



BEACH EMPLOYEE WELLNESS

BEWell BEAT

2ND QUARTER 2021



You can now earn 300 points for attending *select* live BEWell webinars. While all webinar recordings will be available to watch post-event, points will only be rewarded if you attend the live webinar.

BEWell's weight management program, Naturally Slim, is rebranding as **Wondr Health!** The new Wondr name embodies the connection between mind and body and encourages you to dream of what your lives could be if you were in your best health – both physically *and* mentally.

In May, BEWell will be emailing all employees a link to a short survey asking about your Employee Assistance and Work-Life Services needs. Please take some time to fill it out - we appreciate your feedback!

BEWell, Stay Well

BENEFITS OF WALKING

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, walking regularly can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood

Did you know walking can also provide specific benefits for expecting mothers and those attempting to quit smoking? Regular exercise can help expecting mothers cope with the physical changes of pregnancy and build stamina for the challenges ahead. Unlike some other types of popular exercise, walking provides moderate aerobic conditioning with minimal stress on your joints.

For those trying to quit smoking, exercise can be a good distraction and keep you busy until the craving of a cigarette passes. Studies show that even short periods of physical activity, especially aerobic exercise, reduce the urge to smoke. Furthermore, withdrawal symptoms and cravings for cigarettes decrease during exercise and up to 50 minutes after exercising.

It's always important to consult your health care provider before beginning any exercise program.

SOURCES: *The Mayo Clinic; Smokefree.gov*

Double Points – Daily Caloric Tracking

DOUBLE POINTS OPPORTUNITY!

Earn double points May 28th - 30th for daily calorie tracking on the Virgin Pulse platform using their partnering app MyFitnessPal. Tracking caloric intake allows one to be more aware and accountable with eating habits. Become more aware of your eating habits while also earning double points!

Program Spotlight: Quit For Life

Each year smoking kills more people than all traffic accidents, illegal drugs, alcohol, fires, falls and AIDS combined. Smoking also causes many health issues, such as heart disease and cancer. It also may cause problems surrounding breathing, teeth, eyes, ears, bones, sex and reproduction, and skin issues.

Join the Quit for Life program to get access to trained Quit Coaches, an online community full of support and resources, and free nicotine replacement therapy mailed directly to your home (if appropriate). Complete a minimum of three (3) calls with your Quit Coach and earn 3,000 BEWell points semi-annually.

Interested in learning more? Join us for a "Quit For Life Program Overview" webinar on Wednesday, April 28 from 12-1 PM. Visit BEWell online or log in to your Virgin Pulse account to register.

To Enroll at no cost:

CALL OPTUM, 866.QUIT-4-LIFE (866.784.8454), or visit QUITNOW.NET/VIRGINIABEACH

Program Spotlight: Partners in Pregnancy

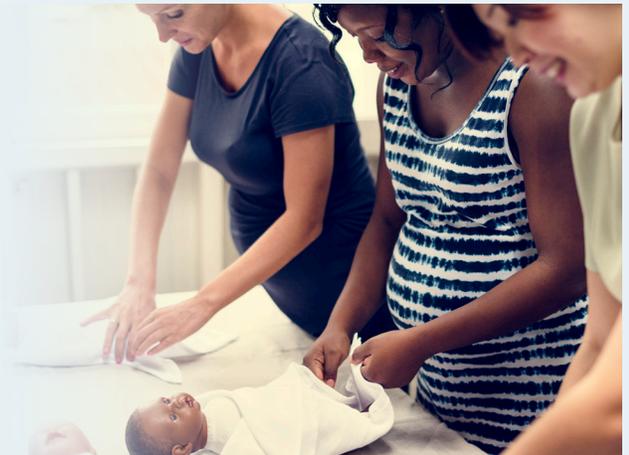
While the miracle of childbirth is exciting, it can also be stressful for expecting mothers and families. The Partners in Pregnancy program serves to reduce stress by providing guidance and support throughout your pregnancy.

Partners in Pregnancy provides access to experienced childbirth nurses, clinical case managers, licensed social workers, and service coordinators to help you:

- Maintain good health throughout your pregnancy
- Develop a healthy nutrition and activity plan
- Maximize your benefits and resources
- Locate important resources, classes and services
- Coordinate prenatal care and appropriate risk screenings
- Provide timely health tips mailed directly to your home

Complete program expectations and earn 3,000 BEWell points semi-annually (you must enroll during the first trimester of pregnancy to be eligible for points).

NOTE: The VBCPS/COVB Optima Health plan also pays for a breast pump if you are pregnant.



