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FALL 2018 EDITION

INSIDE THIS ISSUE:

Love Your Heart	2
UFC	3
Upcoming Events.....	3
Recipes.....	4
Tips for Boosting Energy	5
Well-Being Week	6
Exclusive Discounts.....	7
Wellness Committee....	8

8 DIMENSIONS OF WELLNESS

Our wellness program's mission is to inspire employees to lead a balanced healthy lifestyle across all dimensions of wellness.



INTELLECTUAL



EMOTIONAL



PHYSICAL



SOCIAL



OCCUPATION



FINANCIAL



ENVIRONMENTAL



SPIRITUAL

Importance of Wellness

A MESSAGE FROM JENNIFER SARFF, DIRECTOR OF TOTAL REWARDS

I spend so much time at work that sometimes I feel that I see my co-workers more than I see my family - a sentiment that I'm sure is shared by many, if not all of us. We give so much of ourselves and strive to be the best we can be in our professions. This is why wellness is so important and must be apart of what we do at Penn State Health. We have to support and engage our employees in a way that encourages their overall health and wellbeing. It must be engrained into the fabric of Penn State Health with the goal that wellness becomes a part of our natural mindset. We want our employees to be well in the way that works best for them as individuals. Plus, we are a healthcare facility and it's important that we encourage our employees to be well, just like we do our patients.

Wellness isn't just about diet and exercise any more. That's why we chose to focus on eight dimensions of wellness: *physical, social, occupational, environmental, financial, intellectual, emotional and spiritual*. All of these dimensions work together and are integral to total wellbeing. Data shows the influence of many different things on our wellbeing. As one example, if we worry about our financial health, it can impact our physical health, which impacts our relationships and our job performance and the care we provide to patients – it's that simple. The picture can look different for everyone. I know a lot of people who eat well and exercise, but are unwell due to relationship issues

at work or with friends, or unanswered spiritual issues. There are connections everywhere. We have to respect each person's top priority as far as the dimensions are concerned. We need to build out a wellness programs that support employees wherever they are in all dimensions.

Our next step as an organization is to offer more tools for managers and employees alike so they can understand what options are available to them. We have so many people doing wellness at Penn State Health. We are really making an effort to pull these resources together, to communicate with the various groups internally, and to make all of the great options known to our employees. I also think we can take more advantage of opportunities that some of our vendor partners offer. There are discounts and programs our employees don't even know about. Lastly, we will work on the culture until we get to a place where being well at work is encouraged and fully supported.

If you're wondering how you can implement wellness in your day-to-day life, it's simple. The first step is self-awareness. Look at the dimensions of wellness and determine in which area(s) you need support. Be open to trying something new and grow from there. Talk to your leader about your needs and how he or she can support you. Look for more great resources to come and get involved – even if it's in a small way.

It's your journey.

Love Your Heart

LOWER YOUR RISK FOR HEART DISEASE

Heart disease is the leading cause of death in the United States. Adopting a healthy lifestyle today can help lower your risk and help you avoid heart problems.

BE PHYSICALLY ACTIVE

Regular exercise helps manage your weight, lowers your blood pressure and cholesterol, and reduces stress – and the strain on your heart. Any type of activity is beneficial. As always, talk to a doctor or health care provider before beginning any type of physical activity or weight-loss program.

FIT, TRIM AND SLIM

Fit, Trim and Slim is a comprehensive 10-week weight management program led by experts at Penn State Health Heart and Vascular Institute. Components of the program are nutrition, exercise and behavior modification.

For more information about Fit, Trim and Slim, call **(717) 531-1552**.

Did you know Highmark reimburses employees and their spouses, who are covered under our medical insurance, \$200 for participating in Fit, Trim and Slim?

GET REGULAR HEALTH SCREENINGS

Have your blood pressure, cholesterol and body mass index (BMI) checked annually to see if you need to take action to lower your risks.

Employees and their families, covered under our medical insurance, receive preventive care visits with no copayment.

MANAGE STRESS

Stress has been shown to impact cardiovascular health. Learn relaxation techniques to cope with stresses in your life. Try Easing Stress or Building Resilience with Yoga, a free eight-week program offered to employees, at the University Fitness Center. For more information, visit <http://pennstatehershey.org/ufc>.

