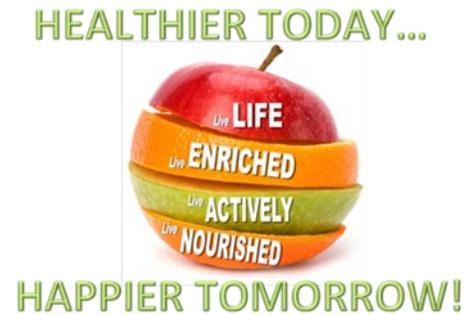




You are invited to the
Bridge to Wellness Health Fair
Thursday, November 5, 2015
8:00 a.m. to 3:00 p.m.
Duluth Entertainment Convention Center (DECC)
Edmund Fitzgerald Exhibit Hall
▶ Free Admission and Parking ◀



TAKE CARE OF YOURSELF AND GET REWARDED!

Upon **completion** of the Biometric Screening **by November 12, 2015** **and** the Health Assessment **by December 5, 2015**, each eligible employee or retiree will receive a **\$75 gift card** valid anywhere MasterCard is accepted! Please see attached document for required steps to earn your gift card.

Biometric Screening

It is important to be screened to learn about potential health risks such as diabetes, high blood pressure, and elevated cholesterol. We invite you to participate in a free and **confidential** *Know Your Numbers* biometric screening. This screening is available to all benefit-eligible City of Duluth, Duluth Airport Authority (DAA), Duluth Entertainment Convention Center (DECC), and Housing Redevelopment Authority (HRA) employees and retirees covered by the health plan. Spouses and dependent children are not eligible for the screening.

No fasting or other preparation required!

▶▶ **Make an online appointment** for your biometric screening.

Visit www.hsscreeningreg.com and use **logon: Duluth** and **password: healthy** to create your account **before October 22, 2015**, to schedule your appointment or to print your fax form for use by your primary care physician. When finished, you will receive a confirmation email; keep this email for your records. If you have questions or do not have access to a computer, you may contact the City of Duluth's Human Resources staff at 218-730-5210 to schedule your appointment. **APPOINTMENTS ARE REQUIRED. NO WALK-INS WILL BE ALLOWED.**

Come to the Bridge to Wellness Health Fair at your appointment time to get your non-fasting blood glucose, cholesterol, height, weight, and blood pressure numbers.

Health Risk Assessment

A valuable part of the wellness program is the Health Risk Assessment – it is a quick, simple and confidential questionnaire about your health and well-being, which only takes about 15 to 20 minutes to complete. You will be asked about your health, including your biometric numbers (e.g., weight, blood pressure, cholesterol, and glucose), stress level, etc. Once your questionnaire is complete, the Health Assessment then analyzes your answers and produces a personal health report with details about your most important health issues. Remember to discuss the findings of your Health Assessment with your physician; this assessment is only intended to serve as an indication of the potential need for your medical care. **Your Health Assessment is protected by the same laws that protect your medical records. HealthPartners will not share your personal Health Assessment results with the City of Duluth, DAA, DECC, or HRA.** HealthPartners may only share aggregate information for use in wellness program planning.

▶▶ **The Health Assessment will be open from November 19, 2015, until December 5, 2015.** You may log on to the HealthPartners website at www.healthpartners.com/wellbeing or contact the City of Duluth's Human Resources staff for a paper copy. Health Risk Assessments must be completed within these dates in order to be eligible for a gift card.

Flu Shot Clinic

This year's *Bridge to Wellness Health Fair* will feature a flu shot clinic. You must present your HealthPartners medical ID card. If you are Medicare-eligible, please also bring your Medicare ID card. No appointments are necessary for a flu shot. Family members not covered under your HealthPartners plan or other health insurance plan will be charged \$28 for a flu shot.

Here's to your good health!

Check out the Bridge to Wellness website at www.duluthmn.gov/bridgetowellness for additional information, or contact the City of Duluth Human Resources office at 218-730-5210.



Wellness Assessments & Functional Evaluations

Thursday, November 5, 2015

HEALTHIER TODAY...



HAPPIER TOMORROW!

