



Wellness Newsletter

Wellness Wednesday

OCTOBER 13, 2021 @ 2:30PM

Our next Wellness Wednesday is quickly approaching! This month's Wellness Wednesday topic will be "Exercise, Nutrition, and Your Lifestyle" presented by Alyssum Reno, MS who is a Clinical Professor here at UAH. During the presentation, we will discuss the importance of exercise and nutrition and how to incorporate each to various lifestyles. Alyssum will discuss basic exercise and nutrition recommendations outlined by the American College of Sports Medicine and Academy of Nutrition and Dietetics and how to find a balance that works for you. It's one thing to know the recommendations, but how can we fit them into our busy lifestyles? **30 points** (max 150 points) will be added to your wellness points. To register, click [here](#).

Wellness Incentive

DEADLINE IS APPROACHING!

All full-time faculty and staff have an opportunity to earn a \$50, or \$100 incentive this year. The deadline to earn points for this year's wellness program is October 31st.

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.

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



OCTOBER
2021

UPCOMING EVENTS

TIAA Financial IQ Test
OCTOBER 1-31

Secret Meals 5K
Run/Walk
OCTOBER 2

Move Spring Challenge
OCTOBER 11 -18

Wellness Wednesday
OCTOBER 13

Open Enrollment
OCTOBER 14 - NOVEMBER 3

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MoveSpring

It's time to get "Fit in the Fall!" This MoveSpring challenge will start on October 11, 2021, and continues through October 18, 2021. The goal for the "Fit in the Fall" challenge is to reach 7,000 steps a day, five times throughout the course of the eight-day challenge. Those who reach the targeted goal of five days will be entered into a random drawing for a fitness swag bag. Also, all participants will receive 30 points towards their wellness incentive. Click [here](#) to join the challenge!



October is Breast Cancer Awareness Month

Did you know that 1 in 8 women will be diagnosed with breast cancer? Breast Cancer Awareness Month is an international health campaign lasting the month of October that is intended to increase global awareness of breast cancer. According to Britannica.com, breast cancer is the most common cancer affecting women. In 2018, more than two million new cases were reported worldwide. Of all regions worldwide, North America has the highest incidence of breast cancer in women. It is very important for women to know how healthy breasts look and feel. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for women to be aware of changes in their breasts and to know the signs and symptoms of breast cancer. For more information on breast cancer awareness, please visit the American Cancer Society's [webpage](#).



Open Enrollment: October 14 - November 3rd

This year's open enrollment will be a passive enrollment which means the current elections you have for medical, dental, and vision insurance for 2021 will rollover into 2022. If you do not want to make any changes to your insurance plan there is no need to respond. However, if you would like to participate in:

- Flexible Spending Account (FSA)
- Health Savings Account (HSA),
- Dependent Care

you WILL need to make a new election for 2022. If you have any questions regarding open enrollment, please contact our office at 256-824-6640

TIAA'S Put Your Financial IQ To The Test: October 1st - October 31

\$250 Amazon gift card could be yours!

The more five question quizzes you take, the more you learn, and the better your chance to win.

Click [here](#) to take the challenge today!



Secret Meals 5K Run/Walk: Help End Childhood Hunger in North Alabama

When: October 2 @ 8:00 AM

Where: UAH Campus - Alabama Credit Union

You're invited to take part in the Secret Meals 5K. This event is a great way to promote healthy, active lifestyles for our community while supporting a great cause, Secret Meals For Hungry Children. The entry fee is \$35 and each race participant will receive a t-shirt, swag bag, and medal when crossing the finish line. The top three male and female winners will receive a prize!!

Secret Meals For Hungry Children provides nutritional food packs for elementary school children living in poverty in the North Alabama area. For these children receiving free or, reduced breakfast and lunch is their only way to receive steady meals.

Want a way to make the race fun? Invite your friends and co-workers to join you to compete for The Charger Cup! Teams of five or more can compete to win the Charger Cup. The winning team will have their team name displayed on a plaque on the Charger Cup trophy located inside the Alabama Credit Union's Charger Cove and a replica of the Charger Cup will be presented to the winning team.

For more information on the Secret Meals 5K Run/Walk or to register for the event, click [here](#).

This is a rain or shine event so come prepared for the weather.



UAH CAMPUS
OCTOBER 2, 2021 8 A.M.
REGISTER AT SECRETMEALS.ORG

HELP END CHILDHOOD HUNGER IN NORTH ALABAMA

THE CHARGER CUP



REGISTER YOUR TEAM TODAY!

Teams of five or more can compete to win the Secret Meals 5K Charger Cup. Your team's lowest score will be dropped and the top four times will be added together to determine the winner.

The winners will get their team name displayed on the Charger Cup trophy located on campus inside Alabama Credit Union's Charger Cove.



UAH CAMPUS
OCTOBER 2, 2021 8 A.M.
REGISTER AT SECRETMEALS.ORG

HELP END CHILDHOOD HUNGER IN NORTH ALABAMA

Registration Fee \$35
Use Promo Code UAH and get \$5 off!

Gilsbar - 4th Quarter Webinar

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the Quarter 4 "Know Your Risk: Importance of Preventive Care & Healthy Habits" webinar and quiz by October 31st!

1) Log into your wellness center on www.myGilsbar.com.

2) Click on the "Know Your Risk: Importance of Preventive Care & Healthy Habits" Webinar tile.

3) Answer the question after the webinar to earn your points.

We Want To Hear From You: Charger Fit Survey

Here at Charger Fit, our employees health and well-being is our top priority! As the 2021 wellness program is nearing its completion, we'd like to hear from our staff about how the Charger Fit program is meeting your expectations. Please take a moment to complete a brief [survey](#) to provide feedback to help Charger Fit better understand what our staff members need in their wellness program. The deadline to complete the survey is Oct. 8th!

