wellness Program was a proud sponsor of the contest, paying entry fees and incentives.

The High Steppers are led by Team Captain, Billie Fitzpatrick, patient care technician. Team members include Carolyn Allen, Crystal Creeks, Patricia Creeks, Cleteal Harris, Mardie Hawkins, Carolyn Hill, Janie

Howard, Sharrelle McConico and Marsha Ogilvie.

This is not the first time this group has won contests at HCHD.

"They love competing, and do a great job at it!" said Jennifer Roberts, employee wellness coordinator.

Employee wellness educator Bianca Lopez adds, "It's exciting to see a team really get into the program and support each other toward goals. It just goes to show when a group comes together, change can happen."

What a great way to improve your health and represent the HCHD! Thank you, Settegast High Steppers. We salute you!

WOW!

February was Heart Health Awareness Month. To commemorate the month, we were asked to wear red on Feb. 6.

Events were held at all clinical sites, South Loop and Holly Hall. More than 180 participants at Holly Hall visited the health education booth to learn more about cardiovascular disease risks.



Holly Hall staff showed their support during Go Red Day 2009.



Rhonda Randolph, Northwest health educator, Jennifer M Roberts, employee wellness coordinator, Bich Dang, MD, Margo Hilliard, executive VP of community services, and June Hanke, RN, Community Services, line up against heart disease

Get to know your numbers and better understand your health

Simple Steps To A Healthier Life®

There is power in knowing your numbers (blood pressure, cholesterol, etc.). These numbers are important indicators of your health. When they are out of normal range, it's a signal that you could have a higher risk of developing certain diseases and conditions.

Simple Steps To A Healthier Life is an online wellness program that can help you understand what your numbers say about your health, and what you can do to be your healthiest.

Put your numbers to work for you

Enter your numbers into the confidential Health Assessment to see how your blood pressure, cholesterol and other numbers could be affecting your health.

You'll receive reports to help you understand your potential health risks, and what you can do about them. Then select an online program from your Action Plan to help you lose weight, eat healthy foods, exercise and more; all of this can help you stay healthy and control your numbers.

Enter your numbers into the Health Assessment

Go to www.simplestepslife.com. Log in with your Aetna Navigator® user name and password or create one.

If you are completing your Health Assessment for the first time, enter your numbers in the **Health Screenings** section.

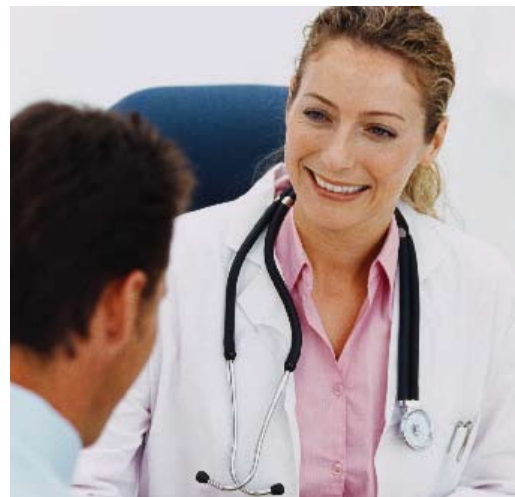
If you want to update your current Health Assessment with new numbers, click **Update Current** in the **My Health Assessment** box

My Health Screening Results

Use this wallet card to record your numbers. Then, use these numbers to complete or update your Health Assessment.

| Date of Screening: | |
|---------------------------------|--------|
| Systolic blood pressure | mg/dl |
| Diastolic blood pressure | mg/dl |
| Total cholesterol | mg/dl |
| HDL ("good cholesterol") | mg/dl |
| LDL ("bad cholesterol") | mg/dl |
| Triglyceride | mg/dl |
| Blood sugar | mg/dl |
| Cardio-CRP (C-reactive protein) | mg/L |
| Height | inches |
| Weight | pounds |

www.simplestepslife.com



The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Members should consult their health care provider for the advice and care appropriate for their specific medical needs.