



Established 1915

BROWARD
County Public Schools

Wellness Newsletter

September 2018

Live. Life. Well.

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Staying Active

Have a Stay-Active September

It happens to everyone. The temperature drops and all of a sudden, sweatpants and comfort foods are calling your name. That is why it is important to rededicate yourself to healthy living every fall. Focus on fitness and you'll see big short-term and long-term benefits.

150 Active Minutes Each Week

You're going to hear that a lot this month. Current health guidelines recommend that adults get 150 active minutes each week. That time can be spread out over the week, although it is also recommended you get at least 10 minutes in at a time.

Your September Activity:

Set and Track Fitness Goals

Know where you're going and watch yourself get there.

Why 150 Minutes?

HUGE Health Benefits:

- Weight maintenance or loss
- Reduce risk of heart disease, stroke, type 2 diabetes and metabolic syndrome
- Reduce risk for certain cancers, including colon and breast cancer
- Maintain and improve bone, joint and muscle health
- Boost mood and self-esteem
- Prevent injury and improve quality



Being active 150 minutes per week isn't a cure-all, and you may require more or less depending on your diet, individual physical characteristics and lifestyle. It is a great step toward a healthier, happier life. For help determining the best plan for you and your health, we recommend you consult with your physician.



Boost Your Heart Rate Throughout the Day

In addition to a regular exercise routine, it's important to remain active during the day. A sedentary lifestyle is dangerous for your health, and even workout warriors are at risk if they only get up to go to the gym. Fortunately, it's easy to add active minutes to your day with a few simple changes.

Add Activity to Your Day

- Park towards the back of parking lots to get in extra steps.
- Take the stairs, not the elevator.
- Walk during breaks instead of sitting in a breakroom or cafeteria.
- Skip drive-through windows, even at the bank or pharmacy. Park and walk in for the extra steps.
- Find ways to be active as a family and add quality time to the mix, as well.
- Do small exercises—jumping jacks, push-ups, crunches—during commercial breaks of your favorite shows.
- Track your steps to ensure you stay active, even when you're busy or distracted.
- Start small and ramp it up. Unrealistic goals are demoralizing, so set small, achievable goals that lead up to a single big one. A good initial goal is a small increase in daily activity minutes or step count. Continue to reach goals and set new ones until you can hit 10,000 steps on a daily basis or 150 active minutes each week.





Leap Those Hurdles

There's always a reason not to exercise. You don't have time, you're too tired, the weather is cold and dreary—we all make our own excuses, often without even realizing it. That's why a little mental and practical preparation is essential if you want to achieve your fitness goals.

Tip #1

“I don't know what to do or where to start.”

No problem. You can start by consulting your physician to address any health concerns or areas of risk specific to you. Then, simply Google “gyms near me.” Most local gyms provide an opportunity to hire a personal trainer if you need assistance with creating your workout, proper form or meal planning.

Tip #2

“I don't have the time.”

Make some. Track what you do each day of a typical week. Then, slot in regular exercise during a few consistently open mornings, afternoons or evenings.

Tip #3

“I spend my free time with my kids.”

That's great. It's the perfect opportunity to get you and your kids active at the same time. Get your heart rate up as you spend time with your kids (play tag or hide and seek, teach them a new sport or game, or share chores such as yard work or gardening) and supplement your activity minutes with a workout as needed.

Tip #4

“It's boring.”

- Don't force yourself to do exercises that you don't like. Instead, stay motivated by pursuing active hobbies and focus on exercises that you do enjoy.
- Find a friend to do exercise with, even if it's once or twice a week. You can keep each other accountable, and you'll have more fun.
- Vary your routine. If you're bored with what you're doing, conduct a little research for new ideas or consult your physician for recommendations.



September Recipe

Crunchy Herb Dip and Crunchy Vegetables

Crisp, creamy, delicious—and pronounced “erb” in America, but “herb” everywhere else.

