



liveWELL: A Better Choice

It's as easy as
A-B-C!



Complete your confidential Health Risk Assessment from your Self Service website at <http://hris.uiowa.edu>.



Receive \$50 on your next month's pay-check. If this is your first time taking the HRA, you will receive a \$30 annual award. Be eligible for monthly drawing for \$500.



Based on your results, you may be eligible for the **Health Coach Service** and other resources.

100% Fad Free Nutrition and Fitness

What does it mean to be "Fad Free?" The American Dietetic Association's theme for National Nutrition Month[®] is "100% Fad Free." Diet and exercise fads come and go. Some can help meet short-term goals (like weight loss), but to improve health for the long term, you'll need a sensible eating and exercise plan that you can maintain.

Fad Spotting

- Does it sound too good to be true?
- Does it promote a "limited time offer" or "quick fix?"
- Is the source of the information trying to sell a product?

Fad Free at The University of Iowa*

- 43% eat a diet low in fat and with appropriate amount of calories to maintain weight.
- 51% get at least five fruits and vegetables daily.
- 104 individuals have worked with a health coach to improve eating habits; 93% met most of their goals related to nutrition.

*Data from 2006 Health Risk Assessment



liveWELL Launch: Year in Review

UI Benefits and UI Wellness launched **liveWELL** in April 2006. Below is a brief overview of findings from Year #1. For a complete summary of 2006 Program Highlights, visit www.uiowa.edu/livewell.

Health Risk Assessment Summary Data

- 4,812 participants (49% of eligible population)
- Nearly four of five persons gave permission for UI Wellness to contact them

Health Coach Service

- 231 Faculty and Staff successfully completed
- 100% rate quality of service as good to excellent
- 97% report improved health
- 86% report improved productivity

2007 Program Goals—As a result of these findings...

- Boost HRA participation to 55% of eligible population.
- Add to menu of current referral options.
- Support efforts to create and sustain a healthy campus culture by promoting environmental and programmatic supports for smoking cessation, healthy eating at work, and safe, accessible physical activity options.

Health Coach CSI: Spring 2007

Continued Support & Inspiration

Health Coach CSI seminars offer **C**ontinued **S**upport and **I**nspiration for ALL University of Iowa employees who are investigating strategies to meet and exceed their health goals. Continue to "spy" the **liveWELL** website for upcoming topics!

Health Coach CSI seminars are free—bring a friend!

March CSI: 100% Fad Free

Wednesday March 28 12:00-1:00 PM IMU - Miller (259)
Thursday March 29 12:00-1:00 PM UIHC Atrium A&B

April CSI: Spring Into Action

Wednesday April 18 12:00-1:00 PM S104 PBB
Wednesday April 25 12:00-1:00 PM UIHC Atrium A&B

May CSI: Myth-busting the Media

Wednesday May 23 12:00-1:00 PM S104 PBB
Thursday May 24 12:00-1:00 PM UIHC Atrium A&B



Remarkable Partners Focus On: REACH

An integral component of **liveWELL** is the Health Coach Service. Coaches assist clients in the areas of stress and time management, weight management, improving nutrition, becoming more active, and many other health improvement areas.

Sometimes, the Coach and client recognize that other programs and services may complement the areas in which they are working. One of these referral sources is the REACH Program (Reaching Euglycemia and Comprehensive Health), which is a part of Rehabilitation Therapies at the University of Iowa Hospitals and Clinics. REACH is for people at risk for developing Type 2 Diabetes, with pre-diabetes, and newly diagnosed Type 2 Diabetes. The goal of REACH is to improve individual health by modifying lifestyle factors that increase the likelihood of developing Type 2 Diabetes and related complications.

Upon completing the eight-week REACH program, one **liveWELL** Health Coach client remarked, *“REACH provided information, tools and skills that will prove very beneficial to improving my health. The fact that it does so in an atmosphere that is always positive and upbeat made me actually look forward to going.”*



REACH Program Coordinator Rhonda Barr states, *“REACH brings together a multi-disciplinary team of diabetes experts and a group of participants who are eager to learn and improve their health, making the program both challenging and fun for us all. At the end of eight weeks, the participants are surprised at the progress they have made in their exercise ability, blood pressure, weight, and fasting blood sugar and lipids. With the additional support of their Health Coaches, participants continue to maintain those lifestyle behaviors that decrease their risks for diabetes or improve their management of the disease.”*

Should I be checked for Diabetes?

