

# CHARGER FIT NEWSLETTER

WWW.UAH.EDU/HR/WELLNESS | FACEBOOK.COM/UAHCHARGERFIT

SEPTEMBER 2020



VOLUME 4, ISSUE 9

*Step Into September*

## BLOOD CANCER AWARENESS MONTH

September was designated as National Blood Cancer Awareness Month in 2010 by the United States Congress. Every 3 minutes someone in the United States is diagnosed with a blood cancer. Together, we can all help to #ConquerBloodCancers.

Helping cure blood cancers can be as easy as staying aware by following and sharing the Leukemia Research Foundation on social media. The benefit of this may not be obvious, but awareness is an important part of helping people diagnosed with a blood cancer and their families.

Learn more about blood cancers at [Leukemia & Lymphoma Society](#) and [Leukemia Research Foundation](#).

## STEP INTO A SEPTEMBER RESET CHALLENGE

Summer is over which makes this the perfect time to get back into a routine with your fitness. For this challenge, you chose your daily step goal of either 5,000 (low steppers), 7,000 (medium steppers) or 10,000 (high steppers) steps per day and try to "stick to it" for the duration of the challenge. The challenge will take place September 7-13, 2020, through your MoveSpring App.

Each time you meet your daily step goal, your name will be entered into a drawing for one of three \$25.00 gift cards. You will also earn **30 points** toward your wellness incentive for participating. [Click here for registration details](#).

## CHARGER FIT THEME FOR 2021

Charger Fit needs your help in choosing a theme for 2021. The theme that is chosen will also be the theme for our Wellness Fair held in the Spring. [Submit your suggestions here by September 30th](#). The employee who submits the winning theme will win a \$25.00 gift card.

**Past themes:** 2018-*Spring into Good Health*; 2019-*Be Strong. Be Healthy. Be Happy*; 2020-*Charge Into Wellness*

## SEPTEMBER EVENTS

### SEPTEMBER

BLOOD CANCER AWARENESS MONTH

### SEPTEMBER 7

LABOR DAY - CAMPUS CLOSED

### SEPTEMBER 7-13

STEP INTO A SEPTEMBER RESET CHALLENGE

### SEPTEMBER 7

CUTEST PET OF 2020 WEEKLY VOTING BEGINS

### SEPTEMBER 17-30

REGISTRATION FOR OOH, LOOK AT THOSE BENEFITS CHALLENGE

### SEPTEMBER 30

DEADLINE TO SUBMIT 2021 CHARGER FIT THEME SUGGESTIONS

## UAH'S CUTEST PET PHOTO CONTEST

Who will be UAH's Cutest Pet of 2020? Faculty and staff will vote weekly for who they think is the cutest pet. Weekly voting will open Monday at 8:30 a.m. and close Friday at 5:00 p.m., starting September 7th. There will be five weeks of voting and the top two pets with the most votes from each week will be entered into the finals to determine the overall winner. Weekly winners will be announced every Monday on our [Facebook page](#). [Click here](#) to vote, starting September 7th.



## IMPORTANCE OF R & R TIME

Do you feel overwhelmed by work or like your work-life balance is out of whack? Have you skipped out on vacation plans this year? Many of us have due to COVID-19 and travel restrictions. A number of studies have shown that taking time away from the job can have physical and psychological health benefits. People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals. Studies also indicate that the benefits of taking time off include increased productivity, creativity, and performance. You may want to consider a staycation and take time to “unplug” from work and enjoy hobbies, take a walk or hike on nearby nature trails, or read a book for enjoyment. The vacation benefit is to help you take time away from work to recharge. Don't forget on October 1st any vacation balance over one year's accrual will roll-over to sick leave.

## LIFESPEAKS

LifeSpeaks, 12 new content tiles added to your Wellness Center, consists of about 6 short videos (6-8 minutes), along with tip sheets and action limits. The new content includes: *Loneliness*, *Addressing Anxiety Head On*, *Depression from A to Z*, *A Practical Guide to Mindfulness*, *Building Resilience*, *Stress Mastery*, *Toward Thriving: Positive Psychology*, *The Science of Wellbeing and Happiness*, *Understanding and Coping with Grief*, *Psychological Wellness in the Workplace*, *Understanding and Managing Anxiety and Worry in Your Child/Teen*, and *Better Sleep for Better Health*. Details on each topic can be found under Wellness Resources by [visiting this page](#).

## WELLNESS INCENTIVE - DEADLINE APPROACHING

All full-time faculty and staff have an opportunity to earn a \$50, or \$100 incentive. To be eligible for the incentive, participants must complete the tier requirements, outlined below, by **October 31, 2020**. Point-earning activities can be found at [www.myGilsbar.com](http://www.myGilsbar.com) and in the monthly newsletter. After logging into your wellness center on myGilsbar click “Track My Points” to view point-earning opportunities.



**Tier 1:** Complete Health Assessment (50 points) **AND** earn additional 350 points (400 total points) to receive a **\$50 wellness incentive**.

**Tier 2:** Complete Health Assessment (50 points) **AND** earn additional 450 points (500 total points) to receive a **\$100 wellness incentive**.

**\*Wellness incentive not to exceed \$100. Incentive is paid out on the December 25th payroll check.**

## REMINDER OF OUR PRIVACY NOTICE

Charger Fit understands that health information about you and your health is personal. We are committed to protecting medical information about you. This [Privacy Notice](#) will tell you about the ways in which the Plan may use and disclose medical information about you. This Notice also describes your rights and certain obligations the Plan has regarding the use and disclosure of medical information. The Plan is required by law to:

- make sure that medical information that identifies you is kept private;
- give you this notice of the Plan's legal duties and privacy practices with respect to medical information about you;
- notify you in the case of a breach of your unsecured identifiable medical information; and
- follow the terms of the notice that is currently in effect.