In an effort to expand informational seminars and learning opportunities for faculty and staff, Grand Rapids Community College and GVSU are collaborating on programming. What does this mean for you? Programming at either college 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 Grand Rapids Community College website for learning at http://cms.grcc.edu/currentlearning.

Human Resources provides a broad spectrum of resources and services to Grand Valley faculty and staff. As a team, we work diligently to bring you timely, 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 to notify us regarding cancellation may result in financial loss to the University. Register for all programs at www.gvsu.edu/sprout.

If you require any special accommodations, please call Human Resources at 331-2215.
Healthy Choices Wellness Program
Registration for events and programs is online at www.gvsu.edu/sprout unless otherwise indicated.

JANUARY 1, 2016 - DECEMBER 31, 2016

The Healthy Choices Wellness Program supports healthy lifestyle behaviors to benefit eligible faculty and staff through outreach and participation in healthy activities and programming.

Step 1: Know Your Numbers
Complete by April 15, 2016.

Step 2: Engage with a Health Coach
Those with risk factors will be contacted by a Priority Health coach in Spring 2016 and must complete three months of coaching to receive rewards. All others will receive a payout - no action required.

Living well means knowing your numbers, like blood pressure and weight. As a Grand Valley faculty or staff member, a healthy lifestyle is at your fingertips with the Healthy Choices Wellness Program. Earn up to $500 deposited into your paycheck* by making healthy choices.

*Rewards will be deposited into faculty and staff member paychecks and are subject to tax.

Learn more by visiting the Health & Wellness website and clicking on Healthy Choices to sign up.

GET STARTED HERE

KNOW YOUR NUMBERS
Complete a biometric screen from February 15 to 26, and an online health assessment by April 15, 2016.
Available to Faculty/Staff and Spouses/Household Members

KNOW YOUR NUMBERS
Get an annual physical from your own health care professional and complete a health assessment by April 15, 2016.
Available to Faculty/Staff and Spouses/Household Members

MAY 2016 PAYOUT

$100
$100

ENGAGE WITH A HEALTH COACH
Obtain free coaching follow-up by December 31, 2016.
Available to Faculty and Staff

ENGAGE WITH A HEALTH COACH
Obtain free coaching follow-up by December 31, 2016.
Available to Spouses and Household Members

$200
$100

FIRST QUARTER 2017 PAYOUT

PAGE 2
Healthy Events & Challenges

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

5/3 RIVERBANK RUN

May 14

We’ve created a GVSU Faculty and Staff team that will participate in all of the Fifth Third Riverbank Run events on May 14, 2016. Register and join the GVSU Faculty and Staff Team today!

1. Click here to start the registration process.
2. If you don’t have our team link, go to 53riverbankrun.com, click on Register, and then Team in the blue bar to the left.
3. Search for your company team in the Group Name box. When you find your team (GVSU Faculty and Staff), click Join next to the name of your team.
4. Register for the event of choice.

The deadline for registration is 11:59pm on May 9, 2016.

NOTE: If you already registered, you can log into your profile, click on the manage tab; then click on Manage Team tab at the bottom of the screen; click Join Existing Team; select GVSU Faculty and Staff from drop down menu.

FREE BIKE TUNE UPS

May 17, Allendale Campus
May 18, Pew Campus
3pm - 6pm

Own a bike and need a tune up? The Spoke Folks will be on campus to offer basic bike tuneups!

Reserve a spot online at www.gvsu.edu/sprout.

GVSU FARMERS MARKET

OPENING DAY: SUMMER GRILL CHALLENGE

June 1
Parking Lot G
11:30am - 1pm

Attend opening day of the market and vote for your favorite grill recipe! President Tom Haas, Marcia Haas, and Andy Beachnau, Director of Housing, will grill off for public vote! For a $6 donation, you can test each recipe! All proceeds go to a selected organization in need.

In the event of inclement weather, the challenge will move to the following week.

HEALTH COACHES ON CAMPUS

June 8, DeVos 299C, 8am - 1pm
June 9, Kirkhof Center 2228, 12pm - 6pm

Health coaches are committed to helping 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. Together, with a pragmatic plan, they help 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.

FARMERS MARKET

Wednesdays, June - October
Parking Lot G
10am - 1:30pm

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 faculty, staff, students, and surrounding community members, generating 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.

Visit our website, www.gvsu.edu/farmersmarket, for a complete summer schedule and list of vendors.

ACTIVE COMMUTE WEEK

COMMUTER CHALLENGE

June 17 - 24

Track your active commutes to work using the West Michigan Ride Share tool through The Rapid and help GVSU beat other area Universities and organizations by accumulating the most trips. There will be 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 menu to make it count for GVSU’s team and to qualify for prizes!
SMALL GROUP FITNESS

Are you ready to take your fitness level to the next step? Small group instruction is an alternative to one-on-one training. Whether it be for fat loss, general conditioning, or elite level athletics, the added motivation of having others working out in the same room with you, pushes you to a new effort level. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals at an economical rate. Class size is limited to eight people.

