

Wellness Made Simple

Employee Wellness Newsletter

January 2018

Last Chance for Biometrics Screening!!

Deadline is February 27, 2018 to earn your biometrics screening reward!

If you or your covered spouse/domestic partner have not completed the biometrics screening, you still have time, don't worry! NSU, ICUBA and BCBS of Florida have teamed up with Quest Diagnostics to offer you one last opportunity to complete the screening so you can begin your quest for better health and improved overall Well Being. **Keep in Mind: Employees and Spouses/Domestic Partners covered by the ICUBA medical plan are eligible to participate and each can earn incentives!**

What can you earn?

- Covered Employees and Spouses/Domestic partners may earn **\$50** for participating in this Biometric Screening! These ICUBA Dollars may be redeemed within Rally for a variety of electronic gift cards.

Please allow up to 30 days to process your results and reflect the following incentives

What to expect at your screening:

- Fasting is not required for this screening, however you should drink plenty of water.
- Take all medications according to your regular schedule.
- The screening takes about 15 minutes from check-in to completion, and includes: Biometric measurements (height, weight, Body Mass Index (BMI), and Blood Pressure measurements, Cholesterol and Glucose measures.

(Please note: For the offsite biometrics, a blood draw is required for your glucose and cholesterol readings.)

SCHEDULE APPOINTMENT

1. [Click here to make appointment](#)
2. Click on Register Now
3. Enter Registration Key **ICUBA2017**

All information obtained as a result of your screening experience is Protected Health Information (PHI) and is secured in accordance with the federal Health Insurance Portability and Accountability Act (HIPAA). ICUBA and your employer will not have access to your individual results.

Remember: Confidentiality is assured!



Upcoming Wellness Seminars

January 30, 2018 at 12 pm

Knights Auditorium—Carl DeSantis Building

HCA will provide an informational session on their Fresh Start: Surgical Weight Loss Program.

January 31, 2018 at 12 pm

Knights Auditorium—Carl DeSantis Building

HCA will provide an informational session on the importance of Cervical Cancer Screening.

Presented by HCA Physicians

Please register via Shark Talent

\$20 Rally Reward is available per seminar

Weight Watchers Informational Session

January 24, 2018 at 12 pm

Campus Support Building—Conference Room

Are you interested in eating a little healthier? Want to lose a couple pounds before the upcoming holiday season? Well, you can by joining the Weight Watchers program! **No need to do it alone, join a group on Main Campus.**

Weight Watchers program takes a personalized approach that helps you reach your weight-loss goals with the help of a trained leader, powerful group support, and access to our digital tools.

The Program cost per