



EMPLOYEE WELL-BEING

NEWSLETTER

FINANCIAL WELLNESS FOR A HEALTHY HEART

FEBRUARY 2022

When most people think of February, they think of Valentine's Day, flowers, candies, and hearts. Healthy Boiler Employee Well-being will focus on hearts this month as well, in particular heart health and financial wellness, one of the pillars of well-being.

How does financial wellness relate to heart health? Your financial situation may be causing anxiety, stress, or conflicts in your relationships. Increased levels of stress may contribute to poor health habits linked to the risk for heart disease such as lack of physical activity, unhealthy food choices, smoking, and more. Prolonged periods of stress may lead to high blood pressure. Keep your heart healthy; maintain or improve your financial wellness. Some financial wellness strategies are found in the Healthy Boiler section of the newsletter.

We invite you to join workshops and participate in activities which emphasize the importance of heart health and complement the pillar of financial wellness—increase physical exercise, choose healthy food options, check cholesterol levels, monitor blood pressure, and reduce stress.

Events and programs are open to ALL campus faculty and staff unless specified in program details. They include:

- National Wear Red Day
- One-to-One virtual group classes
- Heart Knowledge: A Virtual Lifestyle Education Program
- Healthy Boiler Virtual Workshop: Health Is Wealth
- Healthy Boiler Book of the Month Club: Feel Great Lose Weight

Benefits-eligible employees and their covered spouses on the Purdue medical plan may visit the new Healthy Boiler portal at purdue.wellright.com to register for 2022 Healthy Boiler Program and begin earning your financial incentives. Everyone must register as a new member on the new portal.

Questions about our programs and events? Email HBwellbeing@pfw.edu.

Please forward this newsletter to others in your department.



Healthy Boiler Virtual Workshop: Health Is Wealth

Friday, February 25
Noon–1 p.m.
Virtual Meeting

What if some of your day-to-day health choices offered some monetary rewards?

Join health coach Lindsay Bloom for this [virtual workshop](#) to learn how you can earn financial incentives while taking care of your health.

Open to all faculty and staff. Meeting link will be sent prior to event.

Log in to the [Healthy Boiler portal](#), then scroll to Healthy Boiler Workshops to register online or email Bloom at lbloom@pfw.edu.

Questions? Please email Bloom at lbloom@pfw.edu.

FOCUS ON HEART HEALTH AND FINANCIAL WELLNESS



In-person and Virtual Employee Yoga

**Wednesdays, February 2–23
Noon–1 p.m.**

Join us every Wednesday to learn yoga poses and deep breathing techniques which help you de-stress, increase flexibility, balance, and muscle tone. Work at your own level guided by health coach Lindsay Bloom. All levels welcome. Open to all faculty and staff.

In-person class registration: Either email [Lindsay Bloom](mailto:Lindsay.Bloom) to reserve your spot or join the day of the class.

Register for ZOOM class:

- Meeting ID: 971 2106 0966
- Passcode: Relax

Questions? Email Bloom at lbloom@pfw.edu.



121 Workshops

**Thursdays, February and
March**

Noon–1 p.m.

Virtual ZOOM Meeting

February's [121Strong](#) workshop is full. You may register for [121Stretch](#) which begins on March 3.

Join health coach Lindsay Bloom for this four-week virtual group class to learn various stretching and flexibility exercises as well as how to create your own stretching program. Two health coaching sessions are also offered.

Keeping your camera on is optional during class. Open to all faculty and staff. Meeting link will be sent the day before the class.

Please email Bloom at lbloom@pfw.edu by February 17 to register.



Wear Red Day Photo: Submit through Friday

February 7–11

You may still show your support for heart health and raise awareness about cardiovascular disease by wearing red this week. Snap a selfie or take a socially distanced photo with a group of friends or coworkers any time next week. **The deadline to send your photo to hwellbeing@pfw.edu has been extended to next Friday, February 11.**

Your pictures will be shared with the campus community on our website. Please follow the university's mask policy when taking photos.

Questions? Email Eric Manor, WellRec director, at manore@pfw.edu



Heart Knowledge: A Virtual Lifestyle Education Workshop

Tuesday, February 8

Noon–1 p.m.

This 12-week workshop about high blood pressure, also known as hypertension, is designed to help you monitor your blood pressure regularly and teach how you can make changes in your lifestyle to lower or prevent high blood pressure. A blood pressure monitor will be provided for you to track your numbers during and after the program. Open to benefits-eligible employees and their covered spouses on the Purdue medical plan.

This program is full, but you may email health coach and presenter Lindsay Bloom at imbloom@pfw.edu to add your name to the waiting list for the next Heart Knowledge workshop in September.



CPR, AED, and First Aid Certification Class

Friday, February 25

11:30 a.m.–3:30 p.m.

Room G08, Walb Union

This [American Heart Association Basic Life Support class](#) will teach basic life-support techniques—including CPR and how to operate an AED, or automated external defibrillator. An optional First Aid class is also available for the class. You will receive a CPR completion card when you complete the class.

Class sizes are limited to 20. Open to all students, all employees, and the community. Please choose one of these certifications for this class when you [register online](#):

- CPR/AED Only: \$50 (3 hours)
- CPR/AED/First Aid: \$70 (4 hours)

Contact learn@pfw.edu or call 481-6619 with any questions.

