Spring / Summer

EVENT GUIDE

2018

HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE www.gvsu.edu/healthwellness

Grand Valley State University
Human Resources

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Cancellation Policy

Human Resources provides a broad spectrum of resources to Grand Valley faculty and staff. As a team we work diligently to bring you timely and meaningful professional development and health and wellness opportunities. In order to continue to provide this service, we ask for your cooperation. If you need to cancel, please remove your name from the class list at least 24 hours in advance. Failure to attend or notify us regarding cancellation may result in financial loss to the university. Register and remove yourself from all programs at www.gvsu.edu/sprout.

GVSU & GRCC Collaboration

In an effort to expand information seminars and learning opportunities for faculty and staff, Grand Rapids Community College and GVSU collaborate on programming. What does this mean for you? Programming at either institution will be available to you as a GVSU faculty or staff member. GRCC programming includes both personal and professional development.

Visit www.gvsu.edu/sprout and register as you would for a GVSU program.

For a complete listing of events, please visit the GRCC website at http:cms.grcc.edu/currentlearning.

FOLLOW US ON SOCIAL MEDIA!

@GVSUHealthandWellness
@GVSUHW
@GVSUhealthwellness

ABOUT US

WHO WE ARE

GVSU Health and Wellness is a part of the Human Resources Office located on the first floor of James H. Zumberge Hall on the Allendale Campus. It is our mission to promote and encourage healthy lifestyles to enhance the quality of life for the Grand Valley community and their families. Our aim is to increase awareness of healthy lifestyle choices and improve opportunity for lifelong commitment to good health and well-being.

OUR MISSION

Promoting and encouraging healthy lifestyles to enhance the quality of life for the GVSU community and their families.

OUR VISION

Grand Valley State University will be recognized as the healthiest campus in Michigan by increasing awareness of healthy lifestyle choices and providing opportunities for a lifelong commitment to good health and well-being.

HEALTHY LIVING

IT'S WHAT WE DO

HEALTHY CHOICES

WELLNESS PROGRAM

ABOUT THE PROGRAM

Healthy Choices is a free, voluntary, and confidential program that helps qualifying benefit-eligible faculty and staff learn helpful information about their health, encourages them to take steps to improve or maintain it, and receive monetary rewards of up to $500 for doing so. GVSU deeply values good health and well-being among its faculty and staff community. The goal of the Healthy Choices program is to encourage sustainable, healthy lifestyles that help to prevent chronic disease and other health conditions, and manage rising health care costs. By understanding your current health and knowing your numbers and risk factors, you can take action to help minimize or prevent future health problems.

2018 PROGRAM

Runs October 1, 2017 - September 30, 2018

- Faculty and staff who complete their biometric screen and online health assessment prior to April 15, 2018 will receive rewards ($100 for completing both components) in their paycheck in May 2018. Rewards for spouse participation will also be deposited into paychecks.
- Faculty and staff who qualify for health coaching will receive a letter and outreach call in May 2018 inviting them to participate in health coaching to earn additional rewards.
- No further action is required by faculty and staff who are not contacted by a health coach from Priority Health in May 2018. Payout for this component ($200 for fac/staff, $100 for spouses) will take place in the fourth quarter of 2018.

TWO COMPONENTS

1. Know Your Numbers.
Complete an online health assessment and biometric screen ($100 reward for faculty/staff and $100 reward for spouse).
Deadline: April 15, 2018

2. Health Coaching.
If health coaching is required, participants must engage with a coach for three months. ($200 reward for faculty/staff and $100 reward for spouse).
Deadline: September 30, 2018

MONETARY REWARDS

- Up to $500 for faculty/staff and spouse participation
- Up to $300 for faculty/staff
- Rewards administered directly into faculty and staff paychecks
- Payout for Know Your Numbers component: May 2018 ($100 fac/staff, $100 spouse or household member)
- Payout for Health Coaching component: Fourth quarter 2018 ($200 fac/staff, $100 spouse or household member)

EVENTS & CHALLENGES

HEALTH COACHES ON CAMPUS

May 17 | 12-5pm, Pew Campus DEV 302C
May 18 | 9-2, Allendale Campus KC RM 2228

Health coaches are energizing in their commitment to help you live your life with high energy, clear focus, and a positive and confident outlook. Coaches don't make it easy by giving you answers. Rather, they are skilled partners: they join with you in creating an inspiring vision for your life with a pragmatic plan to move you closer to that vision. In the process, they help you dig out your strengths and insights from life's clutter. Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health insurance card or online at www.priorityhealth.com and click on the wellness event schedule.

TEAM UP TO BE ACTIVE CHALLENGE

June 4 - July 16

Its summer, grab a colleague and get moving! Participants team up in this challenge to compete to earn 150-350 minutes of physical activity a week. Weekly emails include motivational tips and information. Participants who meet their weekly goal are eligible to win a GVSU Farmers Market gift basket. Teams and individuals who meet overall goals are eligible to win Laker Store wellness tech products. All teams who meet their activity goals will earn a finisher prize.

ACTIVE COMMUTE WEEK COMMUTER CHALLENGE

June 11 - 15

Track your active commutes to work using the West Michigan Rideshare tool through The Rapid and help GVSU beat other area Universities and organizations by accumulating the most trips. Daily prize drawings for participants who track trips! Overall winners will be announced during a Handlebar Happy Hour-Special Edition hosted by the Greater Grand Rapids Bicycle Coalition.