Total Time

Cook & Prep: 10 minutes

INGREDIENTS

- ½ cup non-fat buttermilk
- ½ cup reduced-fat mayonnaise
- 2 tablespoons fresh dill, minced
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon garlic powder
- 1/8 teaspoon salt
- 6 cups vegetables
(celery, carrots, cucumbers, red peppers, your choice)



NUTRITION INFO:

161 calories
3 g fat
3 g cholesterol
236 mg sodium
7 g carbohydrates
1 g protein
1 g fiber

INSTRUCTIONS

1. Whisk buttermilk, mayonnaise, dill, lemon juice, mustard, honey, garlic powder and salt in a medium bowl until combined.
2. Serve the dip with vegetables.



Get the shot. Not the flu.



Available Now!

Flu Shots will be available to Aetna members, for \$0 copay, at participating retail pharmacies including CVS, Publix Super Markets, Target, Navarro Discount Pharmacy, Walgreens, and Walmart. Contact your local pharmacy to confirm participation and remember to show your Aetna member ID card at the counter.

*Consult your physician before making changes in your lifestyle or health care regimen.
Vaccinations are subject to availability at participating pharmacies.*

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WHAT YOU NEED TO KNOW FOR 2019 OPEN ENROLLMENT

**Open Enrollment for 2019 will begin
Tuesday, October 2, 2018
and will end on Friday, October 26, 2018.**

- The benefits that you select during the Open Enrollment period in October, will take effect on January 1, 2019.
- If you would like to add new unverified dependents (spouse, children, or domestic partner) to your Medical, Dental and/or Vision Plan(s), you will be required to complete a "one time" Dependent Verification Process prior or by Friday, October 26, 2018 with the Benefits Department, by presenting the required dependent verification document(s) to a Benefits Department Staff Member. Some of the required documents include but are not limited to Marriage Certificate (for spouse), Birth Certificate, Adoption, or Legal Guardianship Records (for children). Documents written in languages other than English MUST be translated into English by a certified Translation Company. For further information regarding the Dependent Verification Process, please log-on to the Benefits Department website at browardschools.com/benefits, click on the Open Enrollment link then select the Dependent Verification FAQ Document.
- The first dependent premium deductions, if applicable, will be deducted from your December 2018 paychecks for 2019 coverage. The per paycheck deduction will be noted on your Benefits Confirmation Form, which you can print by accessing Employee Self-Service (ESS). Please refer to the 2019 Open Enrollment User Guide for guidance, which is located on the Benefits Department website at browardschools.com/benefits by selecting the Open Enrollment link. In addition, your per paycheck deduction is based on the number of deduction checks you earn per year, in accordance with

your assigned payroll calendar. To view an example of the bi-weekly dependent premium deduction calculation, please refer to the "Dependent Premium Bi-Weekly Deduction Chart" located on the Benefits Department website at browardschools.com/benefits by selecting the Open Enrollment link.

- There are many useful resources, phone numbers and links to assist you on the Benefits Department website at browardschools.com/benefits. The Benefits Department, in addition to the District's benefits carriers, will be available for questions at select locations throughout the District during the month of October. A listing of the locations can be found on the Benefits Department website by clicking on the 2019 Open Enrollment link. Should you have any questions, you may call the Open Enrollment Hotline at 754-321-3230, or email us at open.enrollment@browardschools.com.
- Open Enrollment must be completed online through Employee Self-Service (ESS). A Benefits Confirmation Form should be printed and kept as proof of enrollment and coverage for you and your dependent(s), if applicable. Please note that ESS is NOT AVAILABLE on Saturdays from Noon until Sunday at 1 p.m. and on Mondays, if your paycheck is being processed for that particular week. For Technical Support Assistance, please contact the ETS Help Desk at 754-321-0411, Monday – Friday, 7:00 a.m. – 4:00 p.m.
- As a reminder, please keep in mind that while Open Enrollment takes place on Tuesday, October 2 through Friday, October 26, 2018, the benefits you select will go into effect on January 1, 2019.



**Remember, the last day
to make changes for
Open Enrollment will be
Friday, October 26, 2018,
at 4 p.m.**





**Benefits & Employment
Services** INSPIRING A NEW WAVE OF
EDUCATORS & EMPLOYEES

The Wellness Newsletter is prepared for you by Gallagher Benefits Services, Inc., Navigate Wellbeing Solutions, and Broward County Public Schools Benefits Department. The contributions included in this newsletter do not specifically reflect your employer's opinions. Please consult your healthcare provider before making any changes in diet, exercise or recommendations made by this publication.