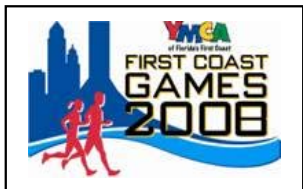


June 2008



Health e-Links Health Education & Lifestyle Management Newsletter (HELM)



YMCA First Coast Games presented by Vystar Credit Union has invited DCPS to compete against approximately 25 other area businesses for the prestigious Vystar Corporate Cup.

The First Coast Games is a three-month corporate challenge designed to encourage healthy lifestyle choices for participants while building fellowship among employees outside the office. It consists of a Wellness Challenge and Competitive Events.

Wellness Challenge (July 21 – September 26): 10-week lifestyle change competition designed to promote weight loss and increase health awareness.

Competitive Events (July 19 – October 11): 15 competitive events occurring over 3 months.

Riverwalk Run Relay	Basketball	Rock Climbing
Track and Field	Field Day	Soccer
Softball	Tennis	Golf
Swimming	Volleyball	Triathlon
Dodgeball	Flag Football	Bowling

Points will be awarded for each event based on participation and results. "Fan Points" will also be awarded so come out and show your support!

To find out when and where each event will take place, please visit www.firstcoastymca.org/games.

JOIN THE SUMMER FUN AT THE EMPLOYEE HEALTH FAIR!

Employees are encouraged to attend the Health Fair. Duval County Public Schools has partnered with Blue Cross Blue Shield of Florida to promote Employee Health and Wellness Benefits.

- **Are you concerned about diabetes, high blood pressure or heart disease?**
- **Is diet or weight control your issue?**
- **Feeling stressed and in need of a massage?**

Several free health screening tests and services will be offered at the fair. Other features of the health fair include food samples, refreshments and door prizes. Make plans to attend!

DCPS Employee Health Fair
July 9, 2008, 9 am to 5 pm
The Shultz Center, 4019 Boulevard Center Drive

National Health Observances for June Visit the links below for more information

Myasthenia Gravis Awareness Month
<http://www.myasthenia.org/>

National Aphasia Awareness Month
<http://www.aphasia.org/>

National Scleroderma Awareness Month
<http://www.scleroderma.org/>

National Scoliosis Awareness Month
<http://www.scoliosis.org/>

National Cancer Survivors Day – June 1
<http://www.ncsdf.org/>

National Headache Awareness Week
June 1 - 7
<http://www.headaches.org/>

National Sun Safety Week
June 8 – 14
<http://www.sunsafetyalliance.org/>

National Men's Health Week
June 9 – 15
<http://www.menshealthmonth.org/week/>



HeartSmart a dcps wellness program

As of May 30th DCPS' HeartSmart program delivered onsite blood pressure screenings clinics to 163 worksites!

3,230 employees took advantage of this opportunity to reduce their risk of heart disease by monitoring their blood pressure scores.

Be HeartSmart: "You can be a calm, relaxed person and still have high blood pressure". It's important to have your blood pressure checked regularly!

Retail Rx Discounts less than Insurance Co-Pay!

Pharmacy Retailers are taking part in a commitment to provide affordable healthcare for America's working families by offering discounts on the cost of generic medications.

In many cases, the Retail Rx discounts are less than the Insurance co-pay. Visit the retailer's website to view a listing of the discounted generic medications.

Retail Chain	Retail Rx Discounts	States / Exceptions
K-Mart www.kmart.com	\$15 generics / 90-day supply	Most states.
Kroger Co. www.kroger.com	\$4 generics / 30-day supply \$10 generics / 90-day supply	Most states. A few prices higher in CO & WY.
Publix www.publix.com/freeantibiotics	Free (\$0) antibiotics / 14-day supply	5 states: AL, FL, GA, SC, TN.
Target www.target.com	\$4 generics / 30-day supply \$10 generics / 90-day supply	47 states (not AK, HI, ND); Prices higher in some states.
Walgreens www.walgreens.com	\$12.99 generics / 90-day supply * Prescription Savings Club Membership Fee Applies	49 states and Puerto Rico
Wal-Mart / Sams Club www.walmart.com/pharmacy	\$4 OTC \$4 Rx generics \$10 generics / 90-day supply \$9 generic women's medications / 30-day supply \$24 generic women's medications / 90-day supply (i.e. drugs to treat breast cancer and hormone deficiency, and menopause)	49 states (not ND); Prices higher in some states




10 -Tips for Making Fitness a Habit in your Life

- Do a variety of activities you enjoy** -- like weight lifting, walking, running, tennis, cycling, and aerobics classes -- will ensure that you can do something regardless of the weather.
- Commit to another person.**
- Make exercise a priority.** It has to be non-negotiable.
- Exercise first thing in the morning.**
- Or, exercise on your way home from work.** The next best thing to exercising first thing in the morning is to do it on your way home from work.
- Exercise even when you're "too tired."** Chances are, you'll feel better after exercising.
- Log your activity.** Write down how much time you exercise each day, how many steps you walked, how far you cycled, etc.
- Be aware of all the indicators of progress.** It's great when your clothes fit better and you can lift heavier weights or work out longer without getting exhausted.
- Walk with a pedometer.** Find out what your daily average is for a week. The next week, strive to walk 300 extra steps each day.
- Reward yourself.** Experts say that making behavior changes is hard, and rewards motivate.

Breakfast

Use these easy, fun tips to help you eat a colorful variety of fruits and vegetables every day!



	Have fruit as a Mid-morning snack	
Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.		
	Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.	