



BEACH EMPLOYEE WELLNESS

BEWell BEAT

1ST QUARTER 2021

2020 Screening Forms MUST be submitted to BEWell by January 31, 2021.

Virginia Beach City and School employees and retirees made their health a priority in 2020!

📱 The most popular self-selected topics on the Virgin Pulse platform were *Coronavirus (COVID-19)*, *Being Productive*, and *Eating Healthy*.

👣 Averaged 8,282 steps per day!

❤️ Over 7,000 Health Check Assessments completed.

BEWell Corporate Challenge!

Nothing gets us moving like music - whether it's a samba in Rio or a waltz in Vienna.

Come join us on a tour of the world's great music centers. Explore a range of musical traditions, from Cuban jazz to the London Philharmonic. Put on your walking shoes, or your dancing shoes. No matter the Rhythm That Moves You, plug in your earbuds and let's get moving!

- REGISTRATION OPENS: Monday, FEB 1, 2021
- CHALLENGE DATES: Monday, FEB 8 - Monday, FEB 22, 2021
- REWARDS DATE: Friday, February 26, 2021

INDIVIDUAL REWARDS

1st Place	200 points
2nd Place	150 points
3rd Place	100 points

TEAMS THAT AVERAGE:

7,000 - 9,999 steps per day
10,000 - 14,999 steps per day
15,000 - 19,999 steps per day
20,000 or more steps per day

WILL RECEIVE:

200 points per team member
275 points per team member
350 points per team member
425 points per team member

BEWell, Stay Well

SETTING GOALS

Achieve your New Year resolutions this year by setting **SMART** goals! Regardless of what it is you want to achieve, setting SMART goals will help you stay on track and ultimately reach success.

Specific - Instead of trying to "eat healthier," aim for something more specific like eliminating soda or adding an extra serving of vegetables each day.

Measurable - Choose something that you can track, like exercising for 30 minutes at least three times per week.

Attainable - Goals that are too easy or too hard are not sustainable in the long run. Find a goal in between that will keep you motivated so you'll be able to achieve success.

Realistic - Saving your entire paycheck for a big expense down the road sounds nice, but it is nearly impossible with other bills. Setting realistic goals will keep you encouraged and moving forward.

Timely - Setting a timeframe for when you want to achieve your goal helps set boundaries to prevent losing focus.

Here are a few examples of SMART goals:

- Walk at least 10,000 steps at least five days per week
- Shut off all screens by 9:00 p.m. on weeknights for one month
- Eat two meat-free meals per week for one month

SOURCES: The Mayo Clinic; Center for Disease Control and Prevention

Work From Home Resources

The COVID-19 pandemic has completely changed the way we work and live.

BEWell has compiled a list of resources to help you stay healthy while working from home. To access these resources, visit vbgov.com/benefits, select BEWell, and click on the "Resources & Information" tab.

Program Spotlight: New Weight Management Program with Naturally Slim

We're excited to introduce a new weight management program, Naturally Slim! Naturally Slim is a common-sense online program that focuses on **when** and **how** you eat instead of **what** you eat. Learn the skills to lose weight and keep it off forever while still eating your favorite foods and improving your health. Plus, you will reduce your chance of developing a serious, chronic disease, such as diabetes or heart disease. And, the costs are covered 100%, meaning **there is no out of pocket cost for you**. The program is conveniently delivered online, so there are no meetings to schedule – just log on when it's convenient for you and start losing weight.

WHO'S ELIGIBLE?

All City and School benefits-eligible employees, as well as retirees on the Optima Health plan are eligible to apply to the program.

Learn More And Enroll:
naturallyslim.com/BEWell

ENROLL: JAN 4 - JAN 15, 2021 | PROGRAM STARTS: FEB 1, 2021



BEWell Program Updates

UPDATED POINT TRIGGERS & VALUES FOR 2021

Take advantage of updated point earning opportunities for 2021. The point system remains the same from 2020 with the exceptions noted below.

