



# EMPLOYEE WELL-BEING

## NEWSLETTER



**A FRESH START TOWARDS OVERALL HEALTH AND WELL-BEING**

**JANUARY 2022**

Make 2022 the year to use the five pillars of well-being from the Healthy Boiler Program as your guide for your overall health and well-being. These pillars include behavioral health, financial wellness, physical health, social wellness, and work-life integration.

HB Employee Well-being will highlight one or more of these pillars each month as well as a theme which reinforces the pillar. Events and workshops are a few of the ways to remind you of the pillar of the month, practice self-care, set and track your individual health and wellness goals, and assess your overall well-being.

Most of the events for January reflect the physical health pillar. Events and programs are open to ALL campus faculty and staff unless specified in program details. They include:

- Two Lifestyle Education Programs—HealthKick which began on January 3 and Tobacco Cessation which begins January 31.
- One-to-One Fit virtual group class.
- Blood health screenings.
- Healthy Boiler Virtual Workshop: Whole Self Health.
- Healthy Boiler Book of the Month Club.

We encourage you to complement the pillar of physical health by scheduling your annual physical, our theme for January. Your annual physical is not only a useful tool to assess your overall physical health, but also a way to earn financial incentives in the Healthy Boiler Program as well.

The new Healthy Boiler portal is now available for benefits-eligible employees and their covered spouses to register for this year's Healthy Boiler Incentive Program. Everyone must register as a new member on the new portal. Visit [purdue.wellright.com](https://purdue.wellright.com) to register for 2022 Healthy Boiler Program and begin earning your financial incentives.

Questions? Email [HBwellbeing@pfw.edu](mailto:HBwellbeing@pfw.edu).

**Please forward this newsletter to others in your department.**



### Healthy Boiler Virtual Workshop: Whole Self Health

**Tuesday, January 18  
Noon–1 p.m.  
Virtual Meeting**

Join health coach Lindsay Bloom to learn strategies and healthy choices you can make in relation to each of the Pillars of Wellness to help you become the healthiest, happiest version of yourself. Learn more about the [workshop](#).

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

Please email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu) to register or with any questions about the workshop.

# FOCUS ON PHYSICAL HEALTH



## In-person and Virtual Employee Yoga

**Wednesdays, January 5–26  
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](mailto:lbloom@pfw.edu).



## One-to-One Fit

**Thursdays, January 6–27  
Noon–1 p.m.  
Virtual ZOOM Meeting**

Do you want to start a fitness routine but don't know how? Are you looking to improve your fitness level this year? When you join [One-to-One Fit](#), a four week virtual group, you can track your fitness level progress as you explore three types of exercise— aerobic, resistance training, and flexibility. Health coach Lindsay Bloom helps you monitor the progress you made from the beginning to the end of the class.

Keeping your camera on is optional during class. Open to all faculty and staff.

Email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu) by **Wednesday, January 5** to register. ZOOM meeting link will be sent the day before the class.



## Blood Health Screenings

**Tuesday, January 11  
7–10 a.m.  
Walb Union, Room 114**

Confidential, fasting and non-fasting [blood health screenings](#) for employees, retirees, and their spouses include a free Wellness Panel (one per calendar year) and many other additional low-cost screenings.

- Online registration required. [Register](#) early to reserve your spot.
- Walk-ins are not available.

Visit [Wellness](#) for the complete list, schedule of screenings, and more. Next blood health screening day is Wednesday, March 23. **Appointments are still available.**

Questions? Contact Eric Manor at [manore@pfw.edu](mailto:manore@pfw.edu) or call 260-481-6647.



## WellRec Happy Hour

Join us for the first WellRec Happy Hour of the year. Gather your friends and colleagues and come to the WellRec Happy Hour to enjoy a seasonal beverage and light snack. Practice social and emotional wellness—relax, have fun, and learn about upcoming activities being offered by WellRec. Open to faculty, staff, and students.

[Tuesday, January 11](#) | 5–6 p.m. | Student Housing Clubhouse

[Thursday, January 13](#) | Noon–1 p.m. | Walb Union, outside of The Pantry, Room G36.

Questions? Email Eric Manor at [manore@pfw.edu](mailto:manore@pfw.edu)



## Tobacco Cessation: A Virtual Lifestyle Education Program

**January 31–March 7**  
**Noon–1 p.m.**  
**Virtual ZOOM Meeting**

Are you ready to quit smoking for 2022? Join health coach Lindsay Bloom to learn about strategies to help you quit and remain smoke-free as well as resources to help you avoid or waive the tobacco user premium as part of your Purdue Medical Plan.

