Can you make time for you this Summer?

The key to thriving, as both a human and an educator, rests in mindfulness, reflection, and daily self-care activities. With Take Time for You, you will discover a clear path to well-being by working through Maslow’s hierarchy of needs: (1) physiological, (2) safety, (3) belonging, (4) esteem, (5) self-actualization, and (6) transcendence. Our workshop will offer a range of manageable research-based strategies, self-care surveys, and reflective teaching questions that will guide you in developing an individualized self-care plan.

Embrace imperfection as you develop your own self-care plan:

- Understand the challenges to mindfulness for teachers and how Maslow’s hierarchy of needs comes into play in your personal and professional life.
- Design action plans so you can meet your own physiological, safety, belonging, esteem, and self-actualization needs and, finally, transcend and connect with something greater than yourself.
- Take surveys and perform a daily time audit to determine how well you are meeting each of your needs.
- Use the journaling space and self-reflection questions provided throughout the book to reflect on your implementation efforts.

(7-Week) Summer Workshop Offered by 27J Human Resources @ Venue (TBD) - 10:00 a.m. to 11:00 a.m.

Wednesday June 12th - Wednesday June 19th - Wednesday June 26th - Wednesday July 10th
Wednesday July 17th - Wednesday July 24th - Wednesday July 31st

Earn (0.5) 27J Credit / $22.50
6 Simple Ways To Spring Clean Your Health

**Lighten Up**
Goodbye winter comfort foods! Lighten up your diet and enjoy in-season produce like asparagus and strawberries.

**Get Outside**
Enjoy the warmer weather and longer days. Move workouts outdoors or go for a lunchtime walk!

**Take A Break**
Whether you’re off to the beach or planning a staycation, time spent relaxing and recharging is good for your health.

**Freshen Up Your Workout**
New season, new workout! Kick workout boredom to the curb. Switch it up and try a new exercise class.

**Clean Out The Pantry**
Purge the pantry and fridge of unhealthy temptations and stock up on healthier options.

**Whole Health Focus**
Schedule preventative appointments, manage your stress, and take care of your whole self.

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Weigh and Win
A FREE Program that PAYS to Achieve a Healthy Weight! Join Today! WeighandWin.com
(Let’s Be The Difference) for Each Other

We talk about and encourage Self-Care and its benefits. It is important to note that self-care benefits improve every aspect of our well-being, including and foremost mental health. Research shows that one in four adults faces a mental health challenge every single day and, unfortunately, the challenge doesn’t go away when you’re at work. In fact, entering an unhappy or unhealthy work environment every day can make it even more difficult to manage an emotional situation, mental health or substance use problem.

As co-workers to each other we play an important role in creating a supportive and understanding workplace.

Employee Assistance Program (EAP)
To access our services:
COMING SOON
27J Schools Open Enrollment Period
May 1st to May 31st, 2019

Your opportunity to review yourself and/or your family’s benefits!

During the annual open enrollment period, eligible employees can:

- Elect to change health care plans without having to satisfy a waiting period.
- Enroll in a health and/or dental care plan if they have previously waived coverage.
- Add eligible dependents not previously covered on a 27J Schools plan.
- Remove dependents from coverage (medical and dental have to be the same coverage type).
- Enroll or re-enroll in Flexible Spending Account (FSA) Plan.

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If you are enrolled on the Kaiser HDHP with HSA, make sure your status of being eligible to receive HSA funding has not change throughout the year.

**Eligibility Questions** If you have enrolled on the Kaiser High Deductible Health Plan (HDHP), then you may be eligible for a Health Savings Account. You are eligible for a Health Savings Account unless you answer “YES” to any of the following five (5) questions (per IRS rules):

1. Are you enrolled in Medicare (including the free Part A Medicare) or any other health plan that is not a qualified high deductible plan? (A qualified HDHP has an aggregate annual deductible of at least $1,350 single or $2,700 family for ALL non-preventive services – it may be called an HSA-qualified plan by your insurer).

2. Will you be covered as a dependent on someone else’s tax return?

3. Will you have received Veteran’s Administration medical services in the past three (3) months?

4. Are you or your family enrolled in TRICARE (military insurance)?

5. Will you or your spouse have a Flexible Spending Medical Reimbursement Account (FSA) that will reimburse you for your medical expenses, including those subject to the deductible?

If you answered “YES” to any of the above five (5) questions, you are NOT eligible to open or contribute to a Health Savings Account at this time, per IRS rules. In this case, you may wish to terminate any duplicate coverage so that you become eligible to open an HSA, or you may want to consider enrolling in the Kaiser DHMO plan during the next annual open enrollment period. If you answered “NO” to all of the above five (5) questions, then you qualify to open a Health Savings Account at HSA Bank.
Could You Be Saving Money: A Look at Your Healthcare Plan Choices

**Kaiser Permanente High Deductible Health Plan with HSA:**
The HDHP with HSA medical plan requires you to pay 100% of the costs for most non-preventive care and prescriptions until you have met your deductible (per IRS regulations). Our Insurance Advisory Committee along with District Executive Leadership within 27J Schools provides for us a *generous and unprecedented - HSA contribution* ($3,500 Employee-only or $7,000 for Employee-plus - effective July 1, 2019) you can use these dollars to cover the costs of your care.

