



EMPLOYEE WELL-BEING

NEWSLETTER

INVEST IN YOUR HEALTH

JULY 2022

Our focus for July is financial wellness—one of the Healthy Boiler pillars of wellness. When you think of the phrase financial wellness, what comes to mind? Stock portfolios, retirement savings, and saving money? While these are a part of financial wellness, financial wellness can also include ways to stay healthy because your health is wealth. Just as you make an investment for your financial future, you can invest in your present and future health and well-being.

Your health is a combination of your genetic makeup and the day-to-day choices you make. While you can't change your genes, you can make choices which positively impact your health. Just like you chose to create a well-balanced portfolio, you can create and eat a healthy, well-balanced diet. You can also make contributions to your well-being by engaging in physical activities or activities which promote your mental health. Try some of these free or low-cost activities or tips for you or your family:

- Bike or walk in your neighborhood, around the campus, or on the trails around Fort Wayne and surrounding area.
- Brown bag it for work and eat under the shade for a mid-day break or bring your own lunch for a picnic with family or friends.
- Plan your errands in a way that will save gas and time.
- Join the free workshops and classes offered by health coach Lindsay Bloom every month.

We invite you to participate in the following activities and workshops which complement this month's pillar of wellness and relate to this month's theme—Health Is Wealth. Events and programs are open to ALL campus faculty and staff unless specified in program details.

Please visit the HB Employee Well-being [web site](#) to print this newsletter or any of the previous newsletters in our archive.

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

Please forward this newsletter to others in your department.



Healthy Boiler In-person and Virtual Workshops: Set Yourself Up for Success

Join health coach Lindsay Bloom to learn tips on how to support healthy habit formation by making the healthy choice the easy choice.

You may attend the in-person or the virtual workshop the following week. Open to all faculty and staff.

IN-PERSON WORKSHOP

Monday, July 11

Noon–1 p.m.

Walb Union, Room 114

[Register](#) by noon on Wednesday, July 6.

VIRTUAL WORKSHOP

Monday, July 18

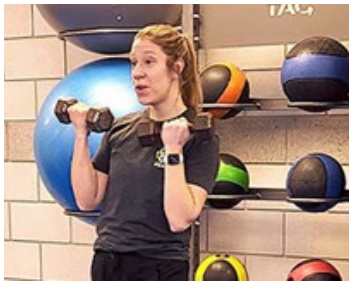
Noon–1 p.m.

ZOOM

Register for this virtual workshop on the [Events Calendar](#). Meeting link will be sent prior to event

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

FOCUS ON FINANCIAL WELLNESS



Healthy Boiler Strength Training Workshop

Fridays, July 1–29

Noon–1 p.m.

Fitness Center Studio and ZOOM Virtual

Join health coach Lindsay Bloom as she leads this full-body strength training workout which uses your own body weight or weights to build muscle mass, endurance, and strength. You will need light to medium dumbbells for some exercises in this class.

In-person class: Meet at the Gates Center Fitness Studio the day of class. Space is limited.

Register for ZOOM class:

- Meeting ID: 959 3530 0006
- Passcode: Strong

Questions? Email Bloom at lbloom@pfw.edu.



Employee Yoga Class: In-person and Virtual

Wednesdays, July 6 and 13

Noon–1 p.m.

Fitness Center Studio and ZOOM Virtual

Learn yoga poses and techniques to practice yoga anytime, anywhere. Work at your own level guided by health coach Lindsay Bloom. All levels welcome. Open to all faculty and staff. No class on July 20 or 27. Learn more about this class on the [Events Calendar](#).

In-person class registration: Join the day of the class and meet at the Gates Center Fitness Studio.

Register for ZOOM class:

- Meeting ID: 971 2106 0966
- Passcode: Relax

Questions? Email Bloom at lbloom@pfw.edu



Healthy Boiler Virtual Workshop: Healthy Hydration

Wednesday, July 27

Noon–1 p.m.

ZOOM

Keeping your body hydrated is especially important during the hot days of summer. Join us for an in-depth discussion on how consuming water can improve your mood, digestion, nutrient absorption, energy, cognitive function and more. Presented by Whitney Soto, RN, health coach at the Purdue Center for Healthy Living.

[Register](#) for the workshop. Meeting link will be sent prior to the event.

Questions? Email employee health coach Lindsay Bloom at lbloom@pfw.edu.

DEVELOP LIFELONG WELL-BEING HABITS

Lifestyle Education Programs

Lifestyle Education programs 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.](#)

Pivio is the new name for the redesigned version of Complete Health Improvement Plan (CHIP) from the Lifestyle Medicine Institute. Pivio helps identify current lifestyle patterns that may lead to current or future health ailments. Hence, individuals pivot toward optimum health and away from chronic illnesses.

Questions? Email Lindsay Bloom at lbloom@pfw.edu.

121 Strong and Pivio Begin in August



121 Strong: Employee health coach Lindsay Bloom will offer the group health coaching class [121 Strong](#) beginning August 1 through August 22. Visit the Healthy Boiler Employee Well-being [web site](#) for information about the 121 health coaching workshops.

Email Bloom at lbloom@pfw.edu by Friday, July 29 to register.



Pivio: One of our lifestyle education programs, Pivio, will begin on August 23. This 12-week program shifts you away from habits that undermine your health and toward those that support it. Learn more about this exciting program that helps prevent, halt or reverse chronic disease on the HB Employee Wellness [web site](#).

Questions? Email 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.



BENEFITS-ELIGIBLE EMPLOYEES AND COVERED SPOUSES

HEALTHY BOILER JULY CHALLENGE: MONEY BUDDY CHALLENGE

July 1-31

Being accountable to someone for any expenditures over \$50 over the next 31 days will help you think twice before spending—a good habit to have. It’s easy. Select a money buddy and explain the challenge to them. Then, before you make a purchase over \$50, call or text your buddy. Once they’ve confirmed it is not a hastily made or imprudent decision, go ahead with the purchase. To complete the challenge, track "Yes" 31 days.

Other challenges in July include the Compost It, Picture It, Employee Review, and Five Alive Challenges. Log in to the [Healthy Boiler Portal](#) for details or download the [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.

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



JULY FINANCIAL WELLNESS CHALLENGE **Money Buddy Challenge**

**Check with spouse, trusted
friend or significant other
before spending \$50.**

THE HEALTHY BOILER PILLAR FOR JULY: FINANCIAL WELLNESS

Your financial wellness can impact both your physical and mental health. Here are some ways that Purdue provides education and guidance to help you save money and secure your long-term financial well-being.

- Earn [financial incentives](#) offered by the Healthy Boiler Program when you complete a variety of steps such as an annual physical, health risk assessment, dental or vision exam and more.
- Maximize your savings opportunities for prescription drugs by using the Rx Savings Solutions [portal](#) or app. Learn more about [Rx Savings Solutions](#).
- Plan and save for retirement through the [Purdue Retirement and Saving Plans](#).
- Visit the Human Resources [web site](#) for other employee benefits.



Behavioral
Health



Financial
Wellness



Physical
Health



Social
Wellness



Work-Life
Integration

Your HB Employee Well-being Team:

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