If you are 45 years or older, you should be checked for diabetes at your annual physical along with your other fasting blood tests. If you are younger than 45 years, overweight and have at least one of the

other risk factors mentioned above, you should be checked for diabetes at your annual physical or discuss your risks with your physician.

For more information: Centers for Disease Control and Prevention www.cdc.gov/diabetes/consumer
 National Institute of Diabetes and Digestive and Kidney Diseases diabetes.niddk.nih.gov/dm/pubs/diagnosis/index.htm

The next session of REACH is May 8 - June 28, 2007. For more information about REACH visit www.uihealthcare.com/depts/reach. To work with a UI Wellness Health Coach or to learn more about the service, visit www.uiowa.edu/livewell or call 353-2973.

liveWELL Staff Spotlight: Jean O'Donovan

Jean is the UI Wellness **liveWELL** secretary. She has been running the **liveWELL** office operations since the program launched in April 2006, including coordinating the office's move from the University Services Building to the Communications Center. Jean maintains the calendars of all of the Health Coaches, scheduling intake visits and subsequent appointments. If you take the Health Risk Assessment and are eligible for the Health Coach Service, chances are, you will connect with Jean.

*“I am the usually the first contact –in person or over the phone– that one has with the **liveWELL** program. The program is growing constantly and is an upbeat and fun place to work. Having support and encouragement at work to maintain a healthy lifestyle is wonderful. If you have any questions about the program, don't hesitate to give me a call!”*





Oh My Aching Joints: *Living with Arthritis and Joint Pain*

Arthritis refers to more than 100 different diseases that affect areas in or around joints. Approximately 46 million Americans (1 in 5) are affected by arthritis. 13% of the University of Iowa population who completed the **liveWELL** Health Risk Assessment report suffering from arthritis. If you or someone you know is affected by this disease, here are some tips for living with arthritis:

- Pay attention to your symptoms, and see your doctor for an accurate diagnosis. There are many different types of arthritis, and the treatment options are different for each. The earlier the treatment, the better.
- Regular, moderate exercise can help people with arthritis in many ways. Exercise can help lessen pain, increase range of motion, and reduce fatigue.
- Eat a well-balanced diet. Researchers have found that certain nutrients may have a positive affect on certain types of arthritis. Weight management is also important because it helps in decreasing the stress that is put on joints.
- Relax, laugh, and do activities that you enjoy. This can help lighten your mood and help you to focus on something other than pain.



For more information and helpful tips visit www.arthritis.org. Also, don't forget to see your primary care provider. Early diagnosis and treatment is important in minimizing and managing the symptoms of arthritis.

Health Coach Client turned \$500 Monthly Award Winner

Each month, there is a \$500 drawing for all individuals who have taken their **liveWELL** Health Risk Assessment in 2007. The January 2007 winner was Lynette Eldred, who also happens to be one of **liveWELL**'s many inspirational success stories! Lynette works at the University of Iowa Hospitals & Clinics, Health Care Information Services (HCIS).

"I would encourage my colleagues to take the HRA just to remind themselves of all the areas of their life that affect their health and general well-being. After taking the HRA and reviewing my report, I decided to work with a Health Coach. The help I had from my Health Coach in making a realistic and goal-driven plan has set me on a path towards better health. I feel much more confident that I can improve my health through the habits I am now creating and plan to continue to use the HRA on a regular basis to chart my progress."



You must participate to win!

To access your Health Risk Assessment and receive your annual award of \$30 or \$50, plus your chance to win the \$500 monthly drawing, visit your Self Service website and take the HRA. For a complete list of \$500 Winners, visit www.uiowa.edu/livewell.

liveWELL

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We welcome you!

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 353-2314.