QUIT TOBACCO

Smoking can damage your heart and blood vessels, raise your blood pressure and increase your heart rate. High cholesterol or obesity combined with smoking further raises your risk. If you smoke and would like to get help with quitting, contact Highmark Blue Shield's Health Coaches at **1-888-258-3428**.



MAINTAIN A HEALTHY WEIGHT

Reducing your weight by just 5 or 10 pounds will help decrease your blood pressure, lower your cholesterol and reduce your risk for diabetes – conditions that increase your risk for heart disease. If you are overweight, avoid fad diets and focus on a variety and portion control instead.

EAT A HEART-HEALTHY DIET

Try the Dietary Approaches to Stop Hypertension (DASH) eating plan or the Mediterranean diet. Both are rich in fruits, vegetables, fiber and whole grains to help protect your heart. Eat beans and fish, such as salmon and mackerel. Reduce sodium, which can raise your cholesterol and blood pressure. Limit saturated fats and eliminate trans-fats, which can raise your cholesterol.

How Does Your Smile Size Up?



Have you ever wondered about the health of your mouth and teeth? Maybe your smile is straight and white. Maybe you've had crowns and cavities. Perhaps you brush after every meal or maybe you've forgotten to floss...or have never flossed.

Take two minutes to find out how your smile measures up by taking the **United Concordia's My Dental Assessment!**

This online tool helps identify oral health risks and shows how your lifestyle factors and medical conditions impact the health of the mouth. The assessment will generate a detailed report card—developed by dentists—that includes information on the three most common dental issues: tooth decay, gum disease and oral cancer.

Print the entire assessment and take it to a dental check-up. Dentists or hygienists can help answer questions and address any concerns.

United Concordia Dental members have the option of storing their assessment report cards in My Dental Benefits, a secure online portal

that comes with your dental insurance plan and contains account information to help maximize your benefits. Go to **MyDentalAssessment.com** from your computer, tablet or mobile phone.



University Fitness Center

EVERYTHING YOU NEED FOR WELLNESS AND MORE!

Serving the entire Penn State Health community, the University Fitness Center (UFC) is your health and wellness resource. Whether you've been told by your doctor that you need to get in shape, or you simply want to improve your cardiovascular health, muscular strength, or flexibility and better manage your stress; our credentialed and experienced Exercise Physiologists can help. New members have two great choices to help them get started on the path to success. Members with prior fitness facility experience who just want to get in and get started will appreciate our complimentary New Member Equipment Orientation. Those who are interested in getting a little more guidance with their goal setting, planning, and consistency are encouraged to take a closer look at our Healthier You program, which is also free!

Because there's no one-size-fits-all when it comes to fitness, personal training has become one of our most popular services. No longer just for athletes and the Hollywood elite, personal training is for everyone. In fact, you'll probably

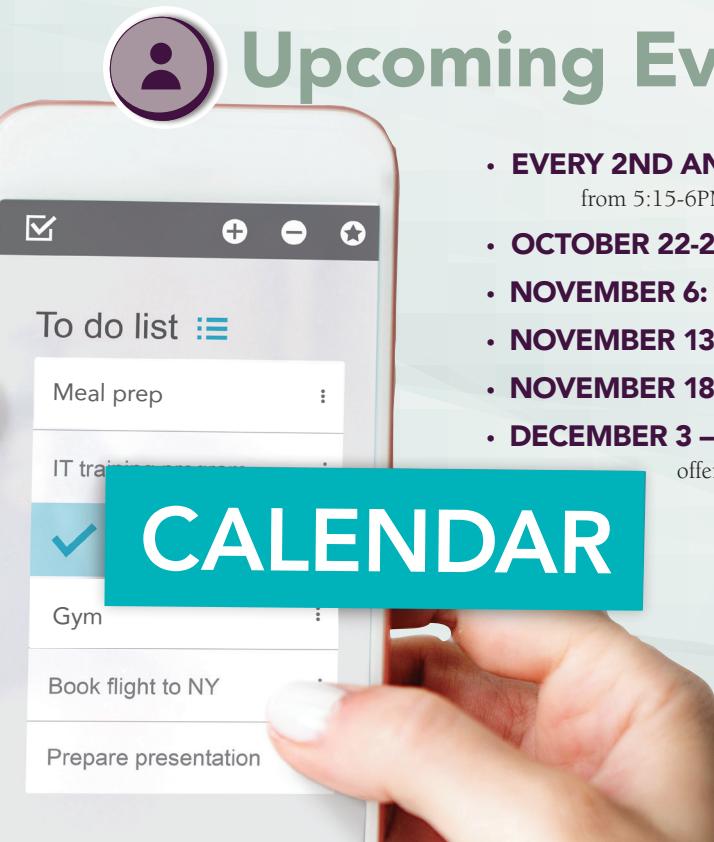
find many of our clients look a lot like you. The UFC offers one-on-one and small group personal training for everything from general conditioning to specific event training, and even training to help manage medical conditions and injuries. In addition to our conventional personal training service, the UFC also offers private equipment-based Pilates training in our fully equipped studio.