**HDHP – Terms You Need to Know:**

**Premium:** Premium is the total cost to be enrolled in a medical plan each month. 27J Schools pays the full cost of the employee only portion. If an employee enrolls dependents, the employee is responsible for the dependent’s monthly premium that can be elected as a pre-tax paycheck deduction option.

**Deductible:** A deductible is the total amount you pay for some benefits before your health plan begins to cover all or some of the costs. What you spend on care for benefits that apply to the deductible add up together and you only need to hit the deductible once in the plan year, July 1, 2019 – June 30, 2020.

Once the deductible is reached, your health plan will pay 100% of the costs for covered services for the remainder of the year. Out of pocket maximum for the HDHP plan is equal to the deductible. For example, for a hospital stay, you will pay 100% of the cost until you met your deductible and then pay 0% of the bill.

**Health Savings Account (HSA):** A savings account that, along with the 27J Schools contribution, allows you set aside money from your paycheck before paying taxes. For example, you can use your HSA card to pay for doctor’s visits and prescriptions. 27J Schools contributes $3,500 for Employee-only or $7,000 for Employee-plus (effective July 1, 2019), and you can use these dollars to cover the costs of your care.

**Kaiser Permanente Deductible HMO Plan (DHMO):**
The Deductible Copay medical plan provides you with the ease and affordability of paying copays for most routine care and prescriptions without needing first to reach your deductible.

**DHMO – Terms You Need to Know:**

**Premium:** Premium is the total cost to be enrolled in a medical plan each month. 27J Schools pays a portion of the total premium, leaving the employee to pay $72/month for employee only coverage. If an employee enrolls dependents, the employee is responsible for the dependent’s monthly premium that can be elected as a pre-tax paycheck deduction option.

**Copay:** A Copay is a set dollar amount you pay for a covered benefit. For example, you’ll pay a $20 copay for a primary care visit, or $40 for a specialist.

**Deductible:** A deductible is the total amount you pay for some benefits before your health plan begins to cover all or some of the costs. What you spend on care for benefits that apply to the deductible add up together and you only need to hit the deductible once in the plan year, July 1, 2019 – June 30, 2020.

**Coinsurance:** Coinsurance is the percentage of a medical bill you are responsible for paying for a covered benefit. Typically, coinsurance occurs after you have met your deductible. For example, for a hospital stay, you may pay 20% of the bill after you meet your deductible.

**Out of Pocket Maximum:** If what you have paid for most covered benefits in the plan year adds up to the Out of Pocket Maximum, then your health plan will cover 100% of costs for covered benefits for the remainder of the year.
**Onsite Classes  -  ALL CLASSES OFFERED BY 27J ARE FREE!!!**

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<thead>
<tr>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>March 19</strong></td>
<td><strong>March 20</strong></td>
<td><strong>March 21</strong></td>
<td><strong>March 22</strong></td>
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<tr>
<td>Swimming 27J Pool 5:00 am</td>
<td>Yoga @ BHS Library 4:50 p.m.</td>
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<tr>
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<td>Yoga @ BLARC 4 p.m.</td>
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<tr>
<td>Swimming 27J Pool 5:00 am</td>
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<td>Yoga @ ESC 4:00 p.m.</td>
<td>Yoga @ Second Creek 4:15 p.m.</td>
<td>Yarn Arts Group @ ESC 5:00 p.m.</td>
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Get started! Register on kp.org

Have your health record number handy – it’s on your member ID card. If you haven’t received your member ID card in the mail, call New Member Connect at 303-338-3361 or 1-844-639-8657 (TTY 771), Monday-Friday, 7 a.m.-6 p.m.

**STEP 1**

Go to kp.org/registernow
- Select your language preference
- Choose “I have a Kaiser Permanente plan and want to use online services”
- Click “Continue”

**STEP 2**

Create your user account
On the following screens you will:
- Enter your name, date of birth, preferred language, area, and health record number
- Accept the terms and conditions
- Create a user ID and provide your email address

**STEP 3**

Get your password and sign in to your account
- Get your password immediately by confirming your personal information, such as current or past address or the last 4 digits of your social security number
- Once your password is set up, you can sign on to your account
- You may also choose to have a password sent to you by mail, but you won’t be able to access online services immediately

- Get lab results
- Email your doctor
- Refill prescriptions
- Make or cancel appointments
- Chat with a doctor, pharmacist, or financial counselor

All online, easier than ever

1. These questions are asked from a third party security company that won’t share your information.
2. These services are available when you receive services from Kaiser Permanente.

kp.org

Please recycle. 61164400. October 2018
Keep your body healthy this spring! Eating well, getting enough sleep, and staying physically active are all important for your health. Here are some top tips:

1. **Healthy Eating**: Focus on a balanced diet with plenty of fruits, vegetables, and whole grains. Limit processed foods and sugar.
2. **Adequate Sleep**: Aim for 7-9 hours per night. Establish a regular sleep schedule to improve the quality of your sleep.
3. **Regular Exercise**: Include at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week. Consider activities like walking, swimming, or cycling.
4. **Stress Management**: Practice stress-reducing techniques such as deep breathing, meditation, or yoga.

Enjoy the warm weather and take advantage of outdoor activities! Stay active and healthy this spring.