“Feeling blue” is a good thing in the context of the Fall 2013 liveWELL newsletter. Not only will Iowa City begin a transformation into a Blue Zones Community in 2014, modeling it after the healthiest communities in the world, but the University of Iowa is seeking a Blue Zones Worksite designation. Being the largest employer in our town, we have an obligation to promote not only a healthy campus but a healthy community where we live, work, and play! We need your help! Please take a moment to follow the very simple steps on page 6 and be counted as one of our minimum of 4,000 employee pledges needed to reach this prestigious designation. (As of 10/1/13, we have 900 of 4,000 pledges needed).

Yours in good health & Go Hawkeyes!

Megan Hammes
Manager, UI Wellness/Human Resources

PS: liveWELL has a new website!
Check us out at hr.uiowa.edu/livewell
At the University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.
In early 2013, Wellmark Blue Cross and Blue Shield, Blue Zones and Healthways announced six communities—in addition to four previously named in 2012—as Blue Zones Project™ demonstration sites in Iowa, including Iowa City and Cedar Rapids!
The selected communities will receive assistance from experts to develop and implement a Blueprint for making permanent environmental, social, and policy changes that transition people into healthier behaviors that can lead to longer, happier lives. Iowa City will begin their work in 2014.

The Gallup Healthways Well-Being Index® has been measuring Iowa’s state ranking regarding the healthiest states in the nation. Iowa moved from 16th in 2011 to 9th in 2012, so we’re headed in the right direction! The efforts of the Blue Zones will hopefully help catapult Iowa into the top spot in the near future!

“Becoming a Blue Zones Worksite makes a public statement that you support the Blue Zones principles. Blue Zones is all about creating environments in which healthy choices and behaviors are easy, encouraged and visible. A designation sends a strong message to employees that their health and well-being is important enough to the company that they have taken affirmative steps to support healthy choices.”

-Doug Beardsley, Johnson County Public Health Director on Becoming a Blue Zones Worksite
The University of Iowa: A Blue Zones Worksite (Almost. We need your support.)

The University of Iowa is committed to supporting the Iowa City community in its Blue Zone designation. We are well on our way to achieving a Blue Zones Worksite designation.

Achieving the designation demonstrates that the University is not only committed to making UI a healthier place to work, but has already succeeded in making tangible changes to the environment that meet the criteria of becoming a Blue Zones Worksite.

The piece that we need your help with is that we must have 25% of faculty and staff sign the Blue Zone personal pledge and complete one action.

GETTING STARTED IS EASY!

**STEP 1**  

**STEP 2**  
Be sure to check the “I have an organization code” box and use the Organization Code – uiowa.

*Note:* For those of you who may have already created a Blue Zones Profile, log in and select “Profile” where you will be able to enter the Organization Code –uiowa- to be counted towards the University’s pursuit of a Blue Zones Worksite designation!

**STEP 3**  
Complete the Blue Zones® Personal Pledge, which includes actions that you can take that best suit your lifestyle and goals.

Join the movement today to build a better, brighter future!  
www.bluezonesproject.com
Blue Zones® areas are places where people enjoy longer, healthier lives with less illness. Scientists initially identified the following five Blue Zones areas: Sardinia, Italy; Okinawa, Japan; Loma Linda, California; Nicoya, Costa Rica; and Ikaria, Greece. Researchers found that people who live in these areas share nine common lifestyle behaviors that have a direct impact on their increased well-being and longevity. These healthy behaviors are called Power 9 Principles.

1. Move Naturally
   Be active without having to think about it

2. Know Your Purpose
   Know and be able to articulate your purpose in life

3. Down Shift
   Slow down daily, rest, take vacation

4. 80% Full
   Stop eating when you’re 80% full

5. Plant-Slant
   Eat more veggies, less meat and processed foods

6. Wine @ Five
   One alcoholic beverage every day for those with a healthy relationship with alcohol

7. Belong
   Be part of a spiritual community

8. Loved Ones First
   Make family, or those who you consider family, a priority

9. Right Tribe
   Create a healthy social network

You do not have to adopt all nine of these lifestyle behaviors at once to enjoy their benefits. Instead, it’s about taking what may or may not be working in your life and making it better. The Power 9 can also have a positive impact on your entire community. If your friends and family are healthy, you are healthy. When you take steps to boost your well-being, others are more likely to follow your lead. The easy, everyday changes that you make together with your family, friends, neighbors and co-workers will create a better place for all of us.
We Are Phil Support several of the Power 9 Principles

“Phil” is short for philanthropy, and at Iowa, Phil is the nickname for everyone who donates to the University, as well as all those who benefit from private support. That means you are Phil, too—whether or not you’ve ever made a donation to support the University of Iowa.