MENTAL HEALTH FIRST AID TRAINING

“The only reason I’ve shared my story is to take that tiny, baby step of breaking down the stigma attached to depression.” - Clara Hughes

Monday, May 16 AND Tuesday, May 17
2270 Kirkhof Center
8:30am - 12pm

GVSU would like to offer you a special eight hour training opportunity for faculty and staff in Mental Health First Aid. The stigma surrounding mental illness often prevents people from seeking help or even acknowledging that they need help. Even if they do want help, many don’t know where to turn. Mental Health First Aid training does not teach people to be therapists; rather, it teaches people how to assist someone who may be in the early stages of developing a mental health problem or in a mental health crisis. It is recommended that participants attend both 4 hour sessions to receive certification.

GVSU Professional Support Staff can obtain Technical Credit for attending this workshop.

This training is provided by The Mental Health Foundation of West Michigan.

FACULTY AND STAFF GROUP EX

Spring Session: April 25 - June 17
Registration open: April 4

Session 2: June 20 - August 19
Registration open: May 31

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.

FREE COOKING DEMOS

July 6, August 3, September 7, October 5
GVSU Farmers Market
12pm - 1pm

Registered Dietitian Jody Vogelzang presents recipe tips and tricks for fresh and healthy cooking using ingredients right from the GVSU Farmers Market!

Sponsored by Human Resources and GVSU Department of Public Health.

In the event of inclement weather, demonstrations move to Kirkhof Center, Room 2270.

FREE BIKE TUNE UPS @ FARMERS MARKET

June 15, July 20, August 17, September 21, October 19
GVSU Farmers Market
11:30am - 1:30pm

Bring your bike to the Farmers Market and drop it off for a basic bike tune up by the GVSU Bike Shop.
BENEFITS INFORMATION CENTER

The Benefit Information Center is a convenient online location to get answers to questions that you may have in regards to your benefits. It is also a convenient way to get access to information to help you make an informed decision on your benefit options. Go to www.gvsu.edu/healthwellness and click on Benefits.

ENCOMPASS & WORKPLACE 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 and can be set up by calling Encompass directly at 1.800.788.8630. Encompass is available to help with life’s stressors including marriage and relationship challenges, parenting, anxiety, depression, and more.

Work Place Options, through Encompass, is a resource referral service for almost any life event—from womb to tomb—that faculty and staff will likely encounter during their career here at GVSU. Financial services include 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. Work Place Options 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. For more resources and referrals call 1.800.788.8630.

Visit www.gvsu.edu/healthwellness for a complete listing of services available through GVSU Work Life Connections. Visit the Encompass website, www.encompass.us.com (password: GVSU) for a wealth of information on life’s every day challenges. For further information and referrals contact Sue Sloop at sloops@gvsu.edu.

FACULTY/STAFF AREA DISCOUNTS

GVSU faculty and staff qualify for a number of discounts on merchandise, services and programs in West Michigan, including vision services, fitness centers, car services, cell phone providers and more! Check out our website for a complete list.

PRIORITY HEALTH SERVICES

www.priorityhealth.com

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.

MyRewards

By using the Cost Estimator to shop for high-quality, lower-priced care, Priority Health members can earn rewards ranging from $50 to $200. Watch this video to learn more.

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:

2. You’ll need to provide your ID number.
3. The MedNow team will ask you a few health questions, including a brief description of your current symptoms.
4. You’ll be connected to a care provider who can get you on the path to better health.

WEIGHT WATCHERS @ WORK

Thursdays, Kirkhof Center
12pm - 12:45pm

Learn how to eat right and live healthy. Health and Wellness continues to offer up to $144 taxable incentive for participation in the on-campus series. Register any time.

Visit the Health and Wellness website for GVSU log-in information.
CARING FOR SOMEONE WITH A MEMORY PROBLEM

Are you concerned about yourself or someone you care for who you think might have a memory problem? Or do you help care for someone with a memory problem like dementia? If you have questions about how to navigate the maze of diagnosis, decision making or care of someone with a memory problem, we have resources here for you at GVSU. Dr. Cindy Beel-Bates and Dr. Rebecca Davis are both faculty at the Kirkhof College of Nursing, and have years of experience in caring for persons with memory problems. If you would like to ask either of them a question by e-mail or phone or even sit down with them and talk about a situation, you may contact Dr. Beel-Bates at beelbatc@gvsu.edu or Dr. Davis at davirebe@gvsu.edu. If you would like to gain more information on care-giving, go to the Alzheimer’s Association website at www.alz.org or to the Caregiver Resource Network, here. Contact Sue Sloop, GVSU Health and Wellness Work Life Consultant at sloops@gvsu.edu for further information on free literature and resources for elder care resources.

ELDER CARE RESOURCE SPECIALISTS

Two elder care referral experts in the West Michigan area are available to help you and your family find senior care resources. Elder care professionals help navigate the application process for veteran’s benefits, Medicaid, Medicare, and assistance with any elder care need. This service is free for GVSU Faculty and Staff.

Listed to the right is the contact information for the elder care specialists.

WHAT MOMMIES DO BEST

Third Tuesday of June, July, and August
1012 Zumberge Hall
12pm - 1pm

Being a Mom is the hardest and best job that you will ever do! Working mothers today confront not only conflicting demands on their time and energy, but also conflicting ideas about how they are to behave: they must be nurturing and unselfish while engaged in child rearing but competitive and ambitious at work. Meet with other GVSU moms around interesting topics of discussion to both young moms and more experienced moms. Faculty, staff and students are all welcome. A light lunch will be served.

All event dates and times are subject to change. Please visit our website for up to date information on programming.

331-2215 healthandwellness@gvsu.edu