**SAVE THE
DATE**

WEDNESDAY, MARCH 23

WELL-BEING SUMMIT

- LIVE VIRTUAL PRESENTATIONS
- IN-PERSON HEALTH SCREENINGS
- HEALTH AND WELL-BEING RESOURCE TABLES
- GIFT DRAWINGS AND MORE

EXERCISE YOUR HEART AT WELLREC:

SPOTLIGHT ON INTRAMURAL SPORTS, GROUP EXERCISE, AND THE FITNESS CENTER



Intramural Sports

All students, faculty, and staff are welcome to participate in intramural sports this semester.

WellRec is offering:

- Badminton
- Pickleball
- eSports
- Board games
- Table tennis (no need to register)
- Basketball and soccer ([sign up](#) to join or create a team).

Questions? Please email intramurals@pfw.edu.



Group Exercises

Free group exercise classes are available for currently enrolled students and fitness center members. Classes meet at in the Fitness Studio in Gates Athletic Center unless noted.

- Toning
- Yoga
- Pilates
- Zumba
- CoreFit
- Circuit
- Barre
- Aqua fitness*

*Location: Turnstone, 3320 North Clinton Street.

View [details of classes](#) for more information.



Fitness Center

Purdue Fort Wayne faculty and staff can purchase an annual membership online, in-person at the fitness center, or through the payroll deduction process.

Payroll deduct memberships will be automatically renewed after one year unless employees notify Human Resources to discontinue.

Note: A monthly membership option is not available for payroll deductions.

Learn more about [Fitness Center memberships](#).

Questions? Please email WellRec at wellrec@pfw.edu.

DEVELOP LIFELONG WELL-BEING HABITS

Lifestyle Education Programs

Lifestyle Education programs such as Heart Knowledge focus on creating lifelong habits to improve and maintain your health and well-being. They are offered exclusively to benefits-eligible employees and their covered spouses as part of the Healthy Boiler Program. [Read more about the Lifestyle Education programs.](#)

[Heart Knowledge](#) begins on February 8, but the class is full. If you would like to join the next session in September, please contact health coach Lindsay Bloom at lbloom@pfw.edu.

Purdue Extension-Allen County Programs

Your local extension office on the campus offers many programs throughout the year related to health, education, and well-being.

- [2021-2022 Educational Programs and Descriptions](#)
- [2021-2022 Special Interest Classes](#)

Questions? Call their office at 260-481-6826.

Healthy Boiler Virtual Book Club: Feel Great Lose Weight

Thursday, February 24
3:30-4:30 p.m.
Virtual Meeting



The [Healthy Boiler virtual book club](#) will continue to discuss the book, [Feel Great Lose Weight](#) by Dr. Rangan Chatterjee, who offers a creative approach to maintaining weight loss by learning what triggers eating habits and how to apply what we learn into long-term, simple habits that improve overall health and well-being.

The book will be read and discussed from January to May. We will discuss the Introduction and the first chapter in January. View the [reading schedule](#).

Led by health coach Lindsay Bloom, the club will discuss the book, share tips, and explore ways to integrate health and wellness ideas into our daily lives. All faculty and staff are welcome. You may join the club no matter where you are in the book. The meeting link will be sent prior to the event.

For questions, book suggestions, or to join us, email Bloom at lbloom@pfw.edu.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER FEBRUARY CHALLENGE: DAILY PLAN CHALLENGE

February 1-28

The Daily Plan Challenge invites you to take five minutes to plan your day for one month. Planning can help you get more done and feel more accomplished. To complete the challenge, track "Yes" for 28 days. Learn about the [benefits of planning your day](#) and download the [Monthly Challenges Calendar](#) for the other challenges being offered.

Join the challenges and track your activities by going to the [Healthy Boiler Portal](#), scroll down to Healthy Boiler Monthly Challenges. You may either click on the information icon to learn more or select track to record your activity for the challenges. Not signed up for the Healthy Boiler Program? [Learn more](#) and [join](#).



FEBRUARY BEHAVIORAL CHALLENGE Daily Plan Challenge

**Take five minutes to plan
your day for one month.**

THE HEALTHY BOILER PILLAR FOR FEBRUARY: FINANCIAL WELLNESS

Financial wellness can impact both your physical and mental health. That's why Purdue provides education and guidance to help you secure your long-term financial well-being.

- Your [employee benefits](#) can contribute to your financial wellness through retirement and savings plans, health savings accounts, financial incentives through the Healthy Boiler program, access to financial education and assistance through Fidelity Investment Center, and more.
- Earn financial incentives when you join the [Healthy Boiler Program](#) and complete health and wellness activities such as your annual physical, dental or eye exam, biometric values, and more. Financial incentives from Purdue are deposited monthly into your HSA or HRA. Log in to [purdue.wellright.com](#) to view more ways to earn financial incentives.
- **Take the Hold On Challenge: Wait seven days before making any optional purchases over \$50 throughout the next month.** When you want to buy something that is outside the realm of your usual, necessary purchases, write it down with the date. Seven days later, if you still want to buy it, then go for it. If you're the item won't be available in a week, buy it and keep it in the shopping bag for seven days. If you don't feel the same way about it after a week, you can return it. This simple form of delayed gratification will help you spend less money and enjoy the things you do have before you end up buying even more. As far as what's an optional purchase, that's up to you to figure out.



Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration

Your HB Employee Well-being Team:

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Office hours: Monday, Tuesday morning
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