Start at www.acwgr.org . Register for the challenge through the West Michigan Ride Share link and select Grand Valley State University from the drop down to make it count for GVSU's team and to qualify for prizes!

RIVERBANK RUN FACULTY AND STAFF TEAM

May 12, 2018

Want to increase your physical activity levels?
Looking to increase energy and engage in a social activity with fellow coworkers? Participants will receive a registration discount code and information on how to participate in the GVSU team for the Corporate Challenge for the 5/3 Riverbank Run.

For more information email welintern@gvsu.edu

EVENTS & CHALLENGES
(CONT.)

FARMERS MARKET
Wednesdays 10:00am to 1:30pm
June 6 through October 24
LOT G

The main objective of the Grand Valley State University Farmers Market is to create an atmosphere where local food vendors can collaborate with GVSU in delivering fresh and wholesome food for staff, faculty, students, and surrounding community members. In doing so, this generates profits for local farms while also providing the community nutritional food options. We can make a difference and have fun doing it.
Together we can plant the seed to LIVE BETTER BY CHOICE.

FREE BIKE TUNE UPS
11-1pm

1st market of each month
June 6, July 4, Aug 1,
Sept 5, Oct 3
Own a bike and need a tune up? Bring your bike by the Farmers Market and drop it off for a basic bike tune up. Sponsored by Human Resources and the GVSU Outdoor Adventure Center.

SUMMER GRILL CHALLENGE
June 6 11:30-1pm

Facilities Services, Public Safety, and Housing staff guest grillers compete to earn your vote! Taste test each recipe for a $7 donation. All proceeds replenish GVSU's on campus food bank.

COOKING DEMOS
12:00pm-1:00pm

Third market of each month.
June 20, July 18, August 15, Sept 19, Oct 17

Lunch at the market-weekly 11am-1pm Campus Dining lunches available for purchase $7.

CLASSES AND WORKSHOPS

Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

FAC/STAFF GROUP EX

Ever wanted to try SPINNING, yoga, or strength training? A variety of fitness classes are open to GVSU faculty, staff, and family members each fall, winter, and spring/summer semester. Two sessions are offered each semester.

Spring - April 30 –June 22
Registration opens midnight April 2
Summer - June 25- August 24
(No class week of July 2)

FEATURED CLASSES

MOVE to Feel GOOD

Want to exercise but don't like the way it makes you feel, or are you afraid you might injure yourself? This class is designed for generally healthy faculty and staff who want to develop a routine for movement in a fun and safe way. Qualified instructors will guide participants through energizing low-impact fitness routines twice a week and provide motivational weekly communications. Comfortable clothing and tennis shoes are encouraged.

HIIT

High Intensity Interval Training. Expect quick bursts of cardio followed by rest or active recovery. Modifications are always provided, so any and all fitness levels are welcome.

View the schedule online: www.gvsu.edu/healthwellness/groupex

ONGOING PROGRAMS

GVSU PARENTING NETWORK

GVSU Work Life offers opportunities for parents and guardians to connect, network, and support each other through our Moms and Dads Networks. Groups meet on both campuses during the lunch hour.

For locations, dates, and times, visit www.gvsu.edu/healthwellness/parentingnetwork

ENCOMPASS & WORK PLACE OPTIONS

Encompass is GVSU's employee assistance program. Faculty, staff, and their dependents have access to seven free counseling sessions with a trained and licensed professional counselor. All visits are strictly confidential.

Encompass is available to help with life's stressors including marriage and relationship challenges, parenting, anxiety, depression, and more. Work Place Options (WPO), through Encompass, is a resource referral service for almost any life event - womb to tomb - that faculty and staff will likely encounter during their career here at GVSU. Financial services includes a one-hour consultation with a financial planner. Faculty, staff, and their dependents are eligible for a half-hour, free legal service consultation with an area lawyer and 25% off future visits if the lawyer is retained.

WPO provides free resources and referrals to elder care programs and facilities nationwide. WPO will conduct a tailored search for a child care provider in your area that meets your needs. Looking for someone to clean your house, pet sit, or help make travel arrangements? WPO Convenience Service will assist you in finding the help that you need for most any service.

Schedule a visit or for more resources and referrals, call 1.800.788.8630. Visit www.gvsu.edu/healthwellness for a complete list of services available.

Visit the Encompass website, www.encompass.us.com (password: GVSU) for a wealth of information on life's every day challenges.

For further information contact Elisa Salazar at salazael@gvsu.edu.

ONGOING PROGRAMS
(CONT.)

PriorityHealth

www.priorityhealth.com

SERVICES

Cost Estimator
Priority Health's newest tool, the Cost Estimator, combines doctor and facility pricing information with your personal benefit and deductible balances to give a close estimate of your out-of-pocket costs, giving you a say in how you spend your health dollars.

My Rewards
By using the Cost Estimator to shop for high-quality, lower-priced care, Priority Health members can earn rewards ranging from $50 to $200.

24/7 Care NOW
Introducing MedNow™, the 24/7 virtual care delivered by care providers from one of the top fifteen health systems in the country.

Here's How it Works:

1. Call MedNow at 1.844.322.7374
2. Provide your G-number
3. Answer a few health questions from the MedNow team, including a brief description of your current symptoms
4. Connect to a care provider who can get you on the path to better health