



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

DCPS EMPLOYEE WELLNESS

Welcome back to the start of a new school year with more opportunities for improved health through the Employee Wellness Program. We are excited to offer free health screenings, fun health challenges, educational seminars, reduced-rate fitness memberships, Employee Assistance Program (EAP) and so much more!

Research confirms that employees who participate in wellness programs are absent from work less often, increase their productivity, have lower health care costs, and fewer work-related injuries. Take control of your health and get involved!

Upcoming Employee Wellness Events:

On-site Flu Shots
(Visit website below to view schedule)

Fall Employee Health Fair
(October 24 - Ed White High School - 8 am-12 pm)

Visit DCPS Employee Wellness Online:
<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/index.asp>



HEALTHCARE SAVINGS TIPS

Here are a few tips to help you manage your healthcare dollars:

- **Focus On Prevention.** Preventive care, from regular physicals to well-woman exams, can really reduce plan costs over time.
- **Stay In-Network.** Using an in-network provider will cost you less money than using an out-of-network provider. Check to make sure your doctor is participating in-network.
- **Know Your Benefits.** Make sure you understand the type of coverage you have, including what services are not covered.
- **Don't Go Up In Smoke.** Smoking adds hundreds of dollars per year to your average health care costs. Also, you are twice as likely to have a heart attack, and have a higher risk of respiratory diseases, strokes, and cancer.
- **Use Urgent Care Facilities.** Urgent Care Centers can assist you with conditions that are not life threatening, but cannot wait until your physician's office opens. Using an Urgent Care Center will save you time and money.
Urgent Care Co-pay = \$35. Emergency Room Co-pay = \$250
- **Alternative Treatment Options.** Many treatments have alternatives that may produce similar outcomes in appropriate patients. Find out if your minor surgery can be performed in the doctor's office or in an outpatient surgery center rather than being admitted into the hospital.

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

National Cholesterol Education Month
<http://hp2010.nhlbihin.net/cholmonth/>

Ovarian Cancer Awareness Month
www.ovarian.org

Prostate Cancer Awareness Month
www.fightprostatecancer.org

Childhood Cancer Month
www.candlelighters.org/septchildhoodcancermmonth.stm

Reye's Syndrome Awareness Month
www.reyessyndrome.org

National Alcohol and Drug Addiction Recovery Month
www.recoverymonth.gov

Cut Your Rx Costs



1. **Formulary Rx is less expensive.** Medications on the formulary list are less expensive. Determine which drugs are on the formulary list of your insurance plan and which are not.
2. **Ask about drug alternatives.** If a prescription is necessary, find out first if there is a generic equivalent that might work for you.
3. **Ask for samples.** If there's no generic equivalent, your doctor may be able to supply you with enough free samples.
4. **\$4 Drug Programs.** Sam's Club, Target, and Wal-Mart offer hundreds of prescriptions for \$4 a month.
5. **Mail-order saves you \$\$.** Your mail-order benefit allows you to receive 3 months of medication at 2x your co-payment, saving you a month in Rx copayment costs.



DCPS Employee Assistance Program (EAP) is pleased to offer a series of seminars to our most valuable resource-- the employees. The EAP seminars administered by Corporate Care Works (CCW) are designed to assist employees with situations encountered in everyday life.

Principals, directors, managers, and supervisors may contact Jackie Daley via phone 904-296-9436 and/or via email jdaley@corporatecareworks.com to schedule a seminar for your work site.

1-Hour Employee Seminar Topics:

Stress Relaxation Techniques
 Creating Healthy Lifestyles
 Safety in the Workplace
 Creating Work & Life Balance
 Understanding Domestic Violence
 Substance Abuse for Employees
 Reducing Holiday Stress

Anger Management
 Building Effective Communication
 Dealing With Difficult People
 Effective Parenting Techniques
 Time Management
 Substance Abuse for Supervisors
 Depression in the Workplace

Building Positive Self-Esteem
 Building an Effective Team
 Coping With the Storms of Life
 Dual Career Couples
 Conflict Resolution
 Becoming More Assertive
 Stress Management

All seminars are free!



DCPS picked up another 50 points while participating in the 2008 FCG during the month of August.

Kudos! to the tennis team for taking 1st place and to the triathlon team for taking 2nd place in their competitions.

The remaining competitive events are listed below. The 2008 FCG Closing Ceremony in which the 2008 Vystar Corporate Cup will be awarded is scheduled to take place at the Yates Family YMCA on Saturday, October 11th.

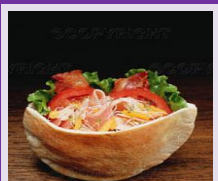
<u>September Competitions</u>		
9/15 – 9/26	Basketball	Brooks/Johnson Family YMCA
9/ 20	Dodge ball	Winston Family YMCA
9/ 27	Swim Meet	Yates Family YMCA

For more information, go to <http://www.firstcoastymca.org/games>

Little Known Facts about Smoking



1. Every cigarette takes 11 minutes off your life.
2. People who smoke die on average 16 years younger than non-smokers.
3. Male smokers are 50% more likely to experience impotence than non-smokers.
4. Female smokers have a 30% lower fertility rate than non-smokers
5. If you around your children, they are likely to experience more infections of the ears, nose and throat than they would otherwise.
6. Cervical cancer rates are four times higher in smokers than non-smokers.
7. Women who smoke and take the contraceptive pill are 10 times more likely to suffer a heart attack.
8. Smoking Causes the blood vessels in the body to contract and inhibits the supply of fresh oxygen being taken around the body.



Chicken Veggie Pita

Made in 10 minutes flat, this recipe uses whole-wheat pita and heart-wise grilled chicken, along with crunchy cucumbers and tomatoes.

Ingredients

- | | |
|--------------------------|----------------------------------|
| 1 whole wheat pita, 6.5" | ½ cup tomatoes, chopped |
| 3 oz grilled chicken | 1 TBS reduced fat salad dressing |
| ½ red bell paper, sliced | 1 cup vegetable soup |
| ½ cup cucumber, chopped | |

Directions

1. Open pita
2. Stuff pita with chicken, red bell pepper, cucumber, and tomatoes.
3. Top pita with salad dressing.