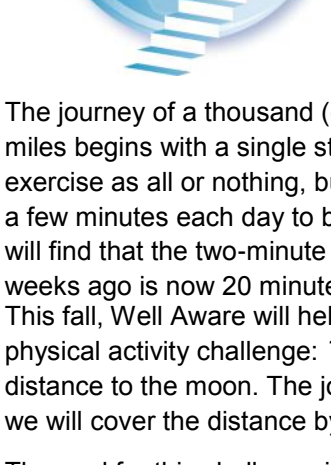


September Well Aware eNews

Welcome to the September issue of the *Well Aware eNews*! Read on to learn about—

- a seminar/webinar to explore ways to eat healthy on a budget;
- Well Aware's new physical activity challenge for the fall;
- this year's RUN@WORK Day;
- a 5K training program; and
- more!



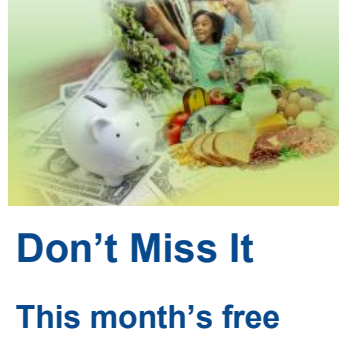
To the Moon: Well Aware's Fall Physical Activity Challenge

The journey of a thousand (or 250,000 to be exact) miles begins with a single step. Most people see exercise as all or nothing, but truthfully all it takes is a few minutes each day to begin a habit. Soon you will find that the two-minute daily walk you started weeks ago is now 20 minutes or more. This fall, Well Aware will help to motivate you to take that small step with the 10-week physical activity challenge: *To the Moon*. MCPS staff will be working together to travel the distance to the moon. The journey from Earth to the Moon is about 250,000 miles. Together, we will cover the distance by compiling our miles (or hours of activity).

The goal for this challenge is to increase your cardiovascular activity. For adults, regular aerobic exercise leads to—

- improved cardio-respiratory fitness (heart, lungs, blood vessels);
- improved muscular fitness;
- a lower risk of coronary heart disease and stroke;
- a lower risk of high blood pressure and Type 2 diabetes;
- a lower risk of high cholesterol and triglycerides;
- a lower risk of colon and breast cancer, and possibly lung and endometrial cancer;
- increased bone density or lose bone density more slowly;
- reduced depression and improved sleep quality; and
- weight control.

Learn more about *To the Moon*, including incentives, rules, and more by visiting the [Well Aware website](#). Or, simply search for "To the Moon" from any MCPS web page.



Don't Miss It

This month's free webinar— Healthy Eating on a Budget

Join Well Aware and CareFirst for a webinar that will explore how to eat a healthy, well-balanced diet while maintaining a budget.

Thursday, September 27, 2018
4:00–5:00 p.m.

Please register for the webinar by e-mailing [Well Aware](#). You will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.

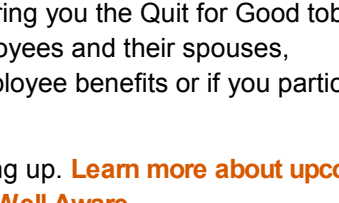
Spread the word with our [printable flyer](#). See the [Wellness Webinar Library](#).

Presented by: *CareFirst*

Thinking about Quitting or Need Help Staying Tobacco-free?

MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. The free program is available to employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or if you participate with Kaiser Permanente.

Fall classes are posted on the ERSC website and are filling up. [Learn more about upcoming classes](#). You must register to participate by e-mailing [Well Aware](#).



RUN@WORK Day is Coming!

The Road Runners Club of America will present the 13th Annual RUN@WORK Day nationwide on September 21, 2018. Well Aware encourages you to plan fun runs and walks around MCPS with your coworkers. The goal is to encourage adults to get 30 minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or after work.

So how do you participate in the RUN@WORK Day? Simply make time to run or walk for 30 minutes on September 21, 2018, and bring a coworker or family member with you.

[Learn more about RUN@WORK](#). Is your school or office participating? [E-mail Well Aware](#) with your story and photos.

Ready to Run? Check Out this fall 5K Training Program

Running is an accessible, inexpensive, and effective way to improve your health and fitness, relieve stress, and boost your confidence. Whether you have never run or it has been a while since you last ran, the cooler fall weather is the perfect time to start training!

