

Each quarter of 2015, the UF and UF Health Shands Wellness Committee, along with GatorCare®, will bring you information, activities and programs to help you make healthy behavior changes.



- ▶ **Creating healthy habits is challenging but research shows that embarking on the journey can be much more successful (and fun!) when you've got a buddy.** This quarter focuses on using social networks to create and maintain healthy behaviors. **Healthy@Home** brings you resources to foster a healthy home and find support in your friends and family, while **Well@Work** provides outlets to get connected with your fellow coworkers to make the workplace a supportive environment.

## 2015 3RD QUARTER SPOTLIGHT



### GET HELP 24-7

**Does your child have a fever? Did you get tangled up in a patch of poison ivy? Looking for help regarding a recent diagnosis?** Florida Blue and GatorCare® members can call a 24-hour nurse hotline to ask basic health questions and address concerns such as symptoms, medications and side effects, reliable home treatments, when to go to your doctor, when to go to the emergency room and more. Telephonic health coaching is also available through this line, as well as referral into a number of disease management programs. **To access, call 1.877.789.2583. If you are an AvMed member, you may participate in a similar program, Avmed's Nurse on Call. To access, call 1.888.866.5432.**

### BUILDING A HEALTHY HOME CHALLENGE

*Challenge opens August 24 and closes September 4*

**Take this one-week challenge to improve your health behaviors at home.** Challenge yourself to tweak your kitchen, get active after work and unplug from the demands of your 9 to 5. Submit your completed challenge checklist to be entered into a drawing for the chance to win a number of healthy home prizes including including a robot vacuum cleaner and a FitBit! **Visit the [Healthy@Home, Well@Work page](#) to print the challenge checklist and get started!**

### GET QUIT

**Whether you are looking to quit tobacco or trying to help a friend or family member quit, Tobacco Free Florida can help.** Each year, primarily because of exposure to secondhand smoke, more than 46,000 nonsmoking Americans die of heart disease and an estimated 3,000 die of lung cancer. Find three ways to quit with **Tobacco Free Florida** along with resources to help someone choose to quit, stay tobacco free, and overcome relapse. **Visit the [iQuit with AHEC calendar](#) [ahectobacco.com](#) to find a free group class in your county (including many right here on campus) for additional support and up to four weeks of free nicotine replacement therapy including patches, gum or lozenges.**

### COMMUNITY CONNECTIONS

**Use this compilation of resources to get the whole family moving!** Check out the local pools, parks, adult sports leagues, teen summer programs, farmer's markets and more!

### KID'S CORNER

**Summer is a great time to take care of the doctor appointments and vaccinations your family needs before the busy school year starts back up. Use this [guide](#) to get updated on vaccination schedules, find a pediatrician and more!**

- ▶ **READY TO SPLISH SPLASH WITH THE FAMILY THIS SUMMER?**

Use this [handout](#) for water safety tips.

- ▶ **DID YOU KNOW THAT CHILDREN ARE MORE LIKELY TO GAIN WEIGHT OVER THE SUMMER?** Review this [compilation](#) of resources to prevent summer weight gain.

- ▶ **LOOKING FOR LOCAL CAMPS AND PROGRAMS TO KEEP YOUR KIDS BUSY?** Check out this [compilation](#) of summer offerings.

### BEAT THE HEAT, TREAT THE BURN

**Stay cool!** Refer to this [guide](#) for preventing and treating sunburn.

### SUMMER READING

**Check out this [list](#) of helpful articles that relate to family health, including parenting, disaster preparedness, elder care and more!**



# Well@Work

## 4-WEEK HYDRATION CHALLENGE

Challenge begins July 14; Team registration due by July 10  
**Compete as a team in this 30-day hydration challenge.** Each team member tracks his or her water intake and team averages are taken at the end of each week. **Will your team sink or swim? Visit the [Healthy@Home, Well@Work](#) page housed under the Quarterly Spotlight tab at [GatorCare.org/wellness](#) for more information and registration instructions.**

## GET UP AND GO! WALK@WORK

**Schedule a group walk and send an invite to five co-workers.** Encourage each person to send it on to five other co-workers. How many people can you get on your walk? **Send your biggest group walk picture to [morgan.papworth@bcbsfl.com](mailto:morgan.papworth@bcbsfl.com) for a chance to win bragging rights and a feature on the GatorCare® website.** If you have access to the Bridge, join the Get up and go! Walk@Work group.

## GET CONNECTED

**Always wanted to join a book club? Looking for social support?** Join an existing networking group including Gator Connections, designed to help UF faculty and staff connect through informal get togethers, or one of the various groups on the Bridge, including the Get up and go! Walk@Work group. **To join Gator Connections, email Tony Andenoro at [andenoro@ufl.edu](mailto:andenoro@ufl.edu) or Hannah Carter at [hscarter@ufl.edu](mailto:hscarter@ufl.edu).** This fall, UF HRS will introduce Gator Interest Groups to help UF and UF Health employees identify kindred spirits with similar interests. **Have an idea for a group you'd like to start? Email it to [hws-wellness@ufl.edu](mailto:hws-wellness@ufl.edu).**

## BRING WELLNESS TO YOUR NEXT STAFF MEETING

**Include the Intro to Wellness presentation at your next meeting or event.** This 10-minute presentation reviews the wellness opportunities available to employees and how to stay current on upcoming activities. **Contact your GatorCare® Wellness Coordinator Morgan Papworth at [morgan.papworth@bcbsfl.com](mailto:morgan.papworth@bcbsfl.com) to schedule.**

## WELLNESS WEDNESDAYS

**Join us the first Wednesday of each month for a wellness presentation.** Attend in person or stream live from your computer. Can't make it? All Wellness Wednesday presentations are recorded and posted to the Media Library at [GatorCare.org/wellness/library](http://GatorCare.org/wellness/library). **To receive updates about upcoming presentations, join the Wellness Email List. To sign up, email [listserv@lists.ufl.edu](mailto:listserv@lists.ufl.edu) with the following message: "subscribe WELLNESS-L yourfirstname yourlastname" example: subscribe WELLNESS-L john smith**



## Stay Tuned For...

### GET UP AND GO! FALL COUCH TO 5K

**Receive the resources and support to complete a 5k.** Attend weekly trainings with a running coach to prepare and network with other employees. **At the end of training, all participants will compete in a 5k together.**

### FALL WALKING CHALLENGE

**The Spring Walking Challenge was such a hit that we've brought it back for another round. Form a team and compete against the best of the best in this 4-week challenge.**

### FOOD TRUCK RALLY

**Enjoy Gainesville's finest food trucks and spend some quality time with your fellow employees.** Participate in corn hole, Frisbee and more! **The rally will be hosted at CH2M Hill.**

### ANNUAL FLU SHOT

**UF Health employees: Protect your patients... Protect yourself.** October 30 is the deadline for UF Health Shands employees to receive their flu vaccine or wear a mask through March 31, 2016. Mark your calendar to get your 2015-16 flu vaccine and watch for announcements in August on the Flu Central [website](#) on the Bridge. The UF Student Health Care Center also administers flu shots and UF employees can receive a free flu shot at the annual UF Benefits Fair in October. Visit their [website](#) for more information and outreach flu shot clinic dates coming this September and October.

To get more information on any of the events listed above, sign up for the Wellness Email List. To sign up, email [listserv@lists.ufl.edu](mailto:listserv@lists.ufl.edu) with the following message: "subscribe WELLNESS-L yourfirstname yourlastname" example: subscribe WELLNESS-L john smith