ACTIVITY/PROGRAM	HOW OFTEN	POINT TRIGGER	2020 POINTS	2021 POINTS
Tobacco cessation: Quit for Life	Semi-Annually	Complete 3 calls	750 points	3,000 points
Weight management: Naturally Slim	Annually	Complete at least 8 weeks of the foundations phase	--	2,000 points
Weight management: Naturally Slim	Annually	Complete at least 7 weeks of the ns4you phase	--	1,000 points

SCREENING PROGRAM INCENTIVE FORMS ARE NOW ELECTRONIC!

**NEW
PROCESS FOR
2021!**

To access the electronic forms and upload supporting documents, visit <https://screeningforms.vbcps.com/>. Before uploading, please be sure that your supporting documentation includes all required information necessary to allow for timely processing.

Note, BEWell will no longer distribute screening forms or accept physical documents via email, fax, interoffice mail, or USPS mail.

Boost Your Points!

Nutrition made easy. Start achieving your nutrition goals today with Virgin Pulse's robust NUTRITION GUIDE to build healthy habits that will last a lifetime. Key attributes of the Nutrition Guide are:

- **Personalization:** Choose from six nutrition plans to best match your eating style. Update your eating type quarterly and receive 250 points!
- **Track Progress:** Track your daily calories in vs. your daily calories out. Set a goal and view your weight progress over time. Earn 20 points each day for tracking your daily calories!
- **Get Recipes:** Create meal plans, even if you have food restrictions and allergies. Even better, earn 10 points for favoriting a recipe weekly. In addition, earn 10 more points weekly for adding a recipe to your grocery list!



Quarterly Events

1 BEWELL EDUCATION WEBINARS

Register for and attend a BEWell Class - you can learn something new! [Visit BEWell online or log in to your Virgin Pulse account for upcoming classes and registration!](#) If you miss a chance to view a live webinar, a recording will be available on the BEWell site.

Note, points will not be given for participating in the webinars.

● EAT BETTER: STAY HEALTHIER (HUMANA) | WEDNESDAY, JAN 13, 2021 | 12 - 1 PM

Skipping breakfast? Grabbing a fast-food lunch on the run? Since many health problems are caused or worsened by poor eating habits, a proper diet is critical in maintaining health and well-being. This seminar focuses on choosing healthy food; reading food labels; determining reasonable portions; eating well even when time is tight; and recognizing the benefits of eating a balanced diet.

Following this seminar, attendees will be able to:

- Make smart food choices every day
- Get the most nutrition out of their calories
- Understand why diets often do not work
- Improve overall health and well-being.

● PLATFORM OVERVIEW WEBINAR (VIRGIN PULSE) | WEDNESDAY, FEB 17, 2021 | 12 - 1 PM

Gain a better understanding of the Virgin Pulse platform and learn ways to earn points to become a healthier you.

● FITNESS WITH YOUR FAMILY (HUMANA) | WEDNESDAY, FEB 24, 2021 | 12 - 1 PM

Quality time with family and friends can be even more fun and healthy when we include physical activity. This seminar will help participants learn new ideas for getting fitness into the picture while spending time with all the people they love, including those with different abilities, children, teens and older adults. The seminar will also explore partner exercises and activities with pets.

Following this seminar, attendees will be able to:

- Adopt strategies to build more physical activity into their family time
- Identify activities to do with family members of different ages and abilities
- Practice partner exercises and activities with pets.

● FINDING PURPOSE: THE GATEWAY TO WELL-BEING (HUMANA) | WEDNESDAY, MAR 17, 2021 | 12 - 1 PM

Finding purpose in our personal and professional lives is something we all strive for. This seminar explores the impact of purpose on health and well-being, why it matters and strategies to help participants explore the things that give them a sense of purpose and how to tap into that purpose with intention.

