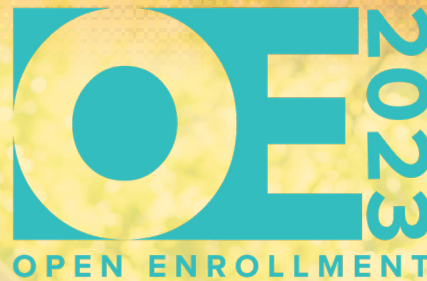




BEACH EMPLOYEE WELLNESS

# BEWell BEAT

4TH QUARTER 2022



## OPEN ENROLLMENT ENDS MONDAY, OCTOBER 17.

Join us virtually or in-person on 10/13 for Benefits @ The Beach OE Fair!  
Visit <https://linktr.ee/vb.benefits> to register if you had not previously.  
*For those who previously registered for the 10/13 event, your event registration will apply for the 10/13 event.*

Join us at Plaza Annex, Suite 100 (PDC) from 1:00 p.m. - 5:00 p.m.:

- Engage with benefit plan representatives
- Access 2023 benefit materials
- Play games
- Complete OE elections
- Have a chance at winning raffle prizes!

Visit [vbgov.com/benefits/enroll](http://vbgov.com/benefits/enroll) to log in to Benefitfocus or download the Benefitplace app to review and make changes to your benefits.

\*Prizes are considered taxable fringe benefits.

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# BEWell, Stay Well: Preventative Care is Key!



Preventive health care appointments are critical in helping detect and diagnose certain diseases, disorders and cancers. Too often, being reactive instead of proactive can lead to poor long-term outcomes. Preventive annual health care appointments include wellness checkups, health screenings and immunizations. These appointments alert your doctor of potentially serious issues that may need more attention. Preventive appointments and screenings are even more important if you have a chronic disease, such as diabetes, lung disease or kidney disease.

Your plan primary care physician (PCP) is your point of contact to coordinate your healthcare needs. They can provide both the first contact for an undiagnosed health concern, as well as continuing care of varied medical conditions, look to them to set up a preventive care routine for you and your family that is tailored to your specific health needs.



Scan or click the QR code to find out what immunizations are recommended by the CDC for ages 19 years or older.



Scan or click the QR code to find out what Optima Health Recommends for annual health screenings.

Source: [optimahealth.com](http://optimahealth.com), [cdc.gov](http://cdc.gov)

In effort to help you receive some of your preventive health screenings, BEWell offers Annual Health Screenings every quarter, Flu Vaccine Clinics in the fall, and the Mobile Mammography Van all throughout the city all year long. Be sure to check the events on pages 6 and 7 for complete details for this quarter.

## Boost Your Points!



Boost your points when you use a Health Station to measure your weight and blood pressure and earn additional points for ideal or improved measurements each month.

## SCAN ME

Scan or click the QR code by **October 28<sup>th</sup>** to let us know you are out there and reading our content!



Health Measurements	Weekly	Take validated measurements	100 points
	Monthly	Ideal or improved body mass index	100 points
		Ideal or improved blood pressure	100 points



# Physical Wellness



Looking for ideas on how you can improve or maintain your physical wellness? Scan or click the QR code to view the various resources available to you at no cost!

## SCREENINGS & PREVENTATIVE CARE

Don't forget that you can earn points for staying on top of your health by submitting your annual screenings! Whether you see your doctor or attend one of our health screenings, or visit the mobile mammo, be sure to retain your documentation and then submit it following the simple steps below!

### ● STEP 1: ACCESS SCREENING FORMS SITE

Go to <https://screeningforms.vbcps.com>

### ● STEP 2: SELECT YOUR ENTITY AND INCENTIVE FORM TYPE

Complete required fields for demographic and screening details

Please note: if you are a VBCPS employee, once you make your selection you will need to click on a new link that appears under the "Welcome" message. You will be directed to the internal forms site (Laserfiche), and you may be prompted to log in. Your log in will be your short email address including @vbschools.com and your current network password.

### ● STEP 3: UPLOAD DOCUMENTATION FROM YOUR PROVIDER'S OFFICE

Documentation must include:

- Your Full Name
- Date of Procedure
- Type of Procedure

### ● STEP 4: READY TO SUBMIT!



FRIENDLY  
REMINDERS

## 2022 Screening Forms

If you have received the following screenings in 2022, please complete your 2022 Screening Submissions by **December 9, 2022** to receive your points by 2022 Q4.

