



Wellness Newsletter



UAH Open Enrollment

It's time to Kick-Off Enrollment! Open Enrollment will be held from October 13th - November 2nd. Open Enrollment allows you an opportunity to review and make changes to your benefit elections for the 2023 calendar year. If you do not need to make changes, your medical, dental, vision, life, and disability coverages will carry over. You must take action if you want to enroll in a Healthcare Flexible Spending Account (FSA), Dependent Care FSA, or to make contributions into your Health Savings Account.



Join Us for the 2022 Health and Wellness Fair

To "Kick Off" Open Enrollment this year, we are planning a Pep-Rally (For your Health)! The 2022 Faculty & Staff Health and Wellness Fair will be held on Friday, October 14th from 11:00 a.m.- 2:00 p.m. in the Conference Training Center (CTC) Building Exhibit Hall. You will have the opportunity to meet and speak to all of our benefit providers as well as external vendors who offer products and services related to health and wellness. All attendees are encouraged to show their team spirit by wearing their favorite team colors. Tailgate-style snacks and refreshments will be provided on a first come first serve basis. **Attendees will receive a free Charger Fit giveaway!** You can visit all of the vendor booths to be entered in a drawing for great door prizes! Be sure to visit the Charger Fit table to pick up your giveaway item, bingo card, and to sign-in to receive your 30 wellness points. We look forward to seeing you!

OCTOBER 2022

UPCOMING EVENTS

UAH Open Enrollment
OCTOBER 13 - NOVEMBER 2

Health and Wellness Fair
OCTOBER 14 @ 11:00 A.M.

Workout With Charger Fit
OCTOBER 6, OCTOBER 19,
OCTOBER 28



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@UAHChargerFit

2022 Wellness Plan Year Ending on October 31st.

Time is ticking to meet all of the requirements to earn your annual wellness incentive. 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: 300 Points = Receive a \$50 Wellness Incentive
a. Complete Health Assessment ***Required*** (50 points)
b. Biometric Screening ***Required*** (50 points) AND
c. Earn 200 additional points* (300 total points)

Tier 2: 400 Points = Receive a \$100 Wellness Incentive
a. Complete Health Assessment ***Required*** (50 points)
b. Biometric Screening ***Required*** (50 points) AND
c. Earn 300 additional points* (400 total points)



Point earning activities can be found at www.myGilsbar.com. Log in to the wellness center and click the "Incentives & Rewards" tile for more details on each point earning opportunity.

****The incentive is paid out on the December 23rd payroll check.****

Cold and Flu Prevention Tips for the Workplace

Employees need to be informed about the contagious nature of colds and flu in the workplace and the proper way to prevent spreading these illnesses. [The Occupational Safety and Health Administration \(OSHA\)](#) created basic hygiene guidelines for workers to help prevent the spread of the flu in the workplace. Getting a [flu shot](#) is the best method, but additional cold and flu prevention tips for the workplace include:

- **Staying at home:** If employees have symptoms of the flu, The CDC recommends that they stay at home. Symptoms include fever, runny nose, body aches, headache, or vomiting. The CDC recommends that workers who have a [fever and respiratory symptoms](#) stay at home until 24 hours after their fever (100 degrees Fahrenheit) ends. Employees should be encouraged to use their sick days or work from home to help prevent the spread of the flu.
- **Washing your hands:** Wash your hands frequently with soap and water for at least 20 seconds, especially after sneezing, coughing, or blowing your nose. If soap and water are not available, use an alcohol-based hand rub as an interim until hand washing is possible.
- **Avoid touching your face:** Avoid touching the nose, mouth, and eyes to prevent the spread of germs. Also, do not shake hands or come in close contact with co-workers who might be ill.
- **Cover your mouth:** Cover coughs and sneezes with a tissue or your upper sleeve. Throw the used tissue away immediately.
- **Clean surfaces:** Keep frequently touched common surfaces, counters, copiers, telephones, computers, etc., clean. Wipe them down with a disinfectant.
- **Be healthy:** Eat a healthy diet and get plenty of rest and exercise.

