

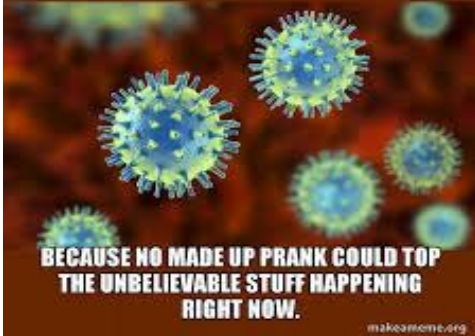


# WELLNESS Brief

April 2020 | Fourth Edition Newsletter

## WHAT'S NEW(S)?

APRIL FOOL'S DAY HAS BEEN CANCELLED.



### Welcome All: What a difference a month makes!

The COVID-19 Coronavirus is now throughout the world making a major impact on all organizations; changing the way business and life is conducted. During this challenging and uncertain time, the Wellness Committee wanted to communicate this month's brief on YOUR wellbeing.

Our partners, EAP and Lockton, have provided us with managing anxiety and stress [articles/ links below]. Fear and anxiety about this disease can be overwhelming and cause strong emotions with adults and children. Coping with stress will make you, the people you care about, and your community stronger.



#### WINNER:

**AUSTIN FRAIN**

Email for instructions to pick PRIZE out of PRIZE BASKET  
[Elizabeth.gleenn@pottcounty-ia.gov](mailto:Elizabeth.gleenn@pottcounty-ia.gov)

**THANK YOU** for your continued participation!

#### NEW QUIZ

Win Prize from the PRIZE BASKET



## Benefit Buzz

#### March 17, 2020

At Wellmark Blue Cross and Blue Shield, we want our members to safely and efficiently access the care they need when they need it most. Effective March 16, 2020, **all Wellmark members will have access to virtual health care visits with no cost-share.** To avoid the spread of coronavirus (COVID-19), we encourage you to take advantage of virtual visits with your current primary care physician, if you have this capability. For those who don't currently have a primary care physician, please use an in-network provider or [Doctor On Demand](#)<sup>®</sup>. The cost-share for such visits, including those for mental health reasons, are waived for the next 90 days. At that time, we will reassess.

If you have concerns about whether or not you or a family member is at high risk for getting sick, please visit the [Centers for Disease Control and Prevention's \(CDC\) page on Higher Risk & Special Populations.](#)

#### The most up-to-date information

Your health is important to us. We will continue to keep close watch on COVID-19 using the [World Health Organization](#) (WHO), the [CDC](#), [Iowa Department of Public Health](#) (IDPH), and [South Dakota Health Department](#) as our official sources of information. For the latest U.S. impacts of COVID-19, please see the data reported by the [CDC](#).

To learn more about Wellmark's response to coronavirus, please visit [Wellmark.com/coronavirus](http://Wellmark.com/coronavirus).

Partnered with Pottawattamie County to provide the Wellness Program

*A program designed to assess your current level of health and wellness, as well as assist you to achieve your optimum health status.*

Pottawattamie County will not have access to your personal health results.

## Employee Assistance Program

If you have a situation that is causing stress or seems to affect your personal health and happiness, consider contacting us.



## COMING SOON NEW Wellness Portal; once Lockton provides me with instructions I will pass on to you!

\*\*Currently the Wellness Portal is for NEW HIRES so that is why I am waiting for instructions for non-new hires!! We want you to be able to register and log in BUT NOT to do the HRA [health risk assessment] yet as we are not in the new program year!

*During this time of social distancing and spending more time inside, it is important to remember our physical health. Now available on our wellness portal is a 30-minute webinar including both strength and cardio training with personal trainer Christine Mullen. Christine's workout will include intervals of cardio and strength to increase your heart rate and make you stronger with items right in your household. If you do not have access to dumbbells, bars or benches, no problem! Christine will use pantry cans, brooms, dish towels, etc. to get you sweating. Modifications will be shown so you can get the workout you desire. The link to the webinar can be found in the E-Learning Series.*

Below is a link and newsletter to get more informational knowledge:

Please go to [COVID-19 Course](#) to enroll for FREE to learn about Mental Wellness Under Quarantine.



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Employee Assistance Program [EAP]: Remember YOU have 5 COMPLETELY CONFIDENTIAL free sessions to speak to a professional about concerns/issues you are dealing with. Below are informational documents they have provided to us:



Manage Anxiety Stress COVID-19.doc



2020 April EAP Matters.docx

## Happenings of the Wellness Committee:

DEFEND YOUR RESOLUTION is the weight loss contest that is currently going on. The weigh-outs did get extended BUT this can help you develop a LIFESTYLE CHANGE not just a contest that once done you are done with your eating and physical activity!

## DATE CHANGES DUE TO COVID 19

Employee WEIGHT LOSS CONTEST

## DEFEND YOUR RESOLUTION

# Weigh-Outs

- ~~Thursday, March 26<sup>th</sup>~~
- Thursday, April 30<sup>th</sup>
  - 7-8am, 11:30-12:30, 4-5pm
- ~~Friday, March 27<sup>th</sup>~~
- Friday, May 1<sup>st</sup>
  - 7-8am, 11:30-12:30, or appointment
- ~~Monday, March 30<sup>th</sup>~~
- Monday, May 4<sup>th</sup>
  - appointment only

Located at the Annex Conference Room

\*\*Wellness Committee Contacts:  
Maria Sieck, Gary Scott, Cheri Dahlheim

Depending on Your Position and Department needs, we all have had to make adjustments with how we do our jobs. With more remote work being done, I decided to do an article on:

### Embracing Remote Work:

## Working From Home Myths

*Common Misconceptions & How to Navigate Myths*



### MYTH 1

Remote Employees are unproductive and barely work



### MYTH 2

Remote Employees are lonely



### MYTH 3

You can't be a people manager if you're remote



### MYTH 4

Remote Employees have a better work/life balance

Tips:

- Establish a routine
- Take frequent short breaks every hour
- Check-ins and team calls

A good mix of emailing, chatting, and texting is best!

Wellness Chair

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