▶ Annual Physical/Health Screening	1,000 points
▶ Colonoscopy/Fecal Immunochemical Test (FIT)	500 points
▶ Mammogram Screening	250 points
▶ Pap Screening	250 points
▶ Prostate Screening	250 points

Please note:

- ▶ 2022 Screening Forms MUST be submitted by March 1, 2023! All 2022 Screening Forms received between December 10, 2022 and March 1, 2023 will be processed in 2023 Q1. Any 2022 Screening Forms received after March 1, 2023 will NOT be processed.
- ▶ Your points will reflect in your Virgin Pulse account based on the quarter in which your form is processed.
- ▶ It may take up to four (4) weeks to process your paperwork.
- ▶ We will only process one (1) of each screening type per calendar year, per employee.
- ▶ If a form is incomplete or missing proper documentation, it will not be processed.

# Disease Management/ Accordant Care



Once you've been diagnosed with diabetes, respiratory or cardiovascular disease, or a rare chronic disease, it's important that you manage it the best you can. Let Optima Health help you get the support you need.

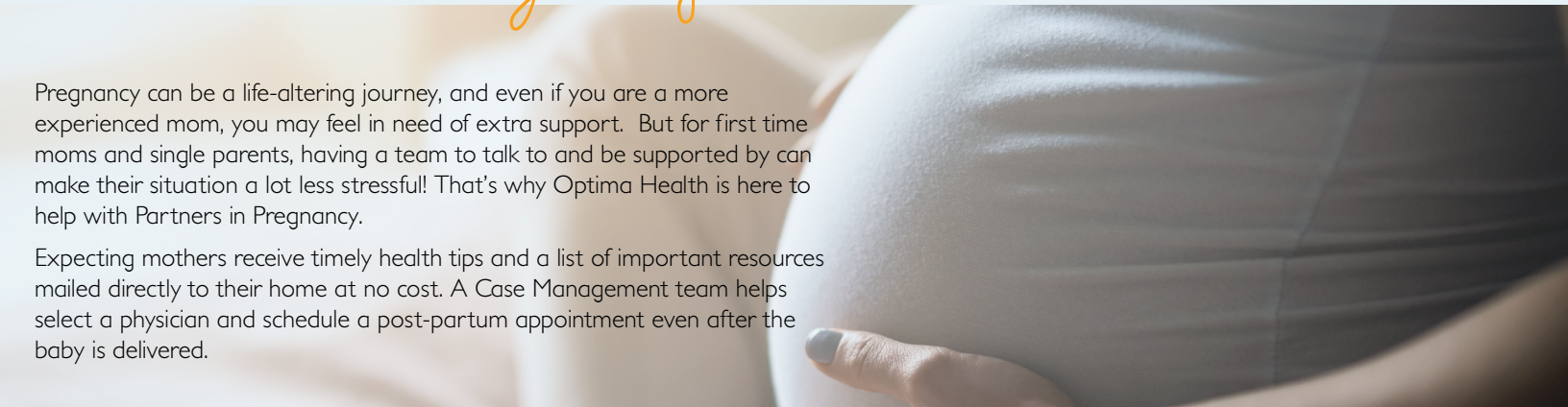
Optima Health Care Services has a team of Case Managers, Social Workers, Patient Service Coordinators, and Behavioral Health Clinicians available to assist you in achieving your healthcare goals! They can provide education, support, and coordination of your care, but they do not replace the advice given to you by your doctors. This is all available to you at no cost if you are enrolled in an Optima health plan.

If you are diagnosed with Diabetes, you are automatically enrolled in the Diabetes Management Program. If you would like to enroll in the Cardiovascular or Respiratory disease management programs, please contact: 866.503.2730

For Chronic Disease management programs, please contact: 866.535.5439.

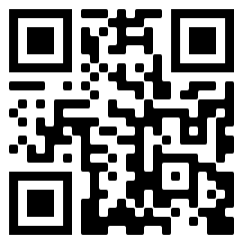
For more information, please review pages 14 – 16 of the [BEWell Guide](#), found on [vbgov.com/benefits](http://vbgov.com/benefits) under BEWell Communications.

# Partners in Pregnancy



Pregnancy can be a life-altering journey, and even if you are a more experienced mom, you may feel in need of extra support. But for first time moms and single parents, having a team to talk to and be supported by can make their situation a lot less stressful! That's why Optima Health is here to help with Partners in Pregnancy.

Expecting mothers receive timely health tips and a list of important resources mailed directly to their home at no cost. A Case Management team helps select a physician and schedule a post-partum appointment even after the baby is delivered.



Scan or click the QR code to watch the Partners in Pregnancy video!

