



# CHARGER FIT WELLNESS

May 2021

## GILSBAR SPRING STEPS CHALLENGE

Who is ready for our next challenge? Gilsbar's Spring Steps Challenge is to help you with your fitness goals. The purpose of this challenge is to increase the number of steps you are taking each day. The goal will be to log 50,000 steps per week (200,000 steps total). The challenge will start May 5, 2021 - June 1, 2021. If you have not registered yet, please do so before May 4, 2021. Log on to myGilsbar to complete sign-up. Those who participate will earn **30 points** towards their wellness program points. Now is the perfect time to take advantage of the beautiful weather, get out and get some fresh air, and get moving!



## WELLNESS WEDNESDAYS



We had an awesome kick-off to our first Wellness Wednesday in April. Anneliese from American Behavioral gave our Charger Fit family great tools and tips on managing our stress levels during COVID-19 and the transition back to work to a different kind of normal. Our next Wellness Wednesday will be on May 12, 2021, at 2:00 pm. The topic for discussion will be: **Taking The Pressure Off Hypertension**. Join this webinar to learn the basics of Hypertension, including your risk factors, how you can prevent the onset of this condition, and best practices for blood pressure management. Gilsbar's Registered Nurse, Debbie Tarver, BSN, RN, CVRN-BC, will be the presenter. Those individuals who participate will earn 30 points and a chance to be randomly selected to win a \$25 gift card. Click [here](#) to register. We look forward to seeing you there!

## TELADOC

Did you know that you can talk to a doctor anytime? Employees who are currently enrolled in UAH medical coverage will have access in 2021 to a great health benefit. We've partnered with **Teladoc®** to provide you with a convenient and affordable way to receive quality medical care. **Teladoc®** lets you talk with experienced doctors by phone or video. It is a convenient option on nights and weekends when the Faculty and Staff Clinic and your primary physician office are closed. All **Teladoc®** doctors are board-certified, state-licensed, and can treat many health issues. To learn more about **Teladoc®**, click [here](#).



## AMERICAN BEHAVIORAL WEBINAR

Each month, our EAP program features a 45 to 50 minute recorded webinar with a different subject matter. This month's topic is: Healthy Connections presented by Zo Korbin. Studies have shown that individuals who feel a sense of connection to others and to their communities are likely to live longer and enjoy happier, healthier lives than those who do not. Though we're more "connected" than ever these days through technology, the amount of real, quality interactions is dwindling. We're living farther apart from family and friends and spending more time in front of screens-even when we're surrounded by others, we're often in our own world. You can find this webinars featured on the WorkLife Resources homepage on American Behavioral's website. You can login at any time during the month to view the webinar and submit questions.



### UPCOMING EVENTS

Spring Step Challenge - May 5, 2021 - June 1, 2021

Mother's Day - May 9, 2021

Wellness Wednesday - May 12, 2021

Naturally Slim Rebrand - May 13, 2021

Memorial Day - May 31, 2021



### CONTACT US

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 @UAHChargerFit



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## GILSBAR QUARTERLY WEBINAR

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the **Quarter Two Webinar: “Why Weight: Nutrition Tips For Families”** webinar.

- 1) Log into your wellness center on [www.myGilsbar.com](http://www.myGilsbar.com).
- 2) Select the webinar to view the video.
- 3) Click on the Incentive/Rewards to log the webinar and earn points



## MOVESPRING NEW CHALLENGE FEATURES



MoveSpring is committed to providing the best user experience possible. That’s why they’re continually improving their platform and user app for a fun easy experience. Here’s just a few features and enhancements that MoveSpring users will enjoy. MoveSpring has expanded your wellness initiatives beyond steps, distance, and active minutes. Now challenges can be based on any custom actions such as: water, nutrition, sleep, and meditation challenges, and more.

Users log their completion of the custom activity challenge and are scored into one of two daily goal challenge modes: Streak or Stick to it!. We look forward to trying out these new features soon!

## MAY IS MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month. Mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it’s important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery. Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives.



This year’s theme for mental health awareness month is: “You Are Not Alone”. Now more than ever, we need to stay connected with our families and communities especially in moments were are struggling. We need to know that is it’s okay to not be okay. Also remember to wear green this month to support those individuals who are battling mental illnesses.

## NATURALLY SLIM REBRANDING

Naturally Slim will officially launch it’s rebrand to **wondrHealth** on May 13, 2021. Naturally Slim has always been about much more than weight loss. NS teaches skills that help people sleep better, move more, stress less, and so much more. The name Naturally Slim was never meant to be about a specific body type. It’s a program built for everyone and anyone. So, the decision to rebrand was made to better live out that mission and values. **What’s Changing:** Naturally Slim’s name, Branding, More Instructors, and More Inclusivity. **What’s Not Changing:** Science-based and data-backed curriculum, Close-knit community of participants and coaches, 100% digital program, and **RESULTS** that last. Be on the look out for more information coming soon!

