



# CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

January 2020

## NATURALLY SLIM

**Eat your favorite foods. Lose weight. Repeat.**

Lose weight and improve your health – **at no cost to you** – with a ten-week program called Naturally Slim®. Naturally Slim is delivered online to your smartphone or computer and doesn't include starving, counting calories, eating diet food or punishing yourself in the gym. Instead, Naturally Slim will teach you how to eat your favorite foods while losing weight, gaining energy and reducing your risk of getting a serious condition, like diabetes or heart disease. This benefit will be available to all members enrolled in the UAH medical plan at no cost.

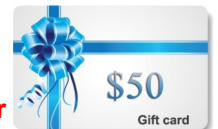
**Space is limited. Apply between January 6 - 17th, 2020**

[www.naturallyslim.com/UAH](http://www.naturallyslim.com/UAH)

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## MOVESPRING

Lace up your sneakers and stretch those hammies! We're hosting a series of step challenges through an app called MoveSpring. In the app, you can connect your wearable device or smartphone to track your steps. Compete in fun challenges and watch your progress over time! We're kicking things off with our first system wide step challenge beginning January 13, 2020, and continuing through, January 19, 2020. **If you register for MoveSpring by January 12, 2020 you will be entered into a drawing for a \$50 gift card.**



The goal is to compete in teams to climb to the top of the leaderboard. The team with the highest step average moves to the top! Stick to your goals by achieving 5,000 steps any 4 days in the challenge. **The winning UAH department will win a free lunch.**

Sign up in 3 easy steps. Join today and get stepping! **INSTRUCTIONS FOR JOINING MOVESPRING:**

You can create your MoveSpring account on a computer at [app.movespring.com](http://app.movespring.com) or by downloading the MoveSpring app to your mobile phone via the App Store or Google Play.

1. Click this join link: <https://link.movespring.com/join?groupId=5024&orgCode=UAS> You'll be navigated to the website (computer), or to download the app (mobile).
2. Enter the org code: **UAS** (not case sensitive) then confirm **The University of Alabama System** as the organization.
3. Once your account is created you'll automatically be registered in the step challenge! Join your team by campus by clicking the **Join Team** button.

*Make sure you connect a fitness tracking device and sync your steps each day of the challenge by opening the MoveSpring app or website. [Click here](#) for a full list of connectable devices and apps. We strongly suggest syncing at least once a day to keep the challenge stats up to date. If you go too many days without syncing, MoveSpring may miss some of your steps.*

### NEED HELP?

Check out the [MoveSpring Help Center](#), MoveSpring [how-to videos](#), or contact their support team via the blue dot on the bottom right of their website, or in the MoveSpring app via your profile. You can also email MoveSpring Support directly at : [help@movespring.com](mailto:help@movespring.com)



# FITNESS FRIDAY

Join Charger Fit on Friday, January 31, 2020, for a 30-minute *Zumba with Wendy* class at 12:00 P.M. in the University Fitness Center Room A. This is a fusion of international music and dance themes creating a dynamic, exciting, and energizing workout. You will earn **30 points** for participation in this event. [Click here](#) to register.



## 2020 WELLNESS INCENTIVE PLAN

All full-time faculty and staff have an opportunity to earn a **\$50**, or **\$100** incentive this year!

To be eligible for an incentive, participants must complete the tier requirements by **October 31, 2020**. Point earning activities can be found at [www.myGilsbar.com](http://www.myGilsbar.com). Log-in to the wellness center and click "Track My Points."

**Tier 1:** Complete Health Assessment (50 points), Biometric Screening (50 points), **AND earn 200 additional points\*** (300 total points) to receive a **\$50 wellness incentive**.

**Tier 2:** Complete Health Assessment (50 points), Biometric Screening (50 points), **AND earn 300 additional points\*** (400 total points) to receive a **\$100 wellness incentive**.



- Health Assessment: Available through the Gilsbar online wellness portal (50 points)
- Biometric Screening: Complete at the [Faculty and Staff Clinic](#) or your primary physician (50 points). The [UAH screening form](#) must be turned in to the Faculty and Staff clinic to receive points.

\*Point earning activities can be found at [www.myGilsbar.com](http://www.myGilsbar.com). Log in to the wellness center and click "Track My Points" for a list of point earning opportunities. Activities will also be listed monthly in the Charger Fit Wellness Newsletter.

**\*Wellness incentive not to exceed \$100. Incentive is paid out on the December 24th payroll check.**

Have you signed up for the Charger Fit Wellness program with Gilsbar? It's not to late. Follow the instructions below.

### 2-Step Portal Registration

1. Visit [www.myGilsbar.com](http://www.myGilsbar.com) and select "First Time User? Click here to register."
2. Enter group number (S2841), your email address, and the **last four digits of your A#**. **Please note it will say the last for digits of your social security number but Gilsbar has updated their system for us to use the A# in place of your SSN. Currently registered members should not be impacted as the last 4 digits are only required upon initial myGilsbar registration.**

For 24/7 access, visit [www.myGilsbar.com](http://www.myGilsbar.com), enter your email address and password to log in and select Wellness Center from the navigation.

## JANUARY EVENTS

NEW YEAR HOLIDAY - JANUARY 1, 2020

REGISTRATION FOR NATURALLY SLIM - JANUARY 6-17, 2020 \*(BC/BS Participants only)

MOVESPRING CHALLENGE - JANUARY 13-19, 2020

MARTIN LUTHER KING, JR. - JANUARY 20, 2020

FITNESS FRIDAY - JANUARY 31, 2020

\*KEEP UP -TO-DATE WITH OTHER WELLNESS EVENTS BY CHECKING OUT OUR [EVENTS PAGE](#)



## CONTACT US

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