New LiveWell DPP Class
Starting

The LiveWell DPP is accepting new participants for the spring class. LiveWell DPP is a 15 week program developed by the Center for Disease Control to prevent type 2 diabetes through healthy eating, weight loss, and regular physical activity.

Learn how to become a fat detective, muscle motivator, and make social cues work for you! You will learn habits that you can easily incorporate into your day making it easier for you to live well!

Who Should Participate:
The program is intended for active employees and spouses on Ball State University’s insurance plan who are at risk for developing type 2 diabetes, high blood pressure, high cholesterol, or wish to reduce BMI. LiveWell DPP will meet Tuesday’s starting January 23 and will run through May 1, 2018.

Are You at Risk for Prediabetes?
Take the Quiz

Ready to get a grip on your finances?

Getting a grip on finances is important to overall health and wellness. Countless studies have shown a link between stress and finances. By using active and “centsable” financial management strategies, you can realize a greater sense of empowerment, enthusiasm and satisfaction with life. You can also avoid some of the physical and emotional tolls taken by chronic stress.

Join the Common Cents Challenge!
It is a new wellness challenge that will help you make financial wellbeing a priority. Common Cents challenges participants to avoid unnecessary expenses on a daily basis when making buying decisions and to begin developing a personal financial plan.

You will record your daily saving activities and weekly completion of your worksheets on the Common Cents Ledger. Your goal is to score 3,000 points in the four weeks of the challenge. You will keep each of your worksheets to form your Personal Financial Plan. Along the way, we will offer tips and tools to help you make smart and simple choices in regards to your finances.

This 4 week challenge begins January 29th. Contact Working Well, 285-9355, to register for Common Cents and make your financial wellbeing a priority!
Get Your 2017-2018 Wellness Incentives

**In order to receive the $50 reward, you must be an active employee or spouse enrolled in Ball State's health insurance plan.**

**BeWell Incentive**
- Complete your Life Health Assessment
- Get Your Yearly Physical Exam
- Receive $50 in your December Paycheck**

**LiveWell Incentive**
- Must be benefit eligible employee, covered spouse to receive LiveWell incentive rewards.

- Get 20 Points by participating in Wellness Activities
- Receive a BSU Voucher*

**Voucher Choices:**
- 2 Semester pass at the SRWC or
- Unlimited Academic Fit Pass for classes at SRWC or
- Adult Physical Fitness Program (Joiner Fee & four months membership) or
- $90 Voucher to
  - Emens /Pruis Hall Performances or
  - BSU Athletic tickets or
  - Outdoor Pursuits activities or rentals or
  - Cardinal Kids Camp

**New to Lifeworks?**

Go to www.bsu.lifeworks.com. If you have never created an account on Lifeworks, use ballstate as the user id and cardinals as the password to access the site. After entering the site, click on “Register” in the upper right hand corner to create a username and password for your personal account. More detailed instructions are available on www.bsu.edu/workingwell.

**Gratitude Challenge—Ends January 31**


**Start the new year off with an attitude of gratitude!!**

Each week for three weeks you will have options to choose from (or you can create your own!) to express your gratitude to others. According to the Harvard Medical School, gratitude can help alleviate stress and increase happiness.

Come by Working Well in the Health Center to sign our Gratitude Graffiti wall. Even better… make one for your work area!

**Don’t forget to turn in your Gratitude Survey to Working Well when you have finished the challenge!**
What’s Happening This Month?

LiveWell DPP Information Session
Date: Tuesday, Jan 16 @ 12:30 - 1:00 pm
Where: Bracken Library (BL) 201
What: Learn more about the 15-week program designed to lower risk for type 2 diabetes. Contact Working Well to register. Program starts Jan 23.

Seated Chair Massage
Date: Wednesday, Jan 17 @ 11 am—2 pm
Where: Working Well, Health Center Rm 004
What: Chair massage with massage therapist. $10 per 10 minutes. Contact Working Well to schedule an appointment.

Biometric Screening
Date: Thursday, Jan 18 @ 7:30am—9am
Where: Working Well, Health Center Rm 004
What: Schedule a free biometric screening. This fingerstick screening includes height, weight, blood pressure, cholesterol, HDL, LDL, triglycerides, and blood sugar.

Health Check @ The Retreat
Date: Thursday, Jan 18 @ 11:30 am—1 pm
Where: The Retreat @ Noyer
What: Free blood pressure and body composition checks available. Grab a new recipe and enjoy a free sample of food!

Lunch and Learn- Cholesterol: The "Good" and the "Bad"
Date: Friday, Jan 26 @ 11:30 am
Where: Bracken Library (BL) Ed Resource Room 1
What: Have you been told that you have high cholesterol or are at risk? Join our Registered Dietitian to learn nutritious ways to keep your cholesterol in check. Contact Working Well or visit our website for registration and more information.

Common Cents Wellness Challenge
Date: Registration open now. Four week challenge begins Monday, January 29
Where: On your own!
What: Make your financial wellbeing a priority in this four week wellness challenge. Contact Working Well or visit our website for registration and more information.

Working Well Fitbit Leaderboard
Do you have a Fitbit? Join our Community Activity Group on Fitbit. Search Ball State University Working Well.

<table>
<thead>
<tr>
<th>Ball State University Working Well Fitbit Community Group—December 2017</th>
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<tbody>
<tr>
<td>Tonya P. 561,821 steps</td>
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<tr>
<td>Alex M. 474,249 steps</td>
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<tr>
<td>Judy K. 456,262 steps</td>
</tr>
<tr>
<td>Laura M 362,331 steps</td>
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<td>Sue B. 355,004 steps</td>
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Sharpen Your Colored Pencils

Do you remember the fun of coloring as a child? It turns out that coloring is still fun as an adult — and it can be a great stress relieving activity! Coloring mandalas has specifically been found to help people enter into a meditative-like state and may help lower anxiety levels. Mandalas are intricate geometric patterns that are often quite detailed. Ball State’s own Jeff Brackett, PhD, professor in the Department of Philosophy and Religious Studies, is partnering with Working Well to make a few of his mandala drawings available to employees for our upcoming wellness program.

Starting in February, Working Well will introduce Stress Busters, a series of resources for Wellness Ambassadors to share that focus on stress management. Stress Busters will introduce employees to a variety of techniques that can help calm the mind and soothe the body. An individual and community coloring activity will kick off the series!

Interested in joining our Coloring Contest? Wellness Ambassadors will receive a free mandala drawing, drawn by Dr. Jeff Brackett, to share with interested employees. At the end of the month, Working Well will display colored mandalas that are submitted for a fun Coloring Contest! There are no rules when it comes to coloring the mandalas except to let yourself play and have fun.

Watch for more information from your Wellness Ambassador and Working Well!!

“Let’s Get Physical” Exercise Challenge

What is it? This is a four-week Lifeworks Challenge focused on all types of exercise. The goal is to exercise 150 minutes per week. Any type of exercise activity counts, from walking to bicycling to doing chores. Participants will be given several easy options for logging their minutes of physical activity.

How do I register? Go to www.bsu.lifeworks.com and log in with your personal account. Click on “Open Wellness Tools.” Sign up for the challenge on the Lifeworks wellness site beginning Feb 12.

<table>
<thead>
<tr>
<th>What is the timeline?</th>
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<tr>
<td>Registration opens: Monday, February 12</td>
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<tr>
<td>Challenge begins: Monday, February 26</td>
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<tr>
<td>Challenge ends: Monday, March 26</td>
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Visit www.bsu.edu/workingwell for more information.