

W.O.W Wellness Coupons

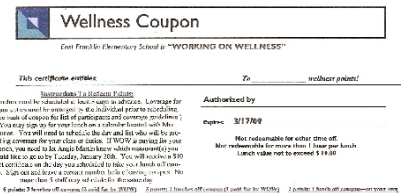
East Franklin Elementary School is "Working On Wellness." The school's W.O.W. committee has created an innovative three-month fitness challenge which awards wellness coupons for off-campus lunches. A lunch away from the worksite is a huge treat for teachers who typically spend most of their lunch time supervising students in the school cafeteria.

Challenge participants sign a

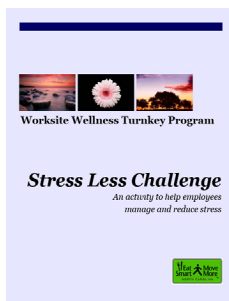
wellness contract which outlines opportunities for earning points. Coupons are then awarded to participants in recognition of the number of points earned over the course of the challenge. Six points earns the participant three, one-hour lunches off-campus with two of the three lunches paid for by the W.O.W. program.

Over a third of East Franklin Elementary staff have participated in the challenge. Six participants

have earned the highest point values and therefore, three off-campus lunches.



COMING SOON – Worksite Wellness TurnKey Programs



Six worksite wellness turnkey programs will soon be available for wellness committees to implement at

their worksites.

These turnkey programs will be complete with step-by-step

instructions along with ready-to-use materials such as an announcement poster, sign-in sheet, weekly newsletters, activity log, certificate of achievement and evaluation form.

The turnkey programs are activities and challenges designed over four to 12-week periods. Committees can either implement the programs as designed or modify to suit their specific needs.

- Program topics include:
- Solving the Puzzle of Moving More
 - Stress-Less Challenge
 - Scavenger Hunt
 - Ten-Minute Challenge
 - Smart Moves
 - Smart Fuel

All these programs will be available for free download at www.EatSmartMoveMoreNC.com.

Year-End Worksite Wellness Survey

The Worksite Wellness Team would like to thank all of the committees that took the time to respond to the 2008-2009 year-end worksite wellness survey that was conducted in April. Ninety wellness committees from NC state agencies, public universities and community colleges responded to this survey and provided feedback for the current technical assistance program. All survey respondents were entered into a drawing for three prizes.

Congratulations to the following committees for winning the survey drawing:

- USS NC Battleship Commission, Department of Cultural Resources
- Wilkes Correctional Center, Department of Correction
- North Carolina Housing Finance Agency

Blue365 - New BCBS Program

Blue365 is a new program of Blue Cross and Blue Shield of North Carolina created to support State Health Plan members as they make healthy lifestyle decisions. Blue365 complements an individual's current health plan by giving easy access to resources that help them live a healthy lifestyle 365 days a year.

The program offers access to discounts and savings from

selected companies on products and services for healthy lifestyles. These products and services do not overlap with covered benefits under a member's policy or applicable federal health care product. Discounts and savings are available for areas such as preventive services, fitness programs, weight management programs and elective procedures such as laser vision correction

surgery.

To learn more about Blue365 products, selected companies, and savings, please visit www.bcbsnc.com/blue365.



Healthy Weight – It's Not a Diet, It's a Lifestyle

The key to achieving and maintaining a healthy weight is not short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories consumed with the number of calories the body uses.

The Healthy Weight Web site from the Centers for Disease Control and Prevention offers

information and tools to help people assess their current weight, lose weight and prevent weight gain. Examples include a Body Mass Index calculator, food diary, physical activity diary, healthy recipes, etc. Information is also provided for those who have successfully lost weight and are trying to keep it off and for parents to help children maintain a healthy weight.

To access all the healthy weight resources please visit www.cdc.gov/healthyweight.



Chicken Pasta Salad

Ingredients:

- 1 cup small seashell pasta
- 1 1/2 cup canned chicken, drained
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels, drained
- 1/2 cup frozen peas, thawed
- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup fat-free Italian dressing

Directions: Cook pasta according to package directions, drain; rinse. Combine first nine ingredients in a large bowl. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian). Chill for several hours to blend flavors.

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