

CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

November 2019



NOVEMBER EVENTS

FITNESS FRIDAY - NOVEMBER 22, 2019

THANKSGIVING HOLIDAY - NOVEMBER 28-29, 2019

WEIGHT WATCHERS SURVEY - DUE DECEMBER 2, 2019



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

CONTACT US

P: 256-824-2259 | E: jenny.mitchell@uah.edu | www.uah.edu/hr/wellness | facebook.com/UAHChargerFit

TELADOC HEALTH

Did you know that any employee who is currently enrolled in a UAH medical coverage plan can utilize Teladoc Health? We've partnered with Teladoc Health to provide you with a convenient and affordable way to receive quality medical care. Teladoc Health lets you talk with experienced doctors by phone or video, 24/7/365 for cold & flu, allergies, rash and much more. It is a convenient option on nights and week-ends when the Faculty and Staff Clinic and your primary physician office are closed. All Teladoc Health doctors are board-certified, state-licensed, and can recommend treatment and prescribe medication (when medically necessary). To learn more about Teladoc Health, [click here](#). If you are not currently enrolled in Teladoc Health and register before January 1, 2020, you will be entered into a drawing for a \$25 gift card.



FITNESS FRIDAY

Join Charger Fit on Friday, November 22, 2019, 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. Those who attend this fitness Friday will be entered into a drawing for a gift card! [Click here](#) to register.



COMING IN 2020

You spoke and we listened. Coming in January 2020 we will have a new activity program called MoveSpring. All wearable devices are welcome. We will provide more details on how to sign up and when the challenges will begin in the coming months.



WEIGHT LOSS 2020

Coming January 2020 you will have two options for a weight loss program, Naturally Slim and Weight Watchers At Work.

[Naturally Slim](#) is a simple online program that uses informative videos and learning tools to teach you how to lose weight and improve your health. It is available via your desktop, laptop or mobile device. This benefit will be available to all members enrolled in a medical plan with UAH at no cost. More information will be provided beginning January 1, 2020.

Weight Watchers At Work is a 12-week series with weekly onsite workshops with a health coach during your lunch break. This is open to all UAH employees at a cost of \$156. Employees who enroll during the kick-off session (first meeting) are eligible to receive an incentive discount with a cost of \$132.60.

Charger Fit would like your feedback. If you are interested in signing up for either option, please complete [this survey](#) at your earliest convenience. Our deadline to receive your response is **Friday, December 13th**.

natura)(y slim

