

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE
www.gvsu.edu/healthwellness



Success Story: Jim Bell

In May 2017, Jim Bell—theatre professor in the Department of Music, Theatre and Dance—decided he needed to make a lifestyle change in order to stay active and engaged in activities he loves, like hiking, biking, and walking. This prompted him to sign up with a [Priority Health wellness coach](#) offered through Grand Valley's benefit plan, and he has not looked back since.

Before meeting with a wellness coach, Jim was dealing with serious joint pain in his ankles, knees, and hips. Without addressing his weight and changing his lifestyle, he knew these issues would intensify, and he would no longer be able to live the life he wanted. Though he was unsure what to expect from the coaching program, Jim found it to be a safe and encouraging way to hold himself accountable to reach his goals. Over the past year and a half, he has lost 63 lbs, and says, "At 50, I'm in the best shape I've been in 20 years!"



As of Nov. 2018 (left), Jim is down 8 pant sizes from Nov. 2016 (right).

Jim's coach, Shelly, enables him to be in control of his own program; he sets his own goals, and has found enjoyable ways to accomplish them. Along with outdoor activities, Jim plays racquetball every Friday, and likes to workout at the Campus Recreation Center. His journey has ultimately been about changing his diet and increasing his overall activity levels. Whether that be parking a little further from his office, taking the stairs, or choosing the scenic route when walking to class, Jim finds that any little adjustment helps.

"We're much more effective in our jobs and our lives if we're feeling good."

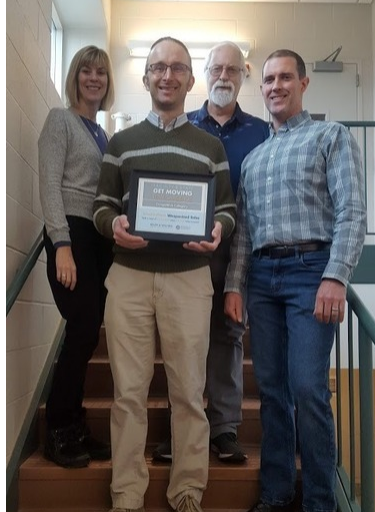
Setting long term goals and being able to see his progress has helped to keep Jim motivated along the way. For others looking to change their lifestyles, he recommends making a long term plan by asking yourself, "where do I want to get to and why," and then using the tools available in order to reach your goals. Jim hopes that others realize that the wellness coaching program is not just for people who need help, or for people looking to make a lifestyle change, but it's a good way to get outside help in a way that fits your individual needs.

Congratulations to our Get Moving Team Challenge Winners!

Thanks to all who participated in the Get Moving Team Challenge! We would like to give special recognition to all of this years winners, pictured below. Continue to stay active this holiday season to keep your energy levels high!



Competitive Category
1st Place: Kicken Asphalt
5,693,389 steps/2,847 miles



Competitive Category
2nd Place: Weaponized Soles
5,526,939 steps/2,763 miles



Competitive Category
3rd Place: Late Night Walkers
5,188,203 steps/2,594 miles



Most Creative Team Name
Run Like the Winded



Individual with the Highest Number of Steps
Terri Kellogg
1,871,970 steps/936 miles

FREE Group Exercise Classes December 17-20

Open to all faculty and staff, and offered at Allendale and Pew campuses. Drop in, no pre-registration required!



Registration for faculty and staff group exercise winter 2019 is now open on gvsu.edu/sprout.

[Review the schedule](#)

Benefits Corner

New Priority Health and Delta Dental ID Cards

As we wind down the year make sure you check your mailboxes for new ID cards from Priority Health and Delta Dental.



Priority Health has partnered with a new travel network, Cigna. Your new Priority Health cards will now show the new Cigna logo on the card.

Delta Dental will now be sending new ID cards to all faculty staff beginning January 1, 2019. The new ID cards will contain a new security enhancement called a unique identifier. You will no longer need to give your dentist office your social security number.

Supplemental Retirement Accounts Contribution Limits for 2019

The Internal Revenue Service has announced that the supplemental retirement account contribution limit for 2019 will change from the current limits. There was no change in the catch-up contribution limit. The 2019 Grand Valley State University 403(b) and 457(b) supplemental contribution limits are:

	403(b)	457(b)
Contribution Limit	\$19,000	\$19,000
Catch-up Contribution (age 50 and older)	\$6,000	\$6,000

Roth post-tax Option

A Roth post-tax 403(b) supplemental contribution option is available for the GVSU 403(b) Retirement Plan. For more information, go to gvsu.edu/healthwellness/retirementplanning.