If group exercise is more your thing, you'll find the UFC has a variety of free group fitness classes for members, as well as fee-based Specialty Classes available to members and non-members alike. With classes like Zumba®, cycling, boot camp, Tai chi, and self-defense (and much more), you're sure to find just the right fit for YOU.

For more information regarding membership options, classes, and programming please visit <http://pennstatehershey.org/ufc>. Or better yet, stop by and see us. Our team can't wait to meet you!



Upcoming Events



- EVERY 2ND AND 4TH WEDNESDAY OF EACH MONTH:** Mindfulness Practice from 5:15-6PM in Junker Auditorium (HG305).

OCTOBER 22-26: Well-Being Week in T2500. [SEE PAGE 6 FOR DETAILS.](#)

NOVEMBER 6: Employee Breast Screening Event from 4:40-7:40PM

NOVEMBER 13: Millennial Matters presented by Empower Retirement

NOVEMBER 18: Millennial Matters presented by Empower Retirement

DECEMBER 3 – FEBRUARY 4: [NEW PROGRAM](#) – Pilates for Managing Low Back Pain offered on Monday night from 5:45-6:30PM at University Fitness Center (UFC)

DECEMBER 4: Retirement Readiness Seminar

DECEMBER 13: Retirement Readiness Seminar

JANUARY 8 – FEBRUARY 26: [NEW](#) – Easing Stress with Yoga Session at UFC

JANUARY 10 – FEBRUARY 28: [NEW](#) – Building Resilience with Yoga Session

JANUARY: [NEW](#) – Mindfulness Based Stress Reduction Intensive class at UFC

JANUARY 21: Lunch & Learn on Stress Busters in C5621 (Lecture Room B)

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Weight Watchers® Recipe

APPLE BRAISED CHICKEN



PREP TIME: 20 MINUTES

COOK TIME: 52 MINUTES

SERVINGS: 4



INGREDIENTS:

2 tsp olive oil
 1 lb (four 4 oz pieces) skinless, boneless chicken breasts
 1 TBSP all-purpose flour
 2 large red onions, sliced
 1 tsp kosher salt
 ¼ tsp ground black pepper
 1½ cups apple cider vinegar

1 cup fat-free reduced-sodium chicken broth
 1 tsp Dijon mustard
 2 large Granny Smith apples, sliced
 1 TBSP minced fresh sage
 4 tsp chopped fresh parsley

INSTRUCTIONS:

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of chicken breasts with flour; cook until browned on both sides, flipping once, about 3 to 5 minutes per side. Remove from skillet to a plate.

Add onions, salt and pepper to same pan and reduce heat to medium-low; cook, stirring frequently, until onions are softened, about 8 to 10 minutes. Add cider, broth and mustard to pan; stir to combine.

Return chicken to pan and increase heat to medium-high; bring to a boil. Cook, uncovered, for 15 minutes.

Add apples and sage to pan; flip chicken over, stir mixture and continue to cook, uncovered, until chicken is cooked through, about 10 to 12 minutes.

Sprinkle with parsley and enjoy.