Your passion, your participation

We Are Phil focuses on participation—not dollar amounts—and asks individuals to give what they can, to whatever causes on campus they find meaningful and important. So whether you’re interested in supporting scholarly excellence, enhancing patient care, sparking creativity, speeding research, or cheering on the Hawkeyes, your gift matters.

To search for a fund (there are over hundreds) that matches your interests, visit www.uifoundation.org/facultystaff

Program launches October 21, 2013. All regular UI employees who work 50%-time or more will receive a personalized We Are Phil packet in campus mail—including details about giving, and a contribution form to make participation easy. For more information, please visit www.uifoundation.org/facultystaff

We Are Phil Co-Chairs

“I give because the need is great and the University of Iowa is an incredible place where people are making a difference.”

Jerry Schnoor
Professor and Allen S. Henry Chair, College of Engineering

“We giving back to the UI is a way to ‘pay it forward’ and support the kinds of opportunities that were made available to me.”

Joni Troester

“You will feel good about pitching in.”

Dr. Matthew Howard
Professor and John C. VanGilder Chair, Chairman, Neurosurgery
The 2013 UI Health Fair is an annual, FREE event where you’ll be able to obtain a variety of health and wellness information as well as free health screenings, giveaways, and GREAT door prizes!

- Free Health Screenings: bone density, cholesterol, blood pressure, body composition
- Door Prize Drawings and giveaways
- Registration for Live Healthy Iowa 2014 teams
- Representatives from TIAA-CREF, UI Benefits, UI Health Plans Office, Delta Dental and Wellmark to assist with your 2014 Benefits enrollment questions
- Blood Drive
- Flu Vaccines (Wear loose-fitting clothes and bring University ID)
- Blue Zones inspired scavenger hunt

**Date:** Wednesday November 6  
**Time:** 7:30 a.m. – 4:00 p.m.  
**Who:** University of Iowa Faculty and Staff

liveWELL staffers Erin Litton and Megan Hammes took time out of Health Fair 2012 to participate in a photo booth. Tweet your photo to @UIowaLiveWELL and use #UIHealthFair for a chance to win a fabulous Blue Zones-inspired gift basket!

The UI Health Fair is sponsored by the University of Iowa Community Credit Union and TIAA-CREF along with UI partners: UI Health Care, Recreational Services, and UI Wellness.
When will flu activity begin and when will it peak?
The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

What should I do to prepare for this flu season?
The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. The flu vaccine is designed to protect against the main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.

Aside from the flu vaccine, what else can I do?
In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

Where can I get a flu vaccine?
As a faculty or staff member, we encourage you to obtain your flu vaccine at a designated campus location for your convenience. Otherwise, there are many other options such as your doctor’s office, UI Quick Care, and most pharmacies. Many churches and community centers also offer flu vaccination clinics.
Campus Flu Vaccine Locations

For **UI Health Care Staff**, the flu vaccine is available starting in October.

For **non-UI Health Care faculty and staff**, the seasonal flu vaccine campaign will include Pappajohn Business Building, University Capitol Center, University Services Building, BioVentures Center (Research Park Campus), and at the UI Health Fair on November 6 at the Field House.

**Full details on the dates, times, locations, and eligibility criteria to receive a flu vaccine on campus can be found at** [www.uihealthcare.org/uehc/](http://www.uihealthcare.org/uehc/)

Eligible faculty and staff for a free flu vaccine include 50% or greater, regular position and all UI Health Care employees, regardless of percent time worked. If a non-eligible faculty or staff member would like to receive a vaccine, they may pay a $17.00 fee payable by check only to the “University Employee Health Clinic.”

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**MYTH BUSTER:**

**The Flu Shot gives me the Flu every time I get it!**

“The viruses in the flu shot are killed and inactive. You will not get the flu from a flu shot. Some minor side effects that could occur in rare instances include some soreness where the shot was given and/or some minor aches and in very rare occasions, a low grade fever. The public health benefits of receiving the flu vaccine are much greater than these minor inconveniences.”

