

FY 17 CCMHG Wellness Programs

JANUARY	FEBRUARY	MARCH
 <p>Wellness Portal Maintain Don't Gain Challenge Winter Walking Program Biometric Screenings Walking Programs Wellness Incentives</p>	 <p>Winter Walking Program Wellness Portal Couch to 5K Biometric Screenings Walking Programs Wellness Incentives</p>	 <p>Couch to 5K Biometric Screenings Walking Programs Wellness Portal Wellness Incentives</p>
APRIL	MAY	JUNE
 <p>Biometric Screenings Spring Walking Challenge Couch to 5K Walking Programs Wellness Portal Wellness Incentives</p>	 <p>Spring Walking Challenge Couch to 5K Biometric Screenings Walking Programs Wellness Portal Wellness Incentives</p>	 <p>Wellness Portal Couch to 5K Biometric Screenings Walking Programs Wellness Incentives</p>
JULY	AUGUST	SEPTEMBER
 <p>Summer Step Challenge Weekly Bike Rides Couch to 5K Biometric Screenings Wellness Portal Walking Programs Wellness Incentives</p>	 <p>Weekly Bike Rides Summer Step Challenge Couch to 5K Biometric Screenings Walking Programs Wellness Portal Wellness Incentives</p>	 <p>Couch to 5K Biometric Screenings Walking Programs Wellness Portal Wellness Incentives</p>
OCTOBER	NOVEMBER	DECEMBER
 <p>Biometric Screenings Couch to 5K Walking Programs Wellness Portal Wellness Incentives</p>	 <p>Maintain, Don't Gain Challenge Biometric Screenings Walking Programs Wellness Portal Wellness Incentives</p>	 <p>Maintain, Don't Gain Challenge Biometric Screenings Walking Programs Wellness Portal Wellness Incentives</p>

Description of Programs

Wellness Portal – Online health program to guide members towards healthy choices and to become educated consumers in their healthcare. Points based incentive program! All of the following programs are worth 25 points on the Wellness Portal:

Biometric Screening – yearly screening event provides unit with a team of nurses and offers blood pressure, cholesterol (non-fasting) and glucose tests, pulse, weight, body mass index, waist measurement, hearing screenings, UV skin damage assessment, bone density, healthy cooking demonstration and heart healthy age assessment. Information regarding wellness programs and incentives, mail-in prescriptions, diabetes rewards program, and nutrition will be available.

Couch to 5K – 9 week 2x/week incremental walking/running program. This program is for beginners or for those easing back into running. Throughout the 9 weeks we work towards the goal of completing a 5k (3.1 mile) run.

Wellness Incentives – When you visit your doctor for your annual physical, mammogram, and/or colonoscopy bring your Incentive postcard with you and have your doctor sign it, mail to our holding company and you will be entered into a drawing for visa check card for your physical AND receive a visa gift card for both the mammogram and colonoscopy!

Walking Programs – Held at the workplace for 8 weeks 2x/week at a time that is most convenient for the group, walks are between 2-3 miles long (depending on time), followed by gentle guided stretching. Retiree programs also held at different locations.

Maintain, Don't Gain Challenge – This 6 week challenge has an objective of maintaining your weight within 2 pounds over the holidays. You are weighed in before Thanksgiving and weighed out after New Year's. Participants who successfully complete the program are entered into a random prize drawing.

Spring Walking Challenge – 8 week self-regulated walking program. Set a personal goal and go at your own pace - log in your progress each week on the www.walkingworks.com website. Participants who log steps in each week for all 8 weeks are entered into a random prize drawing.

Summer Step Challenge – Similar to the Spring Walking Challenge, set a goal, go at your own pace, and log in your weekly progress. Create your own team, or join a team and choose from 3K, 5K, or 10K+ steps per day. Participants who successfully complete the 6 week challenge are entered into a random prize drawing.

Weekly Bike Rides – Bike rides are held at various locations across on Cape Cod. All levels are welcome. Rides begin with 4 miles and increase to 12 miles over the course of the program. Bring your own bike, helmet and water bottle.

Winter Walking Program - Weekly group walks are held (Tues/Thurs nights) at the indoor track at the Hyannis Youth and Community Center for 8 weeks to help keep you moving and all winter long!

CC Healthy Connections is always interested in hearing from you! Contact Deanna Desroches or Mary Casali if you have any feedback or suggestions regarding wellness programs at capecodhealthyconnections@gmail.com.

For more information about these programs visit the Cape Cod Municipal Health Group website www.ccmhg.com or the CC Healthy Connections website www.capecodhealthyconnections.com Follow CC Healthy Connections and Cape Cod Municipal Health Group on Facebook and Twitter!