

# On the Move



A Publication of CPS Heartbeats, Chesapeake Public Schools Employee Wellness Program March 2010

## Healthy Happenings Around CPS

### Diabetes Program

The program is offered to our employees and retirees, covered under Chesapeake Public Schools health care plans, and their covered beneficiaries with diabetes. Participation is voluntary and those participating will actively engage in an educational/health monitoring program and work with specially-trained pharmacists to learn how to self-manage their condition. **The program is free. For participating in this program, your co-pays for diabetes medication and supplies will be waived.**

Benefits of the program include:

- Learning more about diabetes
- Learning to better manage diabetes on a daily basis
- Others who have participated in the program experienced reduced blood sugar levels, lower cholesterol, lower blood pressure and better screening for diabetes-related complications.

For more information, visit: [www.cpschools.com/departments/risk\\_management/index.html](http://www.cpschools.com/departments/risk_management/index.html) and click on HealthMap Rx™ or call 547-1343.

### Diabetes Awareness Fair

**DATE: Monday, April 12, 2010**

**TIME: 2:00 p.m. — 4:00 p.m.**

**LOCATION: Deep Creek High School**

The Diabetes Awareness Fair is for all employees and retirees of Chesapeake Public Schools. The fair will feature:

- Health screenings to include blood pressure, cholesterol, body mass and diabetes
- Fitness demonstrations
- Diabetes information
- A1C Champions presentation
- Diabetes Program enrollment
- Variety of diabetes and health-related vendors

### Free and Clear®

Effective December 1, 2009, smoking was prohibited in Virginia restaurants that are open to the public. This ban also became effective in North Carolina on January 2, 2010. Now is the time to quit smoking and CPS Heartbeats, your employee wellness program, offers *Free and Clear® Quit For Life*, a tobacco cessation program. Quitting tobacco use may be one of the best things you can do for your health. It can also be a very difficult thing to do. The CPS Heartbeats committee feels *Free and Clear® Quit For Life* can help you quit.



*Free and Clear® Quit for Life* is a tobacco cessation program available to all employees, retirees and spouses. Anyone interested in quitting tobacco, including smokeless tobacco, may enroll in the 12-month program.

- No cost for employee, retiree or spouse
- Quit Coaches who know how to quit tobacco will help you
- Personal Quit plan designed by you and your Quit Coach. You and your coach will decide when to quit and the best techniques to use

### Retiree Ididawalk 2010

In the spirit of the Iditarod, CPS Heartbeats is sponsoring Idida Walk 2010 for retirees. The objective is to walk, run, swim, spin, bike or roll 1,140 minutes, one minute for each mile of the Iditarod Dog Sled Race or approximately 30 minutes a day for 43 days. The Retiree Idida Walk 2010 begins April 12, 2010, and ends May 31, 2010. The entry fee is \$20.



For more information, contact Don Bradford at 547-0153 OR [bradfdde@cps.k12.va.us](mailto:bradfdde@cps.k12.va.us) . **Registration deadline is April 16, 2010!**

### System's Biggest Loser

Over 300 employees have enrolled in The *System's Biggest Loser* contest that started in January. The system-wide contest is based on the greatest percentage of body weight lost by an individual and will have First, Second, and Third place monetary prizes.



**Good Luck to all those who are working to be The Biggest Loser!**



*A special thank you to all our nurses who are doing the weigh-ins for the Biggest Loser Contest. We appreciate all that you do to promote employee wellness!*

### Preventive Care

Effective October 1, 2009, co-pays for preventive care are waived for employees enrolled in the Anthem Keycare or Healthkeepers medical plans through Chesapeake Public Schools.

Preventive care includes:

- Cholesterol & lipid levels
- Prostate cancer screenings
- Breast exam & mammography

For more information visit:

[www.cpschools.com/departments/risk\\_management/index.html](http://www.cpschools.com/departments/risk_management/index.html) and click on 2009-10 Benefit Information and Forms.

### Employee Assistance Program

When day-to-day problems impact your home life or job, you can turn to your Employee Assistance Program (EAP) for guidance. For more information call: (757) 398-2374 or (800) 327-3257.