Complete this program and submit your certificate of completion to HR by **March 31, 2022** to retroactively reduce your impacted premiums for the entire plan year (a refund will apply, if applicable). [Learn more](#) about reducing your premiums through tobacco cessation programs.

Open to benefits-eligible employees and their covered spouses on the Purdue Medical Plan.

Registration deadline: January 24. [Learn more and register.](#)

Questions? Email health coach Lindsay Bloom at [lmbloom@pfw.edu](mailto:lmbloom@pfw.edu).

# DEVELOP LIFELONG WELL-BEING HABITS

## Lifestyle Education Programs

Lifestyle Education programs such as HealthKick 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.](#)

[HealthKick](#) began on January 3. If you would like to join the next HealthKick session in May, please contact health coach Lindsay Bloom at [lbloom@pfw.edu](mailto: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, January 27  
3:30-4:30 p.m.  
Virtual Meeting



The Healthy Boiler Book Club will begin the book, [Feel Great Lose Weight](#) by acclaimed physician and author Dr. Rangan Chatterjee. This book offers a creative approach to sustainable weight loss by asking what triggers your eating habits. By knowing this, you can achieve long-term, simple habits that are tailored for you to help keep the weight off and improve your 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.

Reading schedule:

- January: Introduction and What We Eat
- February: When We Eat
- March: Why We Eat
- April: How We Eat
- May: Where We Eat and How to Do Your Own Plan

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

For questions, book suggestions, or to join us, email Bloom at [lbloom@pfw.edu](mailto:lbloom@pfw.edu)



## BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

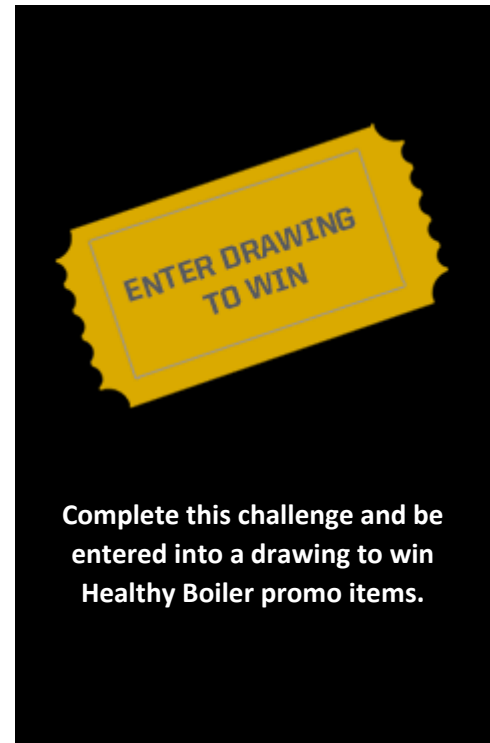
### HEALTHY BOILER JANUARY CHALLENGE: ARCTIC500 CHALLENGE

January 1-31

The **Arctic500 Challenge** invites you to walk outside in the cold for 500 minutes during the month of January. While physical in nature, walking outside can also brighten your mood and bring you together with friends. Track the number of minutes you walk outside each day. To complete the physical health challenge, track 500 or more minutes in one month. Monthly challenges for the other Pillars of Well-being will also be available on the Healthy Boiler site or you may download the [2022 Monthly Challenges Calendar](#).

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. **Complete the Arctic500 challenge and be entered into a drawing to win Healthy Boiler promo items.**

Not signed up for the Healthy Boiler Program? [Learn more](#) and [join](#).



### THE HEALTHY BOILER PILLAR FOR JANUARY: PHYSICAL HEALTH

Your physical health is critical to your total well-being so the Healthy Boiler program champions health education, preventive care, and ongoing treatment programs. Here are ways to be proactive and in charge of your physical health:

- Complete health and wellness activities such as your annual physical, dental or eye exam, biometric values, and more to earn financial incentives from Purdue which are deposited monthly into your HSA or HRA. View other ways to earn financial incentives at [purdue.wellright.com](http://purdue.wellright.com).
- Attend free HB Employee Well-being events—workshops, screenings, One-to-One group classes, and lifestyle education programs—and participate in the monthly Healthy Boiler Challenge.
- Schedule free health coaching sessions with your health coach Lindsay Bloom. Learn more about the services offered through [health coaching](#).



Behavioral Health



Financial Wellness



Physical Health



Social Wellness



Work-Life Integration

Your Employee Wellness Team:

Lindsay Bloom  
Employee Health Coach  
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Office hours: Monday, Tuesday morning  
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**PURDUE UNIVERSITY.**  
**FORT WAYNE**