**DID YOU KNOW**

**Your health plan pays for a breast pump if you are pregnant! For more information call Optima Member Services at 757.687.6141 or 866.239.0618.**



# BEWell Champions



BEWell Champion and certified Integrative Nutrition Health Coach, Caroline Morin, led Old Donation School staff in a year-long learning community. Members identified what wellness initiatives were important to them as individuals, both personally and professionally, and created goals around these concerns. Some popular topics were sleep, nutrition, getting to the gym, creating a social network, discovering new hobbies, and work-life balance. Through this exercise it was discovered that the following values were most important to the group:

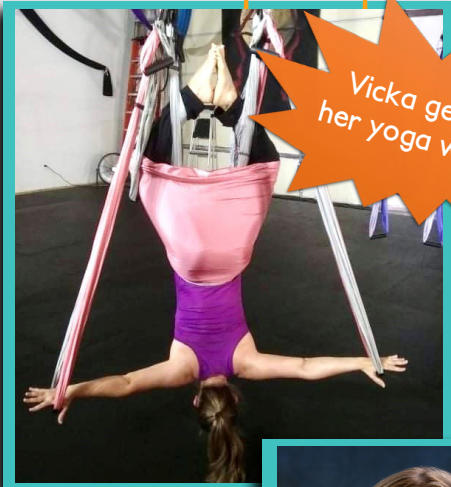
- A safe space where they can meet one another with compassion and empathy
- Focus on positive outcomes
- Encouragement of each other

Work-based Wellness Learning Communities such as this one promote teacher self-efficacy, self-compassion, and transformational self-care. They create a place for educators to develop the motivation, competencies, confidence, and support to achieve their goals, contributing to both individual and organizational wellness. Keep up the great work, Caroline!

Want to be a  
Champion for 2023?

We are looking for employees who genuinely want to help their coworkers enhance their quality of life. You have the freedom to promote BEWell initiatives as you see fit for your workplace, but some common tasks you'll take on are providing support, coordinating walking groups, collecting employee feedback and more! If you are up for the challenge and want to help others achieve a healthy lifestyle, we want you to be a Champion! Check out the Meet Your Champions page under Benefits on Virgin Pulse to see if your site is represented, review the BEWell Champion expectations, and complete the BEWell Champion application for the 2023 calendar year.

# Leadership Spotlight



Vicka getting in  
her yoga workout!



"Our department's BEWell Champion, Tara Muhly, is an excellent BEWell recruiter. A few years back, she introduced me to BEWell and all that this program has to offer. I love this platform because not only does it make you accountable for your health goals, but it also provides a lot of information and tips on creating new healthy habits. For example, I set up a 7,000-step goal for each day. If I fall short of my daily goal by the time, I get home due to a sedentary day at the office, I motivate myself to go work out. Also, our office is very competitive, and the Friends Leaderboard makes my health journey more fun. It is not uncommon for staff in our department to participate in various challenges together and motivate each other. Aside from encouraging you to stay active, there are many other benefits from participating in BEWell, such as—nutrition education, mental and financial wellness resources, self-guided courses on sleep, cultural awareness, disease management, to count a few. The added bonus is that by being active, you're not only changing your life for the better, but you can earn BEWell points, which can be cashed out as a reward. BEWell has not only helped in my personal health goals, but it has also created a more unified health-conscious work environment. I wholeheartedly recommend this wellness program to all City and VBCPS employees."

**- Viorica "Vicka" Harrison, MBA, CPA Director,  
Office of Food Services**

# BEWell Classes & Events

Please note: All BEWell in-person and virtual events are subject to change or cancellation. For the most up-to-date information please visit [vbgov.com/benefits](http://vbgov.com/benefits) and check the events section by selecting "BEWell Events" or log into your Virgin Pulse account and view the calendar.

Register for and attend a BEWell Class – you can learn something new and earn 300 BEWell points when you attend the live webinar session! Log in to your Virgin Pulse account or visit the Events page at [vbgov.com/benefits](http://vbgov.com/benefits) for upcoming classes and registration. If you do not have a chance to view the live webinar, a recording will be available on the Events Page on [vbgov.com/benefits](http://vbgov.com/benefits) (In Case You Missed It tab), but points will not be awarded.

Please note: When registering for Humana webinars, employees must select "tell my employer" to be eligible to receive points.

**1** **MANAGING COUNTERPRODUCTIVE BEHAVIOR (FOR MANAGERS) | WEDNESDAY, OCTOBER 26 | 12:00P.M. – 1:00P.M.**  
The truth is that some employees get in their own way, sometimes through their attitudes, sometimes through their work habits. However, managers can use effective strategies to help these employees change their counterproductive behaviors and increase engagement and productivity.

