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My Total Health

Lehigh Valley Health Network

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Maintain Don't Gain

Challenge yourself in time for the holidays!

Now through January is typically the most challenging time for people who want to stay healthy and maintain their weight. It can seem like everywhere you turn, there are temptations: from goodie baskets at work to your mother's unbelievably delicious chocolate chip cookies. Fortunately, there is an enjoyable way to resist with the Maintain Don't Gain Challenge, available now through LVHN My Total Health.

The Maintain Don't Gain Challenge is a six-week program that encourages colleagues to maintain or lose weight with educational support on nutrition and fitness. Participants track their weight via the online portal in the beginning and at the conclusion of the program.

Challenges work by building the motivation needed to achieve an end goal. Some people find the idea of competition irresistible, while others just find it fun. They like to compare notes with colleagues or team members and share the results with their family and friends.

Here's a testimonial on a related challenge from Populytics colleague Janet Hower: *"I lost eight pounds over the course of the challenge. I really tried to keep the little tips that were offered each week in mind every day. I have a lot more energy and feel much better. I'm participating in the Maintain Don't Gain Challenge starting this month and am really looking forward to it!"*



The Maintain Don't Gain Challenge through My Total Health can help you stay on a nutritional path. Those who complete it can also win a Fitbit Zip!

The Maintain Don't Gain Challenge comes with an extra bonus: those who complete it are eligible to win a **Fitbit Zip!** Here are more details on participation:

- Challenge runs from **November 14 through December 26.**
- Participants log in each week to record their weight, learn tips, and get motivated to make healthy choices.
- Participants can chart their efforts over time, and see results calculated at the end of the challenge.
- To learn more or to enroll, go to MyTotalHealth.LVH.com.

Recover from the seasonal rush: Treat yourself to Mindfulness-Based Stress Reduction!

Mindfulness-Based Stress Reduction

2019 classes start January 31, 2019

Free Information Sessions January 3, 7, and 15

Phone: 888-402-LVHN

Web: www.lvhn.org/mindfulness



Meet Madeline: Our New Health Educator

Madeline Chaffee, CHES®, has been moving around a lot in the last eight years. A native of Connecticut, she has lived in Montana, Maine, moved back to Connecticut, and has recently relocated to the Lehigh Valley. Her background in public health has taken her from a health educator in a public health department; to a health educator for five school-based health centers in a public school system; to a project manager for the Yale Center for Emotional Intelligence.



Madeline with her best friend Zeke

In her new role, which she started on October 15, she will be working directly with LVHN colleagues to promote the My Total Health program, as well as working with Wellness Champions from each department. “I originally studied to be a nurse,” says Madeline. “I realized that direct patient care was not for me, so I switched to public health because the field is so vast and the opportunities excited me.”

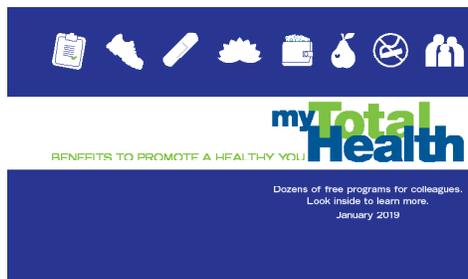
Madeline says she really likes working in different places with different populations because it affords her such diversity of experience. She also believes now is an especially exciting time to be in her field. “Lifestyle behaviors are changing and we’re seeing results,” says Madeline. “Prevention is the key.”

She looks forward to keeping the momentum going with colleagues at LVHN. “The most rewarding thing is seeing people turn into champions of their own health, and then take that education and those skills back to their family and friends,” says Madeline. “This is how change happens.”

On a small scale, Madeline and her husband are exploring new avenues in health such as adopting a whole foods, plant-based diet. “Nutrition has always been an interest of mine, and may figure into my future goals,” she says. “After all, the greatest investment we can make is in our health. Every domain – including social, emotional, mental, and physical – counts!”

Coming soon ... same book, new look!

Inside you’ll find details on the Rodale Aquatic Center; Change Your Weigh, a 12-week weight-loss program; Monday Morning Moms, a class for new mothers; and more. Go to the Colleague Resource Center in Lawson, and click on “My Total Health.”



New PRIDE Promise focuses on five important statements

LVHN’s updated PRIDE behaviors better describe our culture and commitment to our patients, their families, and one another. Please read and act on our promises, including our newest one:

NEW! I will always be involved and involve you when it matters most:

We care about the well-being of our patients and our colleagues and will engage them as we do our jobs.

I will always maintain your privacy:

Personal health information is private. We also pledge not to share additional personal information about others without their permission.

I will always respect you and value our differences:

People’s differences expand our mental and emotional horizons and lead to more creative, open-minded thinking.

I will always treat you with dignity:

Everyone deserves respect and to be treated with kindness. This is one of our basic tenets.

I will always seek first to understand and empathize with you:

By understanding others, we can see things from their perspective and are better equipped to help.

For more on PRIDE behaviors and points, go to the LVHN Intranet main page, left side column.



We’re always interested ...

... in your questions and suggestions for future topics in My Total Health. Share your department wellness activities too. Email Sarah_E.Engler@LVHN.org.

Complete the Health and Wellness Needs and Interests Survey!

- **What is it?** This anonymous survey will ask LVHN colleagues about their opinions, needs, interests, and perceptions related to health and wellness at LVHN. It takes just minutes to complete.
- **How will this information be used?** It will be used to adjust and grow the My Total Health program.
- **Is there an incentive to complete the survey?** Yes! Those who complete the survey will be eligible to win a Fitbit Charge 3!
- **Click [here](#) to complete the survey by December 6, 2018!**