PennState
PRO Wellness

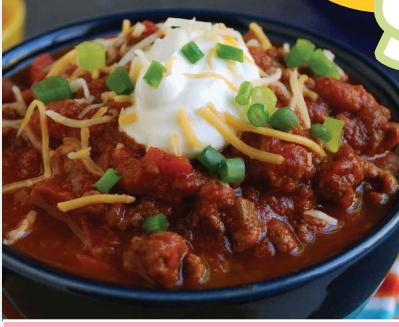
FREE Family Recipes

Delicious and nutritious family-friendly meals and snacks are one click away!

Visit the **FREE** digital recipe portal and try a recipe with a healthy twist. Remember, simple changes equal big results!

Take a bite out of these tasty ideas, visit:

med.psu.edu/PROwellness/recipes





5 Tips for Boosting Energy

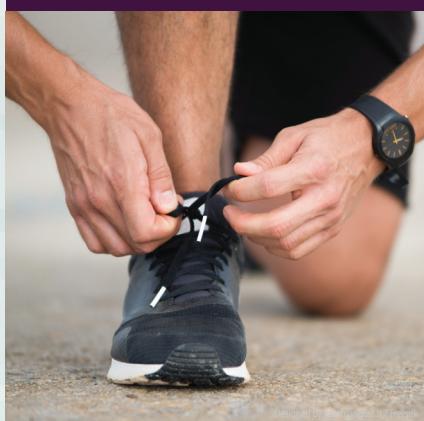
Often, people turn to high-caffeine beverages and energy drinks to give them the boost they need to get through the day; however, many of these drinks are loaded with refined sugars and high amounts of caffeine, which can cause a burst of energy and then a rapid crash. Learn lifestyle strategies that help eliminate this roller coaster effect while boosting energy throughout the day.

REDUCE STRESS


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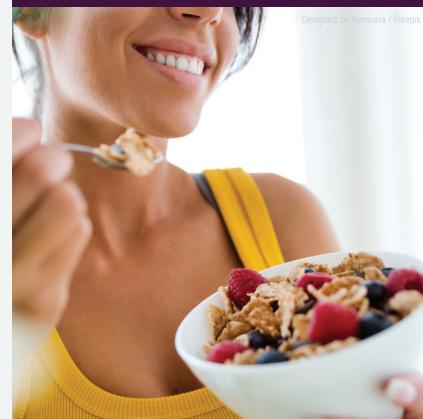
Stress has a major impact on energy levels. Stress can leave a person feeling both mentally and physically exhausted. Even low but chronic levels of stress will negatively affect a person over time. Try to take 20 minutes for yourself every day just to relax. Turn the TV and computer off, sip some tea, read a book or listen to music.

GET MOVING


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A brief bout of exercise (as little as 10 minutes) can improve energy levels and mood. Physical activity, even walking, is a great energy booster. Walking can be done anywhere and only requires a good pair of shoes. To achieve health benefits, it is recommended that adults engage in about 2.5 hours of moderate-intensity physical activity each week.

HEALTHY SNACKS


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It is important to snack throughout the day; however, make smart snack choices. Enjoy snacks that combine protein, fiber and a little fat, such as an apple and string cheese or yogurt and nuts. This helps to sustain energy levels throughout the day. The carbohydrates provide an energy boost, protein keeps energy up and fat makes energy last.

GOOD NIGHT'S SLEEP


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Sleeping seven and nine hours per night is optimal; however, the time a person falls asleep is also important. Sleeping from 2AM to 10AM may not be as restorative as sleeping from 10PM to 6AM. This is because many restorative processes, including body temperature and digestion, are linked to natural light exposure. Aim to go to bed and get up at the same time every day, even on the weekends.

STAY HYDRATED


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Even slight dehydration can leave a person feeling tired and lethargic. Keep a water bottle with you throughout the day.

EMPLOYEE ASSISTANCE PROGRAM

Penn State Health's Employee Assistance Program, ComPsych, is a free and confidential employee and family resource to be used as a first line of defense for personal or work related concerns for yourself or your family.

Through ComPsych, all employees are eligible to speak to counselors regarding a variety of subjects including: mental health and well-being, grief and loss, addiction, etc. ComPsych also provides assistance with financial planning and legal services.

