



# Wellness Newsletter



## Health Screenings Begin This Month

Have you completed your biometric screening? You are probably thinking the wellness program has just started for the year and there is plenty of time to get your screening done. While this may be true, completing your biometric screening can help with the early detection of many health conditions and aid in minimizing your risk level for certain diseases and medical conditions. The biometric screening consists of a blood draw to test your HDL, LDL, Triglycerides, Glucose, and other biometrics (BP, Height, Weight, BMI, and waist circumference). 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](mailto: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 and Health Assessment are both mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022. Don't delay, get started today!

## Wellness Wednesday

Get ready for an all-new Wellness Wednesday! This month's Wellness Wednesday will be held on March 23, 2022, @ 10:00 am. Lauren Baker, a Senior Client Manager from Teladoc will be presenting on Diabetes Fundamentals. In order to prevent and manage your diabetes, it's important to fully understand the basics, like what is diabetes, what type do I have, and, what do I need to do to manage it? This webinar will provide you with these answers and more. Lauren will also be providing an overview of the Livongo Program which is a diabetes management benefit offered to eligible employees at UAH. So make plans to join us! **30 points** will be added to your wellness incentive for all attendees. For those who registered for this month's Wellness Wednesday, you will be entered into a random drawing for a **\$50 gift card**. Click [here](#) to sign up!



## MARCH 2022

### UPCOMING EVENTS

"UAH Spring Into Action"  
MoveSpring Challenge  
MARCH 21 - MARCH 28

Spring Break  
MARCH 14 - MARCH 18

Daylight Savings Begins  
MARCH 13



## CONTACT US

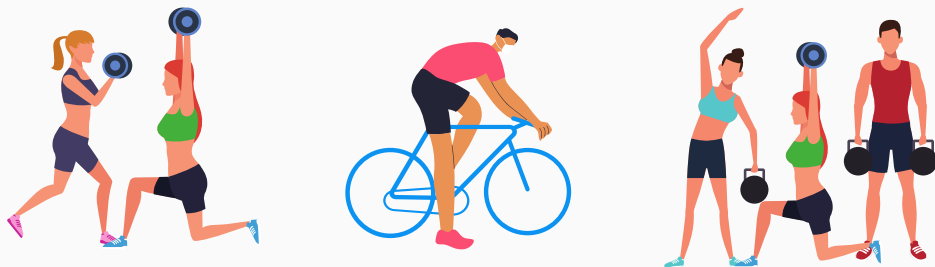
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@UAHChargerFit

# "UAH Spring Into Action" MoveSpring Challenge

Are you ready to get MOVING? Spring is just a few weeks away and there is no better time to get up and brush the dust off those sneakers and participate in a MoveSpring challenge to get active. The Spring Into Action MoveSpring will begin March 21, 2022, through March 28, 2022. The purpose of this challenge is to stay active by doing your best to achieve 30 minutes of physical activities every day for the duration of the challenge and meet the daily goal consecutive days in a row to achieve a streak. Anyone who earns a five-day streak will be entered into a random drawing for a **\$75 gift card**. **30 points** will be added to your wellness incentive. Click [here](#) to join and let's get moving!



## March Is National Sleep Awareness Month

Sleep plays an integral role in health. A good night's sleep empowers the body to recover and lets you wake up refreshed and ready to take on the day. Adults between the ages of 18 and 64 need seven to nine hours of sleep per night.

Adults 65 and older need between seven to eight hours of sleep. Unfortunately, many people have sleep problems and don't get the rest that they need. According to [sleepfoundation.org](#), 32.6% of working adults in the U.S. say they sleep six or fewer hours per night in 2017-2018, up from 28.4% in 2008-2009. Insufficient sleep and poor quality sleep can be due to diverse factors including sleep disorders, medical conditions, and mental health. Sleep issues affect people of all ages, and their impacts can be far-reaching. Insufficient sleep has an estimated economic impact of over \$411 billion dollars each year in the United States alone. It is important to implement healthy sleep habits to have a good night's sleep. For example, try to keep a regular sleep schedule. An irregular sleep schedule can cause irritability, drowsiness, mood swings, less concentration, memory problems, and headaches. For more information on sleep awareness, visit [www.sleepfoundation.org](#).



## Did You Know??

Did you know that the month of March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history. Women's History Month began as a local celebration in Santa Rosa, California as a "Women's History Week" celebration in 1978. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year. Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month.

Source: [womenshistory.org](#)

## Teacher Retirement System Virtual Seminars:

Join the Retirement Systems of Alabama Virtual Seminar, Plan, Prepare, and Enjoy: Understanding your RSA & PEEHIP Benefits for Retirement.

The virtual seminar through WebEx will include information on TRS, RSA-1, and PEEHIP Retiree Insurance. Employees will have two opportunities to participate in the seminar: Thursday, March 10th at 9:00 A.M. CST and Monday, March 28th at 1:30 P.M. CST. Click [here](#) for more information.

