

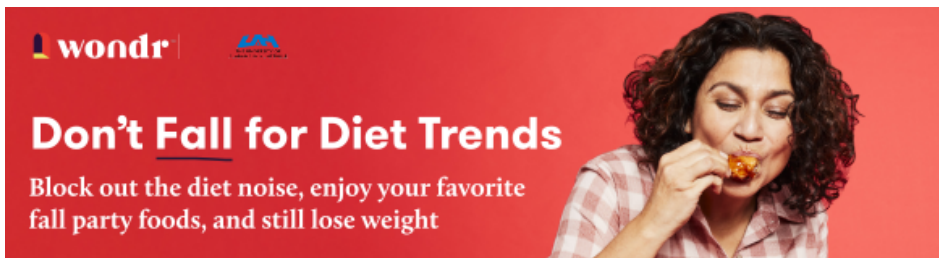


Wellness Newsletter



Wondr Health

Wondr Health's next digital weight loss program will begin on September 12, 2022, for all registered applicants. Wondr Health is a 100% digital weight loss program that will teach you clinically-proven skills through weekly masterclasses. You will learn how to eat your favorite foods and still lose weight, increase your energy, stress less, and more. Employees, spouses, and covered dependents ages 18 and older on a UAH-sponsored medical plan to apply to the Wondr Health program. Complete 8 of the WondrSkills online sessions and you will receive 75 points toward your wellness incentive. Registration will begin on August 15, 2022, and through August 28, 2022. To apply for the fall program click [here](#).



Don't Fall for Diet Trends
Block out the diet noise, enjoy your favorite fall party foods, and still lose weight

Workout With Charger Fit

Workout With Charger Fit has officially kicked off! Thank you to all our wonderful staff who joined us for our first walking day. Our next Workout With Charger Fit is scheduled for Friday, August 12th at 4:30 p.m. This week's workout will be a group exercise activity called **Body Pump**. With the same format as Les Mills BodyPump™, this class challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls matched to music to create a simple, fun, and effective way to strength train that gives you fantastic results! Bring your workout gear and come work out with us! You will also receive **30 points** towards your wellness incentive for each day you participate. Click [here](#) to register.

All participants who attend all events each month will be entered for a \$50 Visa Gift Card.



AUGUST 2022

UPCOMING EVENTS

Wellness Wednesday
AUGUST 31 @ 11:00 A.M.

Wondr Health
Registration
AUGUST 15 - AUGUST 28

Workout With Charger Fit
AUGUST 12



CONTACT US

256-824-2259

Shelbie King Hall 102
chargerfit@uah.edu

www.uah.edu/hr/wellness



988: America's First Three-digit Mental Health Crisis Line

The [988 Suicide and Crisis Lifeline](#) (Lifeline) launched nationwide on July 16. Similar to dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 and be connected immediately to trained counselors who will listen, provide support and connect people to resources if necessary. The three-digit dialing code is new, but the Lifeline is not. Previously known as the National Suicide Prevention Lifeline, callers only reached the 24/7 national crisis hotline by dialing 1-800-273-8255 (TALK). The easy-to-remember dialing code (988) is meant to replace that number; however, callers will still be connected to the same services, regardless of which number is used. The Lifeline provides services in both English and Spanish. Since 2005, the Lifeline has been a network of roughly 200 crisis centers funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. Since its founding, the Lifeline has received more than 20 million calls from people in distress looking for help when they needed it most. Nearly 2.4 million calls occurred in 2020 alone, illustrating America's current mental health crisis. Suicide is the second leading cause of death amongst preteens and adults aged 25 to 34, according to the Centers for Disease Control and Prevention (CDC). The Lifeline is a direct connection to compassionate, accessible care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles. People can also call the Lifeline if they are worried about a loved one who may need emergency support. Just as Americans know to call 911 in a medical emergency, it's vital to spread the word about 988 in your own state. This new three-digit dialing code could provide immediate support during someone's darkest hour.



