

# Make the most of **HEALTHY YOU** in 2016/2017

## FOCUSING ON YOU

**I**n wellness, sleep and nutrition are unsung heroes. They are central components to our well-being. We can get by on way less than seven hours of sleep per night, but lack of sleep can age the skin, increase risk of chronic disease, cause inflammation, and lower productivity; poor nutrition can have the same effects. All this adds up to chronic stress in the body, which increases disease risks, unhealthy cravings, hair loss, increased body fat storage, weakened immune response and impaired brain function.

**The good news is that small changes in sleep and eating habits can yield major health benefits. That's where our program will start this year. Eating healthier food and getting better sleep will help your body repair cells and tissues, release critical hormones, produce energy, and recharge your brain, muscles and nervous system. This year will focus on creating sleep and nutrition habits that will power your body and mind.**

Wellesley College continues to offer educational tools and programs designed to help improve your well-being. Here are several opportunities you can take advantage of on the road to your best health.

Our HEALTHY YOU program will now be accessed through the new Harvard Pilgrim wellness platform for plan members and non-plan members. This platform offers personalized content, healthy lifestyle tips, meal plans, exercise plans, articles, recipes and more. You can also synch a wearable device and mobile activity tracking apps.

[over for more >>](#)



All programs are confidential and will be conducted by Harvard Pilgrim. Wellesley College does not have access to your personal health information.

## EARN YOUR \$200

Taking healthy steps is good for you. The wellness platform provides all the details and tracks your progress toward the incentive dollars you earn. Here's how your participation can make a rewarding difference:

### FACULTY & STAFF ENROLLED IN A WELLESLEY HEALTH PLAN

**Required:** Complete the online Personal Health Assessment (about 20 minutes)

**PLUS 2 of 3 below** and earn 200 points (\$200):

- **Register with Doctor on Demand**, enabling you to access telemedicine services for minor urgent care;
- **Participate in the on-campus November 8, 2016 Sleep and Nutrition workshop**. Or complete the Harvard Pilgrim online sleep workshop. Visit the wellness platform for information. (15 minutes each week for 3 weeks or one day for 60 minutes).
- **Complete the meQuilibrium Sleep Better skill\*** (about 30 minutes)

### FACULTY & STAFF NOT ENROLLED IN A WELLESLEY HEALTH PLAN

**Required:** Complete the online Personal Health Assessment (about 20 minutes)

**PLUS BOTH items below** and earn 200 points (\$200):

- **Participate in the on-campus November 8, 2016 Sleep and Nutrition workshop**. Or complete the Harvard Pilgrim online sleep workshop. Visit the wellness platform for information.
- **Complete the meQuilibrium Sleep Better skill\*** (about 30 minutes)

\*The meQuilibrium Sleep Better skill focuses on helping you find the habits and routines that may keep you awake at night. It will help you identify simple changes to your routine to help you fall asleep easier and stay asleep longer. You'll receive tips to practice what you have learned.

### SPOUSES OF FACULTY & STAFF ENROLLED IN A WELLESLEY HEALTH PLAN

**Earn 50 points (\$50)** by participating in the November 8, 2016 Sleep and Nutrition workshop on campus. Or complete the Harvard Pilgrim online sleep workshop. Visit the wellness platform for information.

*Rewards for participating in a wellness program are available to all employees of Wellesley College. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact the Wellness Service Line for more information at (877) 594-7183.*

To get started, visit [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount) to set up your personal account, or log in if you already have an *HPHConnect* for Members account.

If you are registering as a non-health plan member (guest), please use the code **C10177**.

## Onsite Events and Programs

also listed on the wellness platform calendar and the Wellesley site at [www.wellesley.edu/hr/events](http://www.wellesley.edu/hr/events)

### OCTOBER

#### Benefits Fair & Chair Massage @ Benefits Fair (drop-in)



October 6th  
Alumnae Ballroom  
8:30 a.m. – noon

For many people, everyday stresses build up in the form of tension in the back, neck and shoulders. At this worksite event, a licensed massage therapist can help relieve that tension. With less stress, employees are more productive and return to work feeling refreshed.

The nutrition information table provides the opportunity to meet with a dietician to learn about the role of diet and its effects on the heart. See what an actual portion size looks like, review high-sodium foods and assess foods with hidden sodium. Learn simple tips on how to make healthy choices and healthy changes.

### NOVEMBER

#### Sleep and Nutrition



November 8th  
Campus Center, Room 413  
Noon – 1:00 p.m.

Have you noticed that you eat more on the days you haven't slept well? Have you noticed that when you eat better you also sleep better? Well there's a scientific reason for that. You'll discover how some of the hormonal changes that occur with sleep affect your appetite and weight. You'll also learn how good nutrition can help you sleep better.

### JANUARY

#### Blending for Health



January 10th  
Campus Center, Room 413  
4:15 p.m. – 5:15 p.m.

Blending and juicing ... what's the best choice? Are you wondering which combinations of fruits and vegetables work best, and which you should avoid? How often should you have one of these drinks? Can fruit cause you to gain weight? We'll cover all of these topics and more. Plus, there'll be a few yummy concoctions to taste and recipes for you to try at home.

#### 10% Happier



January 17th, 24th and 31st  
College Club Council Dining Room  
4:30 p.m. – 5:30 p.m.

This multi-session course will provide participants with the opportunity to learn more about mindfulness and build their own personal practices using a combination of live and app-based supports. 10% Happier is a best-in-class program/app hosted by best-selling author, ABC news personality and self-described "fidgety skeptic" Dan Harris, alongside Joseph Goldstein, one of the most renowned meditation teachers in the world. The course is built around three one-hour, in-person sessions featuring a Mind the Moment instructor. Between these in-person sessions, participants will complete the 14-part 10% Happier series on their mobile devices. A mindfulness coach will also be available to participants, by text or by phone, to answer additional questions that may arise between in-person sessions.

### MARCH

#### Time vs. Energy



March 8th  
Campus Center, Room 413  
4:15 p.m. – 5:15 p.m.

Do you ever wish you had more than 24 hours in a day to get things done? You can't change the time in a day, but you can get the energy to accomplish more during the day. This session looks at how good nutrition and the lack of it affect the four energy domains: physical, emotional, mental and spiritual. You'll also learn practical tactics of eating for energy management.

### ACTIVE YOU WALKING CHALLENGE: STEP FOR A CAUSE

#### April 2017

(details to follow in late winter)

We'll be on the move again next spring, and this time it will be for a great cause. Individuals and teams can participate in the Walking Challenge, and we have our sights set on 200,000,000 steps!