

# STAYWELL

[www.intermountainpower.com](http://www.intermountainpower.com)

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## **2020 Second Quarter Stay-Healthy Initiatives**

### **Kids and Youth Physical Education Initiative**

This Initiative is to help parents as they school their children at home.



The program is to encourage children to be active, to improve learning and increase their attention span

during this time. Yes, your kids will earn a gift card for participating in this program.

### **Get them going today!**

- ⚽ The program involves incorporating physical activity into the learning experiences.
- ⚽ Forms are on-line or outside Brian's office. Go to [IPSC.com](http://IPSC.com) under Staywell, Kids and Youth Physical Education Initiative to print the form and access links to hundreds of activities parents can do with their kids.
- ⚽ There is no start date. Take the time needed to finish this initiative.

**\*The following activities are for employees and spouses**

### **Declutter**

Have more time? Why not get paid to clean things up? Decluttering helps sooth the sole and improves health.

### **Quarantine No Weight Gain**

That's right! With all that is going on, keep the weight off and receive a gift card. It is that simple! You do not have to pre-register, but should weigh in immediately. Report to Brian the beginning of July.

### **Cut the Junk**

You choose what junk food to give up and when.

### **Stay Active Initiative**

Regardless of your current fitness level, work location, or family situations, this program can be adapted to you to step up, start moving, and become healthy.

- 🚴 Choose the nature and length of the activity based on your individual needs. There are three options to choose from or you may do a combination, but you can only earn one gift card. The options are:

- ⚡ Be Active
- ⚡ Exercise
- ⚡ Prove-It



### **Weight Loss/Keep it off Initiative**

Same rules as the past. Get paid for each 7 pounds you lose and then get paid to keep it off.

All forms and rules are outside Brian's office or online at [www.ipsc.com](http://www.ipsc.com).

### **Collecting gift cards for wellness incentives**

With employees working from home there are several options for turning in forms to receive gift cards.

- 👤 You may pick up the gift cards in person.
- 👤 Leave the forms in the red basket outside Brian's office.
  - Specify on the form the gift card you want, your D number/spouse and where to send the card, (address, supervisor, or IPSC mail slot, etc.)
- 📧 Forms may also be emailed to Brian, [brian.coles@ipsc.com](mailto:brian.coles@ipsc.com)
  - ⚡ Take a photo of the form, scan, cut and paste, attach in an email or a word document, (this works better than sending

as a photo). Specify on the form the gift card you want with the mailing address.

- ✘ This works great for spouses and they don't have to wait for their employee spouse to remember to pick up a gift card.
- ✘ Brian will process the forms and mail the gift cards to you.

### Safety Meetings

If you are needing a safety meeting there are several options, (virtually, pre-recorded video, etc.) Contact Brian if you need help.

### Health and Fitness Day Activities

Our scheduled date is May 13. With the current guidelines we will not be doing the traditional events, but will have the fun walk, and bike race.

**Fun Walk** - -You will have two weeks to go on your own and walk for approximately 30 minutes at a location of your choice to maintain social distancing. (If have injury or limitation you may do another activity of choice).

When you have completed your walk please go to the fish bowl to receive a t-shirt for the women and to Brian's office for the men. Individuals will not be allowed to sort through them. Please indicate the size and color choice, if available, the t-shirt will be handed to you. If no one is present, please contact Brian or Brett via phone to make arrangements. If you are working from home please call and make arrangements to receive a t-shirt. Brian 6511, Brett 6591.



**Biathlon/Bike/5k Races**- -Biathlon: The biathlon will be held onsite. It will be over the two week period. Schedule an appointment with Brian to participate.

**Open Bike Race:** Ride a bike of your choice for a distance of five miles between May 13 and May 29. Report your time to Brian.

**5k race:** Run a 5k at a location of your choice and report your time to Brian.

As in the past, if you participate in the race and the fun walk you will receive a gift card.

### Medical Care

The other day there was a news story about individuals during this crisis, who are afraid to seek medical attention for non-COVID related illness and injuries. People are not seeking needed medical care and options because of the fear of contracting the virus at a medical facility.

IPSC's insurance provides coverage for telehealth. Emails have been sent about this. If you need further assistance contact Lisa Bradfield or Brian. What if you want to see your own doctor? Local medical groups, Intermountain and Revere, are providing appointments via telehealth/video conferencing format. Call to make a virtual appointment with your local health care provider within those networks.

### IPSC Rehab

In light of those concerns IPSC has implemented similar strategies to help employees and families receive important treatment and guidance for their injuries. Employees working from home, spouses and dependent children have been limited in seeking treatment because they cannot see IPSC's onsite Sports Medicine Specialist for musculoskeletal aches and pains. This no longer has to be the case.

Call Brian to make an appointment for a video conference to seek advice, be assessed, provide exam testing, guidance, a walk through for self-treatments, monitor movements, demonstrate and provide exercises to help control and diminish pain. There are several options available to accommodate your technological availability.