- Dan Fick, MD, Campus Medical Officer

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**Sick kid? Try back-up child care!**

The University has resources available if your child’s school or child care program closes intermittently or if your child is mildly ill and unable to go to school or child care. Paperwork needs to be submitted in advance of using these services. Please visit our web site at [www.uiowa.edu/hr/famserv/childcare/index.html#backup](http://www.uiowa.edu/hr/famserv/childcare/index.html#backup) to learn more and access the required forms.
My Health and Wellness

What is My Health and Wellness?
My Health and Wellness is your home for liveWELL on Employee Self Service. My Health and Wellness is loaded with wellness resources and gives you the opportunity to earn liveWELL Points for the healthy behaviors you are already engaging in.

Tailored Programs and Services
My Health and Wellness has links to the Personal Health Assessment, Personal Wellness Modules, and additional resources such as the Health Coach Service and the MyYogaOnline videos.

Featured App: Wellmark
It is easier and faster to get the health information you need when you need it most, whether at home, work, the doctor’s office or on the go. The app is free and easy to use!

Connect to mobile myWellmark for claims status, coverage details, Flex spending amounts and more.
Earn liveWELL Points

You can record your healthy behaviors and be rewarded for them with liveWELL Points. The liveWELL Points can be used to “purchase” many prize choices at the Wellness Store. You will be able to earn Bonus Points, Monthly Points, and Wellness Points for registering and participating in certain programs.

BONUS POINTS: Bonus Points allow liveWELL to reward people who are in-tune with their health and wellness and paying attention to special programs, events, and taking action towards better health.

How do I learn about Bonus Points?

First, we want you to sign up to receive emails from liveWELL. In My Health and Wellness, go to “My Reports and Settings” and opt-in to receive emails. We’ll always let our subscribers know about Bonus Points!

Second, follow us on Facebook and twitter. @UIowaLiveWELL. Often, Bonus Points will have a “secret code” associated with them and you need to know that code to get your Bonus! We’ll tweet out that secret code, so be sure to follow us!

SECRET BONUS CODE FOR LIVEWELL NEWSLETTER (AVAILABLE THROUGH NOVEMBER 1): FALL13

Wellness Store Examples

These are items you can purchase with liveWELL Points. Items range from 200-3,200 points.

- Herky body decals for Game Day! = 200 points
- 10-minute massage at A Massage Oasis = 1000 points
- Helmet from UI Children’s Hospital Safety Store = 1000 points
- Nike Iowa hat from Iowa Hawk Shop = 1800 points

• View and email your ID card

• Locate doctors, dentists and facilities in your plan’s network

• Call a nurse 24/7 or your doctor’s office with a touch of the screen
Each month, two UI Faculty or Staff member are awarded $500 for taking their Personal Health Assessment within the calendar year. Have you taken your PHA in 2013?* You receive up to $65 just for taking the survey, as well as a chance to win $500!

We asked our recent winners:

“What is something that you do that positively impacts your overall health and well-being?”

Anne Crotty, Center for Disabilities and Development
“I try to make sure I get about 7-8 hours of sleep every night, or take a nap. I feel so much better when I'm well-rested and don’t have to rely on caffeine as much.”

Nicole Beltz, Department of Nursing
“I am constantly busy helping my parents out at the farm and helping other family members out. It keeps me moving and active.”

*The PHA is available to UI Faculty and Staff in 50% or greater, regular positions. Find your PHA at the Self-Service website.
Matt Thomas, 
Rehabilitation Therapies

“I do a lot of walking for my job. It is convenient because it is a good form of daily exercise that doesn’t take away any of my free time during the day.”

Laura Dallas, 
Human Subjects IRB Office

“Making an effort to walk in to the office from my parking lot rather than wait for a Cambus is one way I sneak in some exercise when I feel like I don’t have time to go to a gym.”

Janice Allen, 
Obstetrics & Gynecology

“I spend as much time as possible with my horse. When I am with her, all the cares in the world disappear. I get lots of exercise; grooming and caring for her and riding, of course. She is my trainer, therapist and best friend all rolled into one.”

What is something that YOU do that positively impacts your overall health and well-being? Let us know! Tweet your healthy behavior to @UIowaLiveWELL. #liveWELL
Save the date!

Wednesday November 6 – UI Health Fair @ Field House
Hundreds of Wear blue to blend in at the annual UI Health Fair which will celebrate the Blue Zones selection of Iowa City! Lots of giveaways, prizes, and health information will be available – you won’t leave empty handed!

Be sure to tweet photos from the event to @UIowaLiveWell using #UIHealthFair.

We will be doing a drawing of all people who tweet a photo to @UIowaLiveWell on November 6 for a gift basket valued at $75!

Find liveWELL on Social Media
@UIowaLiveWELL

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 319-353-2314.