



IT PAYS TO BE WELL

MONTHLY WELLNESS NEWSLETTER



More than 870 people joined the second Walker Tracker challenge

The first challenge ended on April 11 and 697 met the challenge goal of 252,000 total steps and activities. Congrats to the winners of the random drawing:

MoDOT

Cindy Kremer
Kenneth Sisson
Matt Burcham

MSHP

Michael Hargus
Denice Tipton
Shelby Pollreisz

Three Walker Tracker Challenges Start this Month

To join a challenge, log in or register at
modotmshp.walkertracker.com.

1-Week Leaderboard Challenge – May 3 – May 7

Goal: Track 50,000 total steps during the challenge. Log a minimum of 10,000 steps per day for 5 days.

Prize: 15 winners selected for \$50 Visa gift card.

National Employee Health & Fitness Day – May 21

Goal: track 10,000 total steps during the 1-day challenge.

Prize: 100 winners selected to win a Yeti Tumbler.

Strive to Thrive – May 31 – July 11

Goal: Earn a minimum of 21 points a day for 42 days.

Prize: Complete of the requirements for the It Pays to Be Well incentive program. Entered into a drawing for an additional prize.



May is Women's Health Month

Many women are caretakers for their families, friends, and communities, and they may not make their own health a priority. National Women's Health Week begins each year on Mother's Day. It's a reminder for women to take care of themselves.

These simple steps can help you live a longer, healthier life. Try them today and share them with the women in your life:

Get moving

Heart disease is the leading cause of death for American women. Being physically active every day, or at least 30 minutes four days per week, is the best way to prevent heart disease. Try aerobic or cardio exercise such as walking, jogging, dancing, and swimming.

Eat healthy

A balanced diet is crucial to overall health and well-being. Try to avoid packaged, processed foods, and opt for fresh fruits and vegetables, whole grains, fiber-rich foods (beans and leafy greens), fresh fish, and healthy fats (nuts, seeds, and olive oil).

Prevent disease

Avoiding drugs, alcohol, and smoking can all help prevent disease and infection. Good dental and oral health can also help reduce your risk of disease.

Pay attention to mental health

Mental health effects how you feel and act, and it an important part of overall health and well-being. Be sure to get enough sleep and manage stress through therapy, meditation, exercise, and yoga.

Visit your doctor

Talk to your doctor about all of the checkups and screening exams you need, including an annual breast exam and gynecological visit. These appointments can help spot potential issues early, and help you live a long and healthy life.

Sources:

CDC website: National Women's Health Week (accessed April 2021): <https://www.cdc.gov>.
Healthline.com: Women's Health (accessed April 2021): <https://www.healthline.com>.



It's time to put yourself first

If you are a woman who always puts the needs of others first, it's time you do something for yourself: schedule a breast and cervical cancer screening. The screenings only take about 15 minutes, and could save your life.

Breast cancer

Breast exams should be a part of every woman's wellness plan — even if you don't have a family history of breast cancer. Regular checks can help find breast cancer early, when it is easier to treat — and beat.

- **Be aware of the signs and symptoms.** A lump, swelling, pain, discharge, or skin changes are signs that should be checked by a doctor.
- **Talk with your doctor.** Ask when to start having mammograms and how often you should have one based on your health history. A mammogram is an X-ray of the breast tissue, using very low levels of radiation.

Cervical cancer

All women are at risk for cervical cancer, but it occurs most often in women over age 30. Almost all cervical cancer is caused by certain types of human papillomavirus (HPV). This common virus can cause cell changes that may become cancerous.

There are things you can do to help prevent cervical cancer, or detect it early when it's easier to treat. Ask your doctor about:

- The HPV vaccine, which protects against the virus that most often causes cervical cancer.
- A Pap test, which looks for changes in cells on the cervix that might become cancerous if not treated.
- An HPV test, which looks for the virus that causes precancerous cell changes.

Sources:

American Cancer Society: Breast cancer survival rates (accessed June 2018): [cancer.org](https://www.cancer.org).

American Cancer Society: Breast cancer signs and symptoms (accessed June 2018): [cancer.org](https://www.cancer.org).

American Cancer Society: Can Cervical Cancer Be Prevented? (accessed November 2020): [cancer.org](https://www.cancer.org).

Centers for Disease Control and Prevention website: Cervical Cancer (accessed November 2020): [cdc.gov](https://www.cdc.gov).

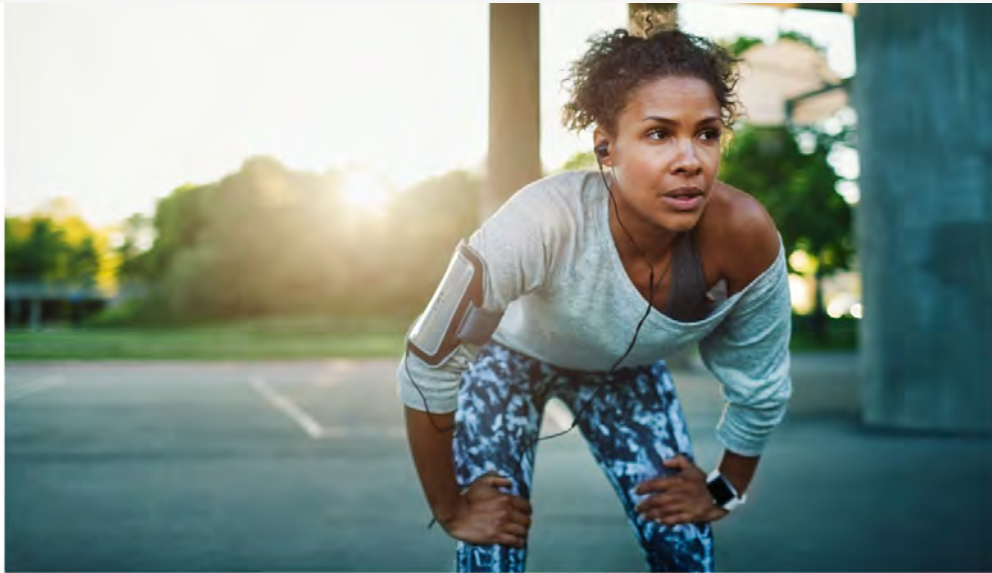
National Breast Cancer Foundation: Myths (accessed June 2018): [nationalbreastcancer.org](https://www.nationalbreastcancer.org).

Make time for personal wellness with paid time off

Use up to one hour of accrued sick leave each month for personal wellness activities.

You are allowed to use up to one hour of accrued sick leave per month for personal wellness activities related to physical fitness, such as: attending a gym or fitness class; taking a walk, jogging, bicycling; attending a yoga class, aerobics, kickboxing or health-related course. This time must be requested in advance, pre-approved by your supervisor, and recorded in the Time Reporting system.

If you have questions about paid wellness leave (PWL), please see HR Personnel Policy 3500 or contact your local HR Representative.



Choose what feels good

You know that exercise is good for your mind and body, but when the day gets busy, it can be easy to skip it. When you get out of the daily habit, it can be hard to pick it back up, especially if you are trying to force yourself to do exercise you don't like.

You can overcome this roadblock by choosing activities that make you feel good! Activities that you like can help you kick-start your motivation for regular exercise.

Easier activities



Easy trail hike



Light gardening



Dancing



Playing golf



Bicycling at a leisurely pace



Walking 10 to 20 minutes



Swimming

Harder activities



Running/jogging



Bicycling quickly



Walking a half hour or more



Basketball



Jumping rope



Soccer