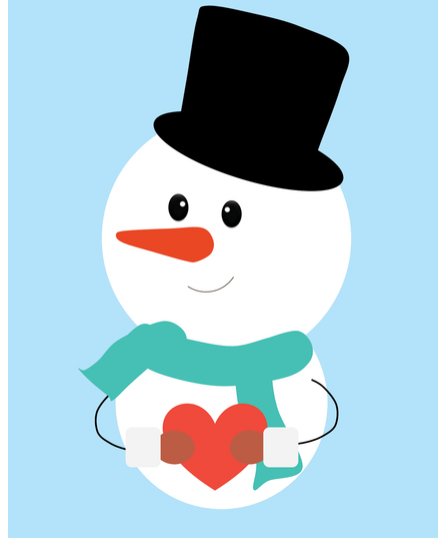
Interested in changing your current contribution or just want to get started? [Login to the Anytime Events](#) site for a quick and easy update.

If you have specific questions about any of the retirement programs at GVSU, please contact Human Resources at X12220 or e-mail us at healthandwellness@gvsu.edu.

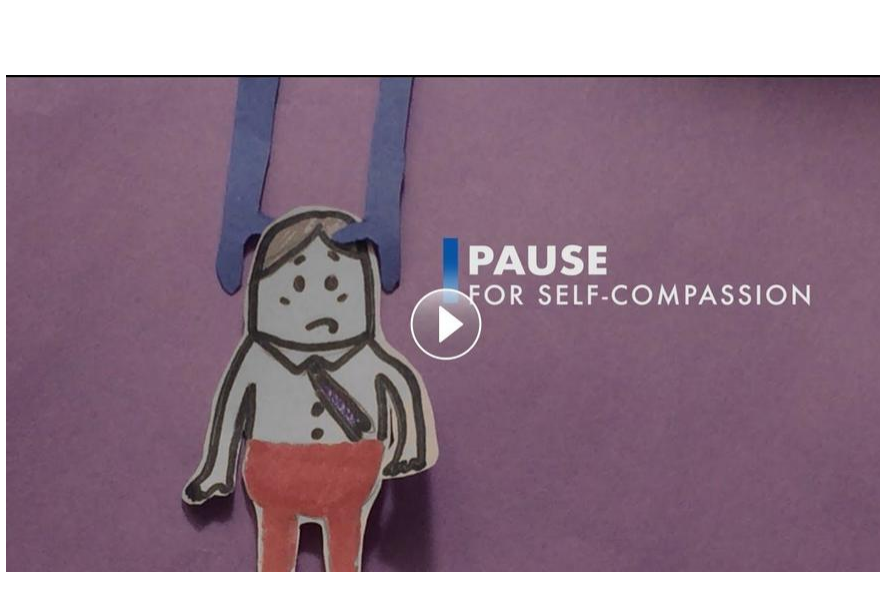
Have a Happy, Stress-Free Holiday!

We love the holidays as much as anyone, but it can sometimes be a stressful and depressing time for a lot of us. Follow these few tips to help prevent holiday stress and depression:

1. Plan ahead
2. Keep up with healthy habits
3. Take a breather
4. Reach out to others
5. Seek professional help if you need it
6. Have self-compassion



Elisa Salazar, work life consultant, defines self-compassion as "honoring and accepting your humanness." In this clip, Elisa walks you through an activity to foster self-compassion and combat negative emotions.



For additional resources, visit gvsu.edu/healthwellness/wellbeing. We hope you have your best holiday season yet!

2019 Upcoming Events

[View the 2019 Winter Event Guide](#)



Wellness Fair 2019

Fewbruary 13, 2019, 11 AM - 2 PM

Pew Campus, DeVos Student project Area and UClub

Trying to find some balance in your life? GVSU's Wellness Fair has much in store for all who participate. Attendees will:

- Learn about campus wellness programs and resources available for students, faculty and staff.
- Hear from GVSU students, faculty and staff who are/have implemented healthy lifestyles and walk away with real world situations, challenges and solutions for how to approach living healthfully.
- Understand GVSU's strategy and efforts to be the healthiest campus in the nation and how to engage to better ones own personal health and well-being, as well as the health and well-being of the university community.

Join us for food demos by Campus Dining, chair massages by Campus Recreation, a flu shot clinic by KCON, poster presentations, and a visit from campus wellness vendors. For more information, visit gvsu.edu/bewellgvsu/fair. Registration is not required, but encouraged at gvsu.edu/sprout.



Riverbank Run: Faculty and Staff Team

May 11, 2019

Want to increase your physical activity levels? Looking for a fun way to increase energy and engage in a social activity with co-workers? Sign up for the Riverbank Run! Participants will receive a registration discount code (for any distance), a monthly training session on campus, and emails including training tips and motivation for race day. Register online at gvsu.edu/sprout.