**2** **KNOW YOUR NUMBERS, NOW WHAT? | THURSDAY, NOVEMBER 17 | 12:00P.M. – 1:00P.M.**  
Participants will learn what the numbers and healthy ranges mean, pros and cons of medications, as well as natural treatments and lifestyle changes that can help them improve their numbers over time.

**3** **HEALTH SCREENING | MONDAY, NOVEMBER 7 | 1:30P.M. – 6:30P.M.**  
**BOW CREEK RECREATIONAL CENTER (3427 CLUB HOUSE RD, Rms 2 & 3, 23452)**  
Get an annual physical each year with your physician or attend a BEWell Health Screening event and earn 1,000 points\*!  
At a BEWell Health Screening an Optima nurse will check your height, weight, blood pressure, A1C, and cholesterol. They will review with you any concerns regarding these results and a Registered Dietitian will also be on site to speak with you about nutritional needs. To check in for your health screening please bring your employee ID or Optima insurance card.  
*\*Please note you will only receive points for one annual physical/health screening per calendar year.*  
Please make an appointment at: <https://healthscreening-nov7-bowcreek.eventbrite.com>

**4** **FLU VACCINE CLINICS - GET YOUR FREE\* FLU VACCINE!**  
FREE flu vaccine clinics are for:  
1. All Virginia Beach City employees  
2. All Virginia Beach School employees  
3. Retirees and family members age 18 years and older covered by the City or School Optima Health plan.  
**What should I bring to a Flu Vaccine Clinic?** In order to receive a flu vaccine at a BEWell Flu Vaccine Clinic, you **must bring your OPTIMA HEALTH INSURANCE CARD**. If you are not an Optima Health participant, you must bring some form of eligibility verification, such as: EMPLOYEE BADGE or CURRENT PAY STUB.  
**Tuesday, October 18** | 12:00 p.m. - 4:00 p.m. Central Library (4100 Virginia Beach Blvd, 23452): [https://fluclinic\\_1018.eventbrite.com](https://fluclinic_1018.eventbrite.com)  
**Thursday, October 27** | 1:00 p.m. - 6:00 p.m. Plaza Annex, Suite 100, Room 12 (641 Carriage Hill Rd, 23452): [https://fluclinic\\_1027\\_rm12.eventbrite.com](https://fluclinic_1027_rm12.eventbrite.com)  
**Friday, October 28** | 7:00 a.m. - 12:00 p.m. Building 19 (2416 Court House Dr, 23456): [https://fluclinic\\_1028.eventbrite.com](https://fluclinic_1028.eventbrite.com)  
**Wednesday, November 2** | 1:00 p.m. - 6:00 p.m. Parks & Recreation Admin Bldg (2154 Landstown Rd, 23456): [https://fluclinic\\_nov2.eventbrite.com](https://fluclinic_nov2.eventbrite.com)  
**Friday, November 4** | 7:00 a.m. - 12:00 p.m. VBCPS Facilities & Maintenance Services (Formerly School Plant) (1568 Corporate Landing Pkwy, 23454): [https://fluclinic\\_nov4.eventbrite.com](https://fluclinic_nov4.eventbrite.com)

**IMPORTANT:** Attendees are required to wear a mask at Flu Vaccine Clinics and Health Screenings.

**5** **WONDR CLASSES AND ENROLLMENT**  
Wondr is a skills-based digital weight loss program offered at no cost to you. It has helped hundreds of thousands of participants in different stages of health lose weight, feel their best mentally and physically, and use practical, clinically proven health skills that become life skills!

For more information, to join the wait list, or to enroll visit: [wondrhealth.com/BEWell](http://wondrhealth.com/BEWell)

2022 Class 4	
REGISTRATION	START DATE
Monday, October 10, 2022 – Sunday, October 23, 2022	Monday, November 7, 2022

6

**PARKS & REC SPONSORED FITNESS CLASS | WEDNESDAY, DECEMBER 21 | 4:00 P.M. - 5:00 P.M.**  
**PLAZA ANNEX (641 CARRIAGE HILL RD, SUITE 100, PDC, ROOMS B & C)**

Take a step away from the busy holiday season - join BEWell and Parks & Rec to engage in an even split of cardio for fat burning; strength training for a revved-up metabolism; core, flexibility and stretching for a balanced approach to fitness. The perfect trifecta for a complete workout! You'll be able to de-stress, balance out those holiday treats and have fun in the process! A bonus trifecta for having a healthy holiday!

