

March 2020



IT PAYS TO

BE WELL

MONTHLY WELLNESS NEWSLETTER



2020 Incentive Program

MoDOT & MSHP employees, non-Medicare retirees and spouses enrolled in an Anthem medical plan can easily earn \$100 through the It Pays to Be Well incentive program.

No limits or “chances to win” in 2020. Complete three simple steps before November 30, 2020 and you’ll receive a \$100 gift card.

1

Get an annual exam.

An adult wellness visit, annual physical, cancer screening, mammogram, PSA screening or pap screening/routine GYN exam are all eligible exams.

2

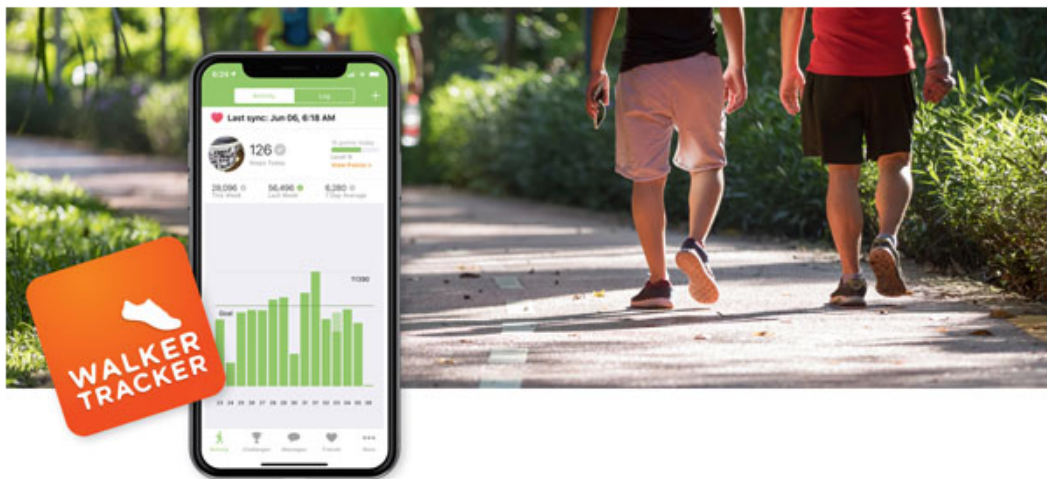
Complete the online health assessment.

Simply login at [anthem.com](https://www.anthem.com), select **My Health Dashboard** from the navigation bar at the top of the page and then select **Programs**. Click **WebMD Health Risk Assessment** to get started.

3

Complete a Walker Tracker challenge.

There will be two individual and one team challenge in 2020.



Walker Tracker Challenge: Mississippi River Tour

The first 2020 Walker Tracker challenge runs from March 2 – April 12. Complete an average of 6,000 steps per day for 42 days and be entered to win cool prizes. Plus, it's one of the three requirements to earn \$100 through the **It Pays to Be Well** incentive program.

Visit modotmshp.walkertracker.com and select **Register Now** or **Login** to join the challenge.



My Well-Being Journey

Jim Smith, MoDOT Retiree

If you would like to share your own well-being journey or pictures of health & wellness activities and events with your coworkers, send them to your Wellness Champion. We will feature them in our newsletter and our socials to encourage and inspire others.

I've been a long distance runner since my senior year in high school, so over 43 years of running experience. I've competed in marathons and ½ marathons all over the country. I run between 1600 and 2000 miles a year depending on how many marathons I'm training for. At age 60, I still have that need to get out there to compete and to push my limits.

About 15 years ago, I decided that I was missing out on a different opportunity to benefit myself both physically and mentally. I recognized that it was my own personal responsibility to take charge of my physical health but also my mental health by managing stress at work and at home. No one else was going to do that for me. That opportunity was taking advantage of walking on breaks

and at lunch. I was investing in myself by getting outside for some fresh air and exercise. I was giving my mind and eyes a break as well as getting some valuable exercise. I know we all don't spend much time thinking about our health because our work and personal lives keep us so busy. Walking has many health benefits. I believe we all have to make time for ourselves so we can be there for our loved ones when they truly need us.



Mental Health & Wellness

What is Mental Health?

Your mental health includes your emotional, psychological and social well-being and has a big impact in your life. It can affect how you think, act and feel, including how you handle stress and interact with others. Mental health problems are common, vary from slight to extreme and can happen at any stage of life.

Factors that contribute to mental health problems include:

- Biology, such as genes or brain chemistry
- Life experiences
- Family history

Receiving timely treatment for mental health problems is key to recovery, but many people do not know how to identify the early warning signs. Experiencing one or more of these feelings or behaviors can be a sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head

- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school



The Plus Side of Positivity

A positive outlook can be good for your health
Positivity comes from your mindset. It's what you think, feel, do and say that helps you function and thrive. Even when things seem grim, you can practice positive thinking and action. Doing so can boost your overall health by helping you:

- Keep a healthier mind and body
- Cope with stress
- Build trust and compassion
- Become a happier person
- Enjoy more hopeful living
- Live longer

Remember, mental health problems may not simply go away on their own. They are a real issue, and they may even get worse over time if you don't get help. So if you're experiencing mental health problems, see your doctor or a mental health provider for the help you need to get relief.

Source: MentalHealth.gov: What Is Mental Health? (accessed February 2020). www.mentalhealth.gov.



Foods to Make you Happier

Feeling down? Activities such as taking a walk or talking with a friend can help you feel better. But did you know eating certain foods could also help lift your mood. Try eating these three foods for a sunnier outlook.



Dark chocolate

It contains compounds that promote the release of mood boosting brain chemicals similar to endorphins.



Salmon

It's packed with omega 3 fatty acids, which are proven to improve our mood.



Leafy Greens, Spinach and Kale

Are high in B6 vitamins which are vital for converting amino acids into serotonin, a neurotransmitter that plays a primary role in mood.



Take a Deep Breath with myStrength

Your FREE resource for emotional well-being

Life gets busy. And sometimes it's hard to keep up. That's why as a part of your healthcare benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being.

The program's tools and resources are available to help you and your eligible dependents manage:

	Addiction		Depression
	Anxiety		Problems with sleep
	Chronic Pain		Stress

You can access:

	Positivity-training tools		A daily mood tracker
	Inspirational videos, articles and quotes		eLearning programs

It's time you felt your best again! Let myStrength help you get there.

Visit www.anthem.com/mystrengthMO to get started today.