Source: AmTrust Financial



Cranberry Pumpkin Muffins

Makes: 12 servings

Ingredients

- 42 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

Directions

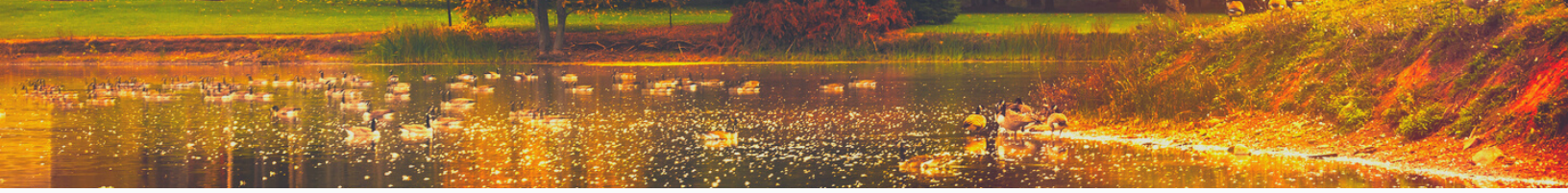
1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Nutritional Information (Serving size: 1 muffin)

Total calories 204
Total fat 7g
Saturated Fat 1g
Cholesterol 31mg
Protein 3 g
Sodium 255 mg
Calcium 83mg
Carbohydrate 32g
Iron 2mg
Potassium 82mg
Dietary fiber 1 g
Total sugars 14 g

Source: myplate.gov





October is Breast Cancer Awareness Month

Breast Cancer Awareness Month, held in October every year, was created in 1985 to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at supporting people diagnosed with breast cancer, including metastatic breast cancer educating people about breast cancer risk factors stressing the importance of regular screening, starting at age 40 or an age that’s appropriate for your personal breast cancer risk fundraising for breast cancer research. October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness to the need for more research about metastatic disease. Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. President Joe Biden designated October 17 to October 23 Men’s Breast Cancer Awareness Week. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.

Source: breastcancer.org



Secret Meals 5K Run/Walk Sponsored by Alabama Credit Union

Help end childhood hunger in North Alabama!

UAH Charger Fit is partnering with Alabama Credit Union on a 5k run/walk to benefit Secret Meals for Hungry Children. On Saturday, November 5th, join us in the fight against hunger and participate in the 8th Annual Secret Meals 5K. This event will be held on UAH's campus. We encourage participants of all ages and abilities. 100 percent of the proceeds from this event will provide weekend food packs to help feed children in North Alabama through the Secret Meals for Hungry Children Program.

All UAH students and employees will receive a discounted registration fee. Visit the Alabama Credit Union UAH branch or use promo code “UAH” to receive your \$5 discount code.

JOIN THE CHARGER FIT TEAM!

Charger Fit will pay registration costs for the first 15 participants who join! If you want to join our team, please contact us directly at chargerfit@uah.edu. Team members will receive a free race t-shirt, swag bag, and medal as your cross the finish line. Do not sign up through the event registration as you will be prompted to submit payment. We ask that if you sign up for our team, to please commit to participating since we are limited to only 15 team members. If you register and are unable to attend, please let us know as soon as possible, as there may be individuals on the wait list.

Event details

Date: Saturday, November 5, 2022, at 8:00 A.M

Location: UAH Campus

Cost: \$30.00 for UAH Students and Employees

More information: <https://raceroster.com/events/2022/61664/8th-annual-secret-meals-5k>



TIAA Quarterly Webinars

Attend live webinars to help boost your financial know-how



Have You Completed Your Biometric Screening and Health Assessment? Deadline Approaching!

Biometric Screening

To complete your your biometric screening, you may schedule an appointment with the Faculty and Staff Clinic through the employee portal. You can also have the biometric screening completed with your own physician. To receive credit towards your wellness incentive, you must have your physician complete a form and provide it to the Faculty- Staff Clinic. Email Chargerfit@uah.edu or visit the Charger Fit website to obtain the screening form. 50 points will be awarded and a \$50 gift card will be mailed to all eligible employees who complete the screening. Remember, completion of the biometric screening is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.

Health Assessment

The Health Assessment is an online tool that gives you a personalized health profile. The assessment covers areas such as diet, exercise, tobacco use, and more. 50 points will be awarded to your wellness incentive. Completion of the Health Assessment is mandatory to receive the wellness incentive at the end of the year, and must be completed no later than October 31, 2022.

COMPLETE YOUR ASSESSMENT

1. Login to your Wellness Center at myGilsbar.com or via the Gilsbar Wellness app.
2. Click the HEALTH ASSESSMENT tile.
3. Complete and submit the Health Assessment.