Following a successful spring session, the Run Farther & Faster MCPS Fall Virtual Group 5K Training Program will be held from September 16, 2018, to November 8, 2018. The program will culminate with the Rockville 5K, an optional race to celebrate your training. Participants will receive a comprehensive seven-week training calendar, weekly e-mails with training support and running information, as well as e-mail access to certified running coaches.

The training calendar begins with run/walk intervals and progresses safely and gradually towards continuous running. It also includes strength workouts and form drills. For those who are interested, participants also have access to a private Facebook group to facilitate finding running partners.

The program is appropriate for new runners or runners who are returning after a hiatus. Space is limited to the first 50 registrants. [Learn more](#) and [register here](#). Registration closes when capacity is reached or on Friday, September 14, 2018.

Wellness Survey: Share Your Ideas and Interests with Well Aware!

Help Well Aware provide you with the wellness program you most need and want.

[Complete this survey](#) to let us know about any programs, activities, and/or incentives you would like us to consider for the coming year. Your confidential responses will help us make sure we offer the wellness programming that most interests you.

Have You Taken the [Wellness] Initiative for 2019?

The deadline is fast approaching! The Montgomery County Public Schools (MCPS) Wellness Initiatives program provides you with incentives to reduce your health insurance costs. If you are covered by an MCPS-provided medical insurance plan, complete a biometric health screening and your insurance provider's online health risk assessment by October 5, 2018, to take advantage of the rate reductions in 2019.

Reduce the Contributions You Make to Your Health Insurance

You can reduce your contributions to your health insurance in 2019 by a full 2 percent. How? There are two steps for you to complete by **October 5, 2018**:

1. See your doctor for an annual physical, attend a Well Aware biometric health screening, or a CVS Minute Clinic if you are a CareFirst member; AND
2. Complete the health risk assessment on your medical plan's website.

Kaiser Permanente members: Be sure to log in to the Kaiser Permanente web page to consent to your participation in the program. Without your consent, your information will not be reported.

Remember to Attest to Your and Your Spouse's Tobacco-use Status During Open Enrollment

Be sure to attest online to your and your spouse's tobacco-use status during this fall's Open Enrollment to be held October 8–November 2. Non-tobacco-users: Do not end up paying the 25 percent tobacco-user surcharge to the total cost of your health insurance in 2019 because you forgot to attest *during Open Enrollment!* You MUST attest to avoid the 25 percent surcharge, effective January 1, 2019.

If you or your spouse are tobacco users, you must attest that you have NOT been tobacco free. Consider registering for and completing Well Aware's *Quit for Good* tobacco cessation program to have the surcharge waived. [See details](#).

Instructions for making your attestation will be provided prior to Open Enrollment in the annual Open Enrollment announcements e-mail, on the Employee and Retiree Service Center website, and in the *For Your Benefit* online newsletter.

Take the [Wellness] Initiative! [Find details here](#).

Stress Less This Fall

If you are living with high levels of stress, you are putting your entire well-being at risk. Stress wreaks havoc on your emotional wellness, as well as on your physical health. It makes it harder to think clearly, function effectively, and enjoy life.

Effective stress management, on the other hand, helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the flexibility to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you.

Well Aware will offer the following classes this fall to help you stress less:

Mindfulness and Meditation

Mondays, September 17–December 17 (except holidays)

5:00–5:45 p.m.

Conference Room 223

Carver Educational Services Center

850 Hungerford Drive

Rockville, Maryland 20850

Seated Yoga

Wednesdays

September 12, 26

October 3, 24, 31

November 7, 14, 28

December 5, 12, 19

4:45 p.m.

Café 45

45 West Gude Drive

Rockville, Maryland 20850

Tai Chi

Thursdays, beginning September 6

4:45 p.m.

Lower Level Gym

45 West Gude Drive

Rockville, Maryland 20850

Zumba

Fridays, beginning September 14

4:30–5:30 p.m.

All-purpose room

Washington Grove Elementary School

8712 Oakmont Street

Gaithersburg, Maryland 20877

Tuesdays and Thursdays, September 11–December 20

3:00–4:00 p.m.

Dance Studio

John F. Kennedy High School

1901 Randolph Road

Silver Spring, Maryland 20902

[Register here](#)

To register for any of these classes (except for the Zumba class at John F. Kennedy High School), [e-mail Well Aware](#).