For more information, call **866-465-8935** or visit www.guidanceresources.com. First time users should select "I am a first time user" to register. Our web ID is PSHMC.

Well-Being Week: OCTOBER 22-26

Well-Being Week represents an important step that Penn State College of Medicine and Penn State Health have taken to lead discussions and provide opportunities to begin addressing the crisis of burnout and employee and faculty well-being. The focus of Well-being Week is to enhance your own physical and emotional wellness and to explore other topics of interest around this subject. Have fun while you are learning and discovering!

SESSION TOPIC COLOR KEY:

BURNOUT	EDUCATION	ELECTRONIC HEALTH RECORD	EMOTIONAL	PHYSICAL
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Monday, October 22	Tuesday October 23	Wednesday, October 24	Thursday, October 25	Friday, October 26
	Breast Density and Cancer Risk Time: 8:9 am Location: T4007 Presenter: Nichole Cook & Annie Arguin	Population Health Management of Chronic Diseases Time: 9:30-10:30 am Location: T2500 Presenter: Mark Jacobson	Cultivating Well-Being through Mindfulness Practices Time: 9-10 am Location: T3007 Presenter: Michael Hayes	Sleep and Well-Being Time: 9-10 am Location: C4702 Presenter: Venkatesh Krishnamurthy & Fernandez Mendoza
	Resolving Conflicts - Getting to Win-Win Time: 9-10 am Location: T4007 Presenter: Ann Ouyang	Culinary Medicine Time: 11-11:30 am Location: C6805 Presenter: Tomi Dreibelbis	Reflective Journaling Time: 10:30-11:30 am Location: C5702 Presenter: Martha Peaslee Levine	Heart & Rhythm Meditation Time: 9-10 am Location: T4007 Presenter: Lisa Wilhelm
Reflective Journaling Time: 11 am-12 pm Location: H1154 Presenter: Martha Peaslee Levine	Introduction to Mental Health First Aid Time: 9-10 am Location: C2860 Presenter: Kelly Holder	Kienle Center Presents Resiliency Through Art Workshop Time: 11:00 am -1:00 pm Location: C2600 Presenter: Claire de Boer, Kerry Royer & Betsy Blyler	Are you burned out? Tools for measuring/diagnosing the cause of burnout in your workplace. Time: 11:30 am - 12:30 pm Location: C5702 Presenter: Timothy Mosher	Personal Finance Boot Camp Time: 10-11:30 am Location: T4007 Presenter: David Chu
Joy in Academic Medicine: How to Thrive Not Just Survive Time: 12:15-1:15 pm Location: St. Joe's ★ KEYNOTE SPEAKER: Marie Brown	Taming the Electronic Health Record - The optimizeU service Time: 10-11 am Location: TG200 Presenter: Jeremy Keefer & Bobbie Ward	Heart & Rhythm Meditation Time: 12-1 pm Location: P1200A (CH Meditation Room) Presenter: Lisa Wilhelm	Hiking Opportunities in Central Pennsylvania Time: 12:30-1:30 pm Location: C5702 Presenter: Thomas Dykes	Food Safety at Home and Abroad in an Era of a Changing Food Supply Time: 12-1 pm Location: Junker Auditorium Presenter: Stephen Ostroff
Address the Stress with Mindfulness Time: 2-3 pm Location: C6805 Presenter: Timothy Riley	Handling Litigation Time: 11 am-12 pm Location: H1059 Presenter: Kim Yoder	Crock Pot Meals: A Food Demonstration Time: 12-12:30 pm Location: HG305 Presenter: Angela Schlegel	Wellness through Exercise Time: 1-2 pm Location: C3860 Presenter: John Drop	
Self-Care to Manage Musculoskeletal Pain: Stretching, Myofascial Release, Posture, Strength and more. Time: 3-4 pm Location: C3860 Presenter: Deb Tregea	Joy in Academic Medicine: How to Thrive Not Just Survive Time: 12-1 pm Location: Junker Auditorium ★ KEYNOTE SPEAKER: Marie Brown	Taming the Electronic Health Record - The optimizeU service Time: 1-2 pm Location: TG200 Presenter: Jeremy Keefer & Bobbie Ward	Transitions Time: 2-3 pm Location: C3621 Presenter: Kim Yoder	Healthy Winter Comfort Meals Time: 1:30-2:00 pm Location: HG305 Presenter: Kara Shifler Bowers
Personal Finance Boot Camp Time: 3-4:30 pm Location: P1100/P1100A Presenter: David Chu	Wellness Fair Time: 1-7 pm Location: T2500	BOOM® MIND Time: 3-4 pm Location: T4007 Presenter: Sarah Hartman	Meals in 30 Minutes Time: 2-3 pm Location: C3860 Presenter: Louise Albrecht	Sleep and Well-Being Time: 3:30-4:30 pm Location: C3621 Presenter: Venkatesh Krishnamurthy & Fernandez Mendoza
Safe Biking and Zagster Bike Share Update Time: 4-5 pm Location: C3860 Presenter: Deb Tregea & Sharyn Kocvar	Chair Yoga Time: 4-4:30 pm Location: C3700 Presenter: Dan Coma	Address the Stress with Mindfulness Time: 5:15-6 pm Location: P1100/P1100A Presenter: Timothy Riley	Mental Health Band Aid Time: 3-5 pm Location: C3621 Presenter: Kelly Holder	
Chair Yoga Time: 5-5:30 pm Location: C1845 A/B Presenter: Dan Coma			Resolving Conflicts - Getting to Win-Win Time: 4-5 pm Location: H1059 Presenter: Ann Ouyang	
			Heart & Rhythm Meditation Time: 6-7 pm Location: P1100/P1100A Presenter: Lisa Wilhelm	

