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My Total Health

Lehigh Valley Health Network

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myTotal Health

MARCH 2018

HEALTH & WELLNESS NEWS TO KEEP YOU AT YOUR BEST

Health Challenges to Welcome Spring

Sometimes we need a little boost to get going in a new direction. LVHN is giving colleagues four more reasons to engage in health improvements with a series of health challenges, designed for motivation and enjoyment. The challenges are part of My Total Health, LVHN's comprehensive program that provides a wide selection of resources for emotional and physical health, as well as social and financial well-being.

Challenges Make Healthy Activity Easier

The purpose of challenges is to encourage healthier lifestyle behaviors. They create a supportive, positive climate of fun to help people adopt or maintain a healthy way of living. LVHN's new health challenges cover three areas on which many colleagues want to focus: Relaxation and work/life balance, physical activity, and weight management. See the timelines for each listed below.

One-stop "Shop" for Wellness

LVHN has centralized its health and wellness information so it is easier for colleagues to access. Now, My Total Health information is available in the Colleague Resource Center,



Add a challenge, and pursuing a healthy lifestyle can be more fun.

located on the SSO toolbar on your computer. You'll find everything you need to know about programs, classes, and resources, including health challenges. Spring is just around the corner, so start it off with a new perspective and use challenges as a path to a healthier outlook.

Accept a Personal Challenge in 2018! Log in to the My Total Health Portal at MyTotalHealth.lvh.com.

Challenge	Description	Challenge Start	Challenge End
Relax and Revive 	Renew your outlook with a few moments of downtime	March 26	April 22
Step It Up 	Increase physical activity and improve your well-being	May 14	July 15
Lose for Health 	Lose a little weight to make a difference in your health	August 20	October 14
Maintain Don't Gain 	Prevent weight gain while enjoying the holidays	November 14	December 26



Presentations and Webinars: More Ways to Wellness

On-site presentations give information a personal touch, and webinars are just plain convenient. LVHN wants to support colleagues as they pave their way to a healthier lifestyle – or continue on a path that’s already started. Through the My Total Health program, colleagues can attend in-person presentations on a range of health topics at a convenient LVHN location. Webinars are also available, in case colleagues want to investigate health topics further on their own schedule. Either way, access to quality, evidence-based information is a great way to start or enhance any health and wellness activity.

Upcoming Speaker Presentations and Webinars

Get involved in your own wellness by asking questions and interacting with the experts. Presentations take place at convenient LVHN locations, and webinars are available whenever you have the time.

Topics include:

- **Stress Less**
- **Fitness You Can Fit in Anywhere**
- **Sitting is the New Smoking**
- **Building Resiliency with Mindfulness** (webinar only)
- **Nutrition 3-Part Series**
 - A Healthier You
 - Back to Basics
 - Emotional Eating

Look for more information on the upcoming speaker presentations or view webinars anytime at MyTotalHealth.lvh.com.



BeneQUIT can help you quit tobacco

Most smokers want to quit. If you're one of them, you can take advantage of the most effective quit method through the BeneQUIT Tobacco Cessation program, free for LVHN colleagues. More good news: If you complete the BeneQUIT tobacco cessation program within the calendar year, the \$25 surcharge on your medical premiums will be removed and all surcharge payments for that calendar year will be refunded. Find out more by calling **610-969-0487**.

Let your doctor weigh in

If your physician recommends a reasonable alternative to BeneQUIT, you will need to submit a Physician Tobacco Alternative Form to receive the lower tobacco-free medical coverage premiums. The form is available in the Colleague Resource Center.



Free Health Coaching for LVHN Colleagues

Are you thinking about a healthier lifestyle, and feel you might need help getting there? You can have the advantage of a board-certified professional who will work with you on a realistic plan that actually fits into your own routine and needs. Best of all, health coaching is free for all LVHN employees regardless of insurance coverage, and to LVHN Health Plan dependents age 18 and older. Log into MyPopulytics.com, visit MyTotalHealth.lvh.com, or call **610-969-0487**.