

# CHARGER FIT EMPLOYEE WELLNESS NEWSLETTER

October 2019



Office of Human Resources

2020

*Open Enrollment*

**READY, SET, ELECT!**

October 16 – November 4

**NO ACTION = NO COVERAGE**



## OCTOBER EVENTS

FITNESS FRIDAY - OCTOBER 27, 2019

LUNCH-N-LEARN - THE SCIENCE OF HAPPINESS - OCTOBER 29, 2019

4TH QUARTER WEBINAR DEADLINE - OCTOBER 31, 2019

WALK @ LUNCH AND HALLOWEEN CONTEST - OCTOBER 31, 2019

WELLNESS INCENTIVE DEADLINE - OCTOBER 31, 2019

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

## CONTACT US

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# WELLNESS INCENTIVE

## DEADLINE IS APPROACHING

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, 2019**.

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." Activities will also be listed monthly in the Charger Fit Newsletter.

**Tier 1:** Complete Health Assessment (25 points), Biometric Screening (50 points), **AND earn 175 additional points\*** (250 total points) to receive a **\$50 wellness incentive**.

**Tier 2:** Complete Health Assessment (25 points), Biometric Screening (50 points), **AND earn 275 additional points\*** (350 total points) to receive a **\$100 wellness incentive**.

**\*Wellness incentive not to exceed \$100. Incentive is paid out on the December 28th payroll check.**



## FLU SEASON

In the United States, flu season occurs in the fall and winter. The peak of the flu season can occur anywhere from late November through March.



[The CDC recommends](#) getting vaccinated by the end of October. Everyone 6 months of age and older should get a flu vaccine every year before activity begins in their community.

Visit the **UAH Faculty & Staff Clinic** in Wilson Hall, Room 327, to get your Flu Shot. The cost is \$20. **Call 256.824.2100 to schedule your appointment today.**

## FITNESS FRIDAY

Join Charger Fit on Friday, October 25, 2019, for a 30-minute **Intro to Aerobics** class at 12:00 P.M. in the University Fitness Center Room A. You will earn **15 points** for participation in this event. [Click here](#) to register.



## THE SCIENCE OF HAPPINESS LUNCH-N-LEARN



Join Charger Fit on Tuesday, October 29, 2019, for a **The Science of Happiness** Lunch-N-Learn in Shelby Center Room 301. The program will start at 11:45 a.m. and last until 1:00 p.m. You are encouraged to bring your lunch and we will provide drinks and fruit.

During this session we will explore the history and research behind the concept of happiness and how it relates to various facets of your life. We will explore the intentional activities you can do to increase your life satisfaction and fulfillment. You will earn **15 points** for participation in this event.

[Click here](#) to register for this seminar.

## 4TH QUARTER WEBINAR - FINDING BALANCE



Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the **Quarter 4 "Finding Balance"** webinar and quiz by October 31th!

- 1) Log into your wellness center on [www.myGilsbar.com](http://www.myGilsbar.com).
- 2) Select the correct webinar under **Quarterly Webinar** tile.
- 3) Complete the quiz under **Incentives & Rewards** tile and **Quarterly Webinars & Quizzes** section.

## WALK AT LUNCH AND HALLOWEEN COSTUME CONTEST

Join Charger Fit on October 31, 2019 at 11:30 - 1:30 pm on the Greenway for a Halloween costume contest and walk at lunch. Come dressed in your Halloween costume and be entered for a chance to win a gift card for the best costume.

Visit our table in the breezeway next to Charger Union to be entered in the contest and to received **15 points** for participation. This is your last chance to earn points for your wellness incentive.



## FACEBOOK - @UAHChargerFit



Charger Fit has a Facebook page just for you [@UAHChargerFit](https://www.facebook.com/UAHChargerFit). Be sure to like and follow us to keep up-to-date on events and health information. We will also be sharing upcoming activities that you will want to be on the lookout for. Be sure to visit our [wellness website](#) too.

## QUESTIONS, COMMENTS OR SUGGESTIONS

If you have ideas, comments, or suggestions regarding the Charger Fit Employee Wellness program or web page, please submit those ideas to Jenny Mitchell at [jenny.mitchell@uah.edu](mailto:jenny.mitchell@uah.edu).