Wellness Wednesday

Who's ready for our next Wellness Wednesday? Our next Wellness Wednesday is scheduled for August 31, 2022, at 11:00 am. The topic of discussion will be "Preventative Maintenance: Recommended Screening Tests to Help Keep Your Engine Running" presented by Connie Abbott, MSN, CRNP. All attendees will receive 30 points (Max 150 points) added towards your wellness incentive. For those who register for this month's Wellness Wednesday, you will be entered into a random drawing for a \$50 gift card. [Click here to sign up](#)



Back-to-School Resources for Parents & Teachers

The new school year is right around the corner. That means big changes for kids, parents, and teachers. We've gathered resources to help you navigate upcoming changes and help ease the transition.

Resources for Parents

Parents, you've got a big load on your shoulders! You are managing all the organizational changes—new information, new schedules, new supplies—and supporting your kid emotionally—excitement, fear, stress. All while trying to keep the rest of your life and wellbeing on track! It's a lot, and we've put together some resources that can help including tips on back-to-school transitions, your kids' wellbeing, and how to help with mental health crisis and trauma.

- [How to Work from Home with Kids](#)
- [Handling Stress During Back-To-School Time](#)
- [Improving Kids' Wellbeing During Back-to-School](#)
- [Facing the Growing Adolescent Mental Health Crisis](#)
- [Addressing Trauma and Trauma Response](#)

Resources + Support for Teachers

If you are a teacher, big shout out to you. You work incredibly hard and provide an essential function in our society. You give kids purpose, set them up for success, inspire them, and educate them. Back-to-school is a lot of work for you, and you probably didn't get to take much of a summer break because the role of a teacher is never done. The transition back to the classroom is big, and we have resources to help.

- [Back-to-School Tips for Teachers](#)
- [Read How Uprise Health is Helping Teachers' Mental Health](#)
- [Mindful Approaches to Cope with Stress](#)
- [Different Types of Self Care](#)
- [Information on Emotional First Aid](#)

Source: Uprise Health





August is National Immunization Awareness Month

Vaccines are modern miracles, saving countless lives each year. This was especially apparent during the height of the COVID-19 pandemic last year. But immunizations can help protect against many other diseases, too. August is National Immunization Awareness Month. That makes now the perfect time to learn more about the importance of vaccines. In fact, vaccinations are so vital that the Centers for Disease Control and Prevention (CDC) offers immunization schedules to help parents understand when to vaccinate their children. This is because delaying critical vaccinations can lead to serious health risks not only for the unvaccinated but also for those they come into contact with, such as immunocompromised individuals.

Source: Lockton



Safety Tips to Beat the Heat

Summer heat can be more than uncomfortable; it can threaten your health, especially for older adults and children. Hot and humid weather can make it more challenging for your body to cool down, leading to heat-related illnesses. Three types of such illnesses include heat cramps, heat exhaustion, and heatstroke. If left untreated, they can become life-threatening. Don't let the summer heat get the best of you.

Consider the following tips to prevent heat-related illness:

- Drink plenty of fluids.
- Eat light, refreshing foods.
- Wear lightweight, light-colored, and loose-fitting clothing.
- Apply sunscreen and wear a wide-brimmed hat and sunglasses.
- Do chores or other outdoor activities in the morning or evening.
- Stay indoors as much as possible or take breaks from being outside.



Keeping these tips in mind means you're on your way to beating the heat.

Source: Lockton

Gilsbar Quarterly Webinar

Each quarter, Gilsbar offers a different webinar related to wellness. Earn 10 points by completing the quarter two "Disaster Preparedness - Healthy Eating Tips" webinar

Log into your wellness center on www.myGilsbar.com.

Select the webinar to view the video.

Click on the Sign Here button to tell what you learned about the webinar and earn points.



Have You Gotten Your Biometric Screening?

To complete your health screening, you may schedule an appointment with the Faculty and Staff Clinic through the employee portal. You can also have the biometric screening completed with your own physician. To receive credit towards your wellness incentive, you must have your physician complete a form and provide it to the Faculty- Staff Clinic. Email Chargerfit@uah.edu or visit the Charger Fit website to obtain the screening form. 50 points will be awarded and a \$50 gift card will be mailed to all eligible employees who complete the screening. Remember, completion of the biometric screening is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.



HEALTH SCREENING