**Register\* to join the class in-person:** [https://fitnessclass\\_122122.eventbrite.com](https://fitnessclass_122122.eventbrite.com)

**To join the class virtually,** scan or click the QR code:



\*Limited capacity for in-person attendance. Please give 24 hours' notice prior to the class if you are unable to attend. If registration is full, please plan to attend virtually.

Please note: While you are encouraged to register and attend this event, BEWell points will not be rewarded for attending.

# October is Breast Cancer Awareness Month



Knowledge and early detection can save lives. 1 in 8 women will be diagnosed with breast cancer in her lifetime. While you can't prevent cancer, it is important to be proactive about your breast health. Being proactive means doing monthly breast self-exams, scheduling regular clinical breast exams, and women ages 40 to 44 should start to have their annual mammograms. Women with a family history of breast cancer should begin screening five years before the earliest age at diagnosis in the family. For example, if your mother was diagnosed when she was 35, you should begin screening when you are 30. Virginia Beach City Public Schools and the City of Virginia Beach partners with Chesapeake Regional Mobile Mammography van to provide convenient access for all women to receive their mammograms in a comfortable and discreet manner.

Source: cancer.org

## MOBILE MAMMOGRAPHY

Don't forget! You can earn 250 BEWell points by completing the BEWell Mammography Screening Incentive Form and attaching separate screening documentation to BEWell at [ScreeningForms.vbcps.com](http://ScreeningForms.vbcps.com).

Mobile Mammography dates and locations are subject to cancellation if the minimum required appointments are not scheduled (8).

**TO BOOK AN APPOINTMENT:**      ONLINE: [chespeakemammo.com](http://chespeakemammo.com)      PHONE: 757.312.6400

## Schedule

Tuesday, 18-Oct | 9:00 a.m. - 3:00 p.m. | First Colonial High School

Thursday, 3-Nov | 9:00 a.m. - 3:00 p.m. | Plaza Annex

Monday, 21-Nov | 9:00 a.m. - 3:00 p.m. | Agricultural/Bldg 14

Thursday, 1-Dec | 9:00 a.m. - 3:00 p.m. | Ocean Lakes High School

Friday, 16-Dec | 9:00 a.m. - 3:00 p.m. | Central Library

NEW IN 2023!

A new homepage is coming to Virgin Pulse this winter that puts daily routines front and center and guides you to the next best actions, such as accessing on-demand videos and other multimedia content!

## BEWell events at your worksite!

### Interested in hosting a Health Screening or having the Mobile Mammography Van visit your worksite?

Scan or click the QR code to submit a request for your site to be considered.

Note: Although all requests are reviewed, completion of a request does not guarantee acceptance.



## Office Closures

- ELECTION DAY | NOVEMBER 8, 2022
- VETERANS DAY | NOVEMBER 11, 2022
- THANKSGIVING HOLIDAY | NOVEMBER 24 & 25, 2022
- WINTER HOLIDAY | DECEMBER 23-30, 2022 & JANUARY 2, 2023

Please note: Limited staff will be available to respond to calls and emails December 23, 2022 – January 2, 2023. During office closures, please leave a message on the CBO Main Office voicemail at 757.263.1060 or email [BEWell@vbschools.com](mailto:BEWell@vbschools.com). Voice messages left in staff voicemail may not be responded to until the office reopens on Tuesday, January 3, 2022.

### Vendor Information

To get connected, visit the BEWell page at [ybgov.com/benefits](http://ybgov.com/benefits) and search under “Related Links” or scan or click the QR code below for contact information:



### Life's a Beach

Check out our podcast! You can watch on [youtube.com/vbbenefits](https://youtube.com/vbbenefits) and select the “Life’s a Beach - Mental and Emotional Health Conversations” playlist. Scan or click the QR code below:



### Health Stations

To find a Health Station location, see the Health Station map on the BEWell page at [ybgov.com/benefits](http://ybgov.com/benefits). Scan or click the QR code below:



## BEWell Contact Information

- PHONE  
757-263-1060, Option 2
- EMAIL  
[BEWell@vbschools.com](mailto:BEWell@vbschools.com)

- MAILING ADDRESS  
2512 George Mason Drive  
Virginia Beach, VA 23456

- WEB ACCESS  
INTRANET (*login required*)
  - School employees: [vbcps.sharepoint.com](http://vbcps.sharepoint.com)
  - City employees: [beachnet.vbgov.com](http://beachnet.vbgov.com)
- WEBSITE: [ybgov.com/benefits](http://ybgov.com/benefits)