Following this seminar, attendees will be able to:

- Understand the impact of purpose on well-being
- Identify ways to reinvigorate and deepen your sense of purpose.

2 MOBILE MAMMOGRAPHY

The Chesapeake Regional Healthcare 3D Mobile Mammography Unit makes mammogram appointments fast and convenient for City and School employees and retirees. Earn 250 BEWell points by completing and submitting documentation to BEWell at ScreeningForms.vbcps.com. [Visit BEWell online or log in to your Virgin Pulse account for dates and locations!](#)

TO BOOK AN APPOINTMENT:

ONLINE: chesapeakemammo.com

PHONE: 757.312.6400

Upcoming Office Closures

● **NEW YEAR'S DAY** | Friday, January 1, 2021

● **MARTIN LUTHER KING DAY** | Monday, January 18, 2021

● **PRESIDENT'S DAY** | Monday, February 15, 2021



Jennifer Crow

BEWell Champion Spotlight

Adjusting to the changes of our world has been a learning curve for Virginia Beach City and School employees. Finding ways to cope and create normalcy has been a trend, especially for BEWell Champions diligently assisting employees with providing resources that enable health promotion and wellbeing during these unprecedented times. Champions Jennifer Crow (Princess Anne MS), Rodney Diaz (Voter Registration & Elections) and Nicole Ingalls (DCCE) have all utilized technology to interact with their staff incorporating activity into their workdays. They incorporated a variety of methods such as stretch breaks on Zoom, providing links to resources such as yoga videos and short workouts, and encouraging participation to complete small movements and stretches at the top of every hour to avoid a sedentary lifestyle. These Champions collectively promoted BEWell programs by posting resources for staff, encouraging participation with the virtual BEWell Education Classes and communicating quarterly updates. Way to go Champions!



Nicole Ingalls

Become a BEWell Champion today! Do you enjoy helping others achieve a healthy lifestyle and promoting BEWell programs? Become a BEWell Champion! Visit BEWell online to check if your site is represented, review the BEWell Champion expectations, and complete the BEWell Champion application.

BEWell Contact Information

PHONE

757-263-1060, Option 2

EMAIL

BEWell@vbschools.com

WEB ACCESS

INTRANET (*login required*)

- School employees: vbcps.sharepoint.com
- City employees: beachnet.vbgov.com

PHYSICAL ADDRESS

641 Carriage Hill Road
Virginia Beach, VA 23452

MAILING ADDRESS

2512 George Mason Drive
Virginia Beach, VA 23456

WEBSITE: vbgov.com/benefits

Wellness Platform: VIRGIN PULSE

PHONE

888-671-9395

EMAIL

support@virginpulse.com

WEBSITE

join.virginpulse.com/virginia-beach

Weight Management Program: NATURALLY SLIM

PHONE

855-999-7549

WEBSITE

naturallyslim.com/BEWell

Employee Assistance Program and Work-Life Services: HUMANA

PHONE

800-448-4358
(TTY: 711)

APP

EAP by Humana
Username: *VirginiaBeach*
Password: *employee*

WEBSITE

humana.com/eap
Username: *VirginiaBeach*
Password: *employee*

3D Mobile Mammography:

CHESAPEAKE REGIONAL HEALTHCARE

PHONE

757-312-6400

WEBSITE

chesapeakemammo.com

Quit For Life[®] Tobacco Cessation: OPTUM

PHONE

866-QUIT-4-LIFE
(866-784-8454)

WEBSITE

quitnow.net/VirginiaBeach

Disease Management & Partners in Pregnancy:

OPTIMA HEALTH

DISEASE MANAGEMENT PHONE

866-503-2730

PARTNERS IN PREGNANCY PHONE

866-239-0618

AccordantCare[™] Rare Disease Management: ACCORDANT

PHONE

866-535-5439

WEBSITE

accordant.com

HEALTH STATION LOCATIONS:

Due to COVID-19, BEWell Health Stations are CLOSED for your safety until further notice.