To Enroll at no cost:

CALL OPTIMA HEALTH, 866.239.0618

Quarterly Events

1 BEWELL EDUCATION WEBINARS

Register for and attend a BEWell Class – you can learn something new and **earn 300 BEWell points when you attend the live webinar session!** Visit BEWell online or log in to your Virgin Pulse account for upcoming classes and registration. *If you do not have a chance to view the live webinar, a recording will be available at BEWell online, but points will not be awarded.*

● CREATING A HEALTHY WORK ENVIRONMENT (MANAGERS ONLY) (HUMANA) | MON, APR 12 | 12 - 1 PM

There are many simple ways to make our workplaces healthier. This seminar will help managers identify strategies to promote healthful environments for different types of workspaces, including home offices. Areas of focus include ergonomics and safety, healthy food choices, break rooms, quiet spaces, support for work-at-home employees and the use of simple design strategies such as light, color and plants to promote a sense of well-being.

Following this seminar, managers will be better able to: Identify the benefits of a healthful work environment for well-being and productivity; identify strategies they can use to improve different work environments to support wellbeing; help employees take measures to support their health and safety through simple changes to their workspaces.

● EXPECTING MOTHERS WEBINAR | MON, APR 19 | 4 - 5 PM

BEWell vendors including Optima Health, Humana, and Virgin Pulse will provide information on resources available for potential and expecting mothers.

- Optima – discuss Partners in Pregnancy program
- Humana – highlight Employee Assistance Program (EAP) and Work-Life Services
- Virgin Pulse – explore Journeys: pregnancy, getting active, eating healthy, Whil, reducing stress
- Consolidated Benefits Office – review of Optima Health plan

Join this webinar to learn more about how BEWell's vendors can help you throughout your pregnancy!

● IN THE AFTERMATH, RESILIENCY, COPING AND HELPING OTHERS AFTER DISTRESSING EVENTS (HUMANA) WED, MAY 26 | 12 - 1 PM

From natural disasters to violence, different types of distressing events affect us at the individual, family, community and workplace levels. Whether events happen in our communities or at a distance, many people experience challenging emotions or have trouble coping in the aftermath of disasters or distressing situations. This seminar will help participants leverage strengths and support to cope, heal, adjust and help others.

Following this seminar, attendees will be better able to: Identify strengths and sources of resiliency and support to leverage after a distressing event; develop approaches to apply when helping others, including children; understand and access well-being resources and benefits, including EAP and Work-Life Services.



● SUBSTANCE ABUSE, ADDICTION, AND THOSE YOU CARE ABOUT (HUMANA) | WED, JUN 9 | 12 - 1 PM

In 2018, 19.3 million people age 18 and older had a substance use disorder. According to the recent National Survey on Drug Use and Health, alcohol continues to be the most abused substance in the United States. This survey also showed that marijuana use among young people increased significantly, use of methamphetamines rose among adults, opioid abuse and overdose are still major threats in many communities nationwide, and serious mental illness is rising among youth and adults, often coexisting with substance abuse problems. With the physical and mental health dangers posed by substance use disorders, we need to understand what we can do to help our loved ones get the help they need to prevent or treat it.

Following this seminar, attendees will be better able to: Understand the range of substance use disorders, including addiction; recognize the signs and symptoms of substance abuse; identify the signs of enabling and how to break the cycle; understand what to do if someone you know might be struggling with substance abuse or addiction; identify resources that can help.

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 <https://ScreeningForms.vbcps.com>. Visit BEWell online or log in to your Virgin Pulse account for dates and locations!

TO BOOK AN APPOINTMENT: **ONLINE:** chespeakemammo.com **PHONE:** 757.312.6400

Upcoming Office Closures

● SPRING BREAK | April 5 - 9, 2021

Limited staff will be available to respond to calls and emails April 8 & 9. Please leave a message on the CBO Main Office voicemail at 757.263.1060 or email BEWell@vbschools.com. The CBO Drop Box is located outside the entrance of Plaza Annex – it's secure and available 24/7 for submission of documents. Documents submitted to the Drop Box will be retrieved and processed after Spring Break.

● MEMORIAL DAY | Monday, May 31, 2021

● SUMMER HOURS | Mid-June - Mid-August, 2021

The Benefits Office and BEWell program observe Virginia Beach City Public Schools' summer hours, generally occurring from mid-June until mid-August each year. During summer hours, our office operates from 7:00 a.m. – 5:30 p.m. Monday – Thursday and is closed on Fridays. At the time this publication was finalized, specific dates had not been announced. Refer to the Benefits Office and BEWell sites for updates.



Betsy Scales

BEWell Champion Spotlight

Have you filled someone's bucket? Betsy Scales, Nicole Ingalls and their department (Communications & Community Engagement), made time to "Fill Their Buckets" by leaving positive messages and "thank yous" to one another on a simple Google document. Staff members provided quick "pick me ups" and gave shout outs to each other through recognition for personal and work achievements! What a way to keep a department's morale high! Great job Betsy and Nicole.



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/virginiabeach

Weight Management Program: NATURALLY SLIM

- PHONE**
855-999-7549
- WEBSITE**
naturallyslim.com/BEWell
- EMAIL**
support@naturallyslim.com

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.