The City of Duluth is pleased and excited to announce its partnership with the College of St. Scholastica Exercise Physiology and Physical Therapy Departments to provide Wellness Assessments and Functional Evaluations for all employees and retirees during the Health Fair. These assessments will be offered in 30 minute time slots, please register at:

<http://www.signupgenius.com/go/30e0c48ada92caaf58-functional>

What are Wellness Assessments? A Wellness Assessment will measure and test the following:

- Resting Heart Rate and Blood Pressure
- Body Fat Composition
- Strength
- Flexibility
- Cardio-Respiratory endurance

The results of these “tests” will give you a baseline to work with in order to improve your overall health. If you are looking to increase your flexibility for example, the students will measure how far you are able to reach, then provide suggestions on how to increase your range of movement. All of the information you receive is strictly confidential and for your own purposes, however you can share it with a personal trainer, medical doctor, or your Wellness Coordinator to develop a plan to increase your strength, cardio endurance, and flexibility, while decreasing body fat and blood pressure.

What are Functional Evaluations? Functional evaluations are assessments of your movement during your work day or regular movements. Physical Therapy students will evaluate your posture, balance and movements during lifting or carrying items. They will provide recommendations to improve posture or balance or ways to improve your movements in your work day to prevent injury or over use.

How do I sign up for a time slot? Sign up for an assessment by going to:

<http://www.signupgenius.com/go/30e0c48ada92caaf58-functional>

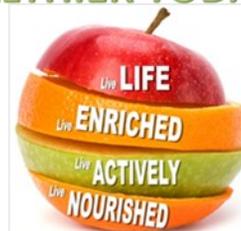
Can I walk in if I do not have an appointment? Yes, the students will take walk-ins, please be aware that there may be someone scheduled in front of you.

Questions about the assessments? Please contact Angel Hohenstein, Wellness Coordinator at 218-730-5201 or email ahohenstein@duluthmn.gov.

\$ It pays... **\$** **\$**

...to know your numbers!

HEALTHIER TODAY...



HAPPIER TOMORROW!

Three EASY steps to earn your \$75.00 Gift Card

1. *Schedule your Biometric Screening.*

Log on to: www.hsscreeningreg.com Login: duluth
Password: healthy by October 22, 2015 by noon and
schedule your Biometric Screening. **APPOINTMENTS ARE
REQUIRED. NO WALK-INS WILL BE ALLOWED.**

2. *Attend the 2015 Health Fair for your Biometric Screening.*

Check in for your Biometric Screening, on Thursday, November
5, 2015 no more than 5 minutes before your appointment time.

**APPOINTMENTS ARE REQUIRED. NO WALK-INS WILL BE
ALLOWED.**

3. *Complete your Health Risk Assessment.*

Between November 19, 2015 and December 5, 2015,
log on to the HealthPartners Wellbeing website at:
www.healthpartners.com/wellbeing and complete your
online health risk assessment.



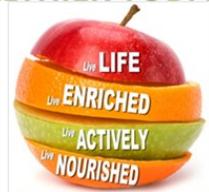
City of Duluth—Human Resources
218-730-5210
hrintformation@duluthmn.gov



Health Fair 2015

Thursday, November 5, 2015

HEALTHIER TODAY...



HAPPIER TOMORROW!

Flu Shots and Health Fair Exhibits– Edmund Fitzgerald Hall 8:00 a.m.—3:00 p.m.

Biometric Screenings– By Appointment Only– Edmund Fitzgerald Hall

Wellness Assessments and Functional Assessments– Gooseberry 1

8:30 a.m. *Retiree Meeting – City of Duluth HR- Gooseberry 2*

9:00a.m. “Ouch! My Aching_____!” Physical Therapy students from the College of St. Scholastica will talk about how to manage chronic pain – Gooseberry 3

9:30a.m. Smart Eating – Chef Marshall O’Brien group will present on the benefits of eating nutritious foods and how easy it is to do it – Gooseberry 3

10:00a.m. *Open Enrollment Meeting –City of Duluth HR- Gooseberry 2*

10:30a.m. Mindfulness and Meditation – Kathleen Peippo, Yoga & Meditation Instructor – Gooseberry 3

11:00a.m. Winter Wellness: Taking Care of Ourselves – Michelle Russell, CHHP, CHTP - Gooseberry 3

11:30a.m. Getting to the Bottom of Foot, Knee, Hip & Back Pain – Practical Solutions! Sole Essentials – Gooseberry 3

12:00p.m. *Retiree Meeting – City of Duluth HR- Gooseberry 2*

12:30p.m. Employee Assistance is More Than Just Counseling – Sand Creek Employee Assistance Program - Gooseberry 3

1:00p.m. *Open Enrollment Meeting – City of Duluth HR- Gooseberry 2*

1:30p.m. Smart Eating – Chef Marshall O’Brien group will present on the benefits of eating nutritious foods and how easy it is to do it – Gooseberry 3

2:00p.m. Exercise and Healthy Living Recommendations – College of St. Scholastica students – Gooseberry 3