EveryMove Rewards are LIVE for December

To register for EveryMove go to: www.everymove.org/sd27j

To check out the rewards select ... More / Rewards

Remaining Free Onsite Fitness Classes for December:

Thursday 12/3 - Swimming 5:30 a.m. 27J District Pool
Thursday 12/3 - Heather Evans Boot Camp 4:00 p.m. South Elementary

Tuesday 12/8 - Swimming 5:30 a.m. 27J District Pool
Tuesday 12/8 - Heather Evans Boot Camp 4:00 p.m. South Elementary

Wednesday 12/9 - Adult Fit Club 4:15 p.m. Brantner Elementary

Thursday 12/10 - Swimming 5:30 a.m. 27J District Pool
Thursday 12/10 - Heather Evans Boot Camp 4:00 p.m. South Elementary

Tuesday 12/15 - Swimming 5:30 a.m. 27J District Pool
Tuesday 12/15 - Heather Evans Boot Camp 4:00 p.m. South Elementary

Wednesday 12/16 - Adult Fit Club 4:15 p.m. Brantner Elementary

Thursday 12/17 - Swimming 5:30 a.m. 27J District Pool
Thursday 12/17 - Heather Evans Boot Camp 4:00 p.m. South Elementary
Personal action plan

MARTEN, LORI, D

Your primary care physician recommends this action plan to protect your health and help you care for your ongoing conditions. This plan is based on your personal health information. If you get your care outside of Kaiser Permanente Medical Offices, we may not have all of your information. Please check with your primary care physician to ask what tests, screenings, or immunizations you need.

Your action plan
12/2/2015

<table>
<thead>
<tr>
<th>You are due for:</th>
<th>When is this due?</th>
<th>What should I do next?</th>
<th>Why is this important?</th>
</tr>
</thead>
</table>
| Mammogram        | Due Now           | In Denver/Boulder call 303-338-3456 to make an appointment. For screening locations in Southern Colorado call 1-888-681-7878 and in Northern Colorado talk to your health care provider. To learn more review Breast Cancer Screening: When should I start having mammograms.
If you believe this action is incorrect, please call 1-877-847-0012. |

This test can help detect breast cancer or other problems early on, while it is easier to treat. Kaiser Permanente recommends that women over 50 get a mammogram every 1 to 2 years. Some women choose to start screening at 40, especially if they have a family history of breast cancer.

Certain preventive care is available to you at no additional charge. You may be billed for some of your tests that are not covered under the prevention benefit. To learn more about your benefits, please check your Evidence of Coverage or call Member Services, Monday through Friday, from 8 a.m. to 5 p.m. at: Denver/Boulder: **303-338-3800**
27J Screen for Life
Cancer Prevention Campaign

1. Log on to kp.org

Members sign on

User ID: [ ]
Password: [ ]

Sign on
Register now

Kaiser Permanente
Oregon / Washington

My health manager
Health & wellness
Shop health plans
 Locate our services

Find doctors & locations
My profile
Member assistance

Better Doctors Mean Better Care.
2. Click “My Medical Record”

3. Click “Personal Action Plan”
Or just go to kp.org/actionplan and sign on to kp.org

4. If you are personally due for a Pap, Mammogram or Colon CANCER SCREENING – Please schedule an appointment now.

5. Taking action NOW (not prior) on your due Cancer Screening/s qualifies you for a Fitbit Flex

(OR)

5K Walk/Run Race entry fee to any remaining event in 2015 or from January 1st 2016 - May 15th 2016.

Questions: lmarten@sd27k.org
Kelly McGonigal: How to make stress your friend

Kelly McGonigal is a health psychologist who is known for her work in the field of 'science help'—popular explication of scientific research—as it relates to achieving personal goals despite inner conflict.

https://www.ted.com/talks/dan_gilbert_you_are_always_changing?language=en

Shared by Michael Clow

Fat vs. Muscle

Q. “It has been a long time since I’ve worked out, and I’m afraid that my muscle has turned to fat. How do I lose the fat before building the muscle again?”

A. Well first of all, your muscles have not turned to fat! Additionally, you can lose fat at the same time you’re building muscle. Muscles shrink (atrophy) from lack of activity, and the space that they used to fill is replaced by fat. The program you are starting has both cardiovascular exercise and strength training. Both will help you to lose weight but the strength training will also help you to add muscle (lean mass) to your body which burns calories even when you’re not working out!

A pound of muscle is sleek and takes up far less room than fat. You will notice a change in the way your clothes fit even though your weight might not change right away.
Please don’t forget that help is always near with our Employee Assistance Program

EAP
Confidential ◆ No Cost ◆ Convenient

HELP FOR ISSUES CONCERNING:

◆ Marital/Relationship
◆ Family
◆ Stress and Anxiety
◆ Alcohol and Drug Abuse
◆ Depression or Grief
◆ Legal Problems
◆ Financial/Budgeting
◆ Child and Eldercare Resources

◆ Up to 5 Face-to-Face Counseling Sessions Per Problem
◆ Available to You and Members in Your Household
◆ Available 24 Hours a Day, 365 Days a Year
◆ Health and Wellness Information and Work/Life Resources Available at www.horizoncarelink.com

LOGIN: adams27j  PASSWORD: eap

1-866-252-4468