Save with Exclusive Discounts



PENN STATE HEALTH EMPLOYEES CAN ENJOY SAVINGS ON ENTERTAINMENT, TRAVEL AND MORE!

Being a Penn State Health employee comes with plenty of perks including discounts on everything from movie tickets, gym memberships, LASIK vision correction and so much more.

ABENITY



PERKS MADE SIMPLE

Abenity provides member-only savings on theme park tickets, car rentals, and hotels. For a complete list of discounts available through Abenity, head over to the Infonet and select Employee Discounts link.

All employees should have received a welcome email after 30 days of joining Penn State Health with your login information. If you forget your login information, please use the password reset link below to update your login credentials:

<http://bit.ly/PSHEmployeeDiscount>

BLUE365



Blue365®

Because health is a big deal™

Blue365 allows Penn State Health employees, who are enrolled in our medical plan, access to discounts on products and services for a well-balanced lifestyle. It features weekly and ongoing deals on health clubs, gym memberships, weight loss programs, healthy travel experiences and more. For more information about the Blue365 program, call **(855) 511-2583** or visit www.blue365deals.com.

FITNESS YOUR WAY BY TIVITY HEALTH



Whether your goals are physical, such as losing weight and maximizing energy, or emotional like dealing with stress and improving your mood, Fitness Your Way can help you meet your goals, on your budget and do it all on your own time.

FITNESS FOR YOUR BUDGET

- \$29 one-time enrollment fee
- \$29 per month (plus local tax), with a 3-month commitment
- Get up to 30% off on more than 40,000 experienced health and well-being specialists including massage therapists, personal trainers, nutrition counselors, yoga and Pilates instructors and more
- Save on vitamins, exercise equipment, aromatherapy, organic products, and unique gifts

FITNESS FOR YOUR TIME

- Visit any participating fitness location – anytime, anywhere – as often as you like
- Locations include select Anytime Fitness, Curves and Snap Fitness. A limited number of Gold's Gyms and YMCAs in certain areas are also participating.

For more information call **(888) 242-2060**.

This program is available to members of Highmark Blue Shield insurance.

WE WOULD LIKE TO HEAR FROM YOU!

BeWell

Are you having a wellness event or do you lead an employee program that may be of interest to Penn State Health employees? Please consider submitting content for our next BeWell newsletter. Photos are welcomed and encouraged along with your submission! Send all submissions to BeWell@pennstatehealth.psu.edu.



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PASSIONATE?
about WELLNESS?



PennState Health

Help improve the health
and well-being of employees,
join the Wellness Committee!

For more information, visit
<http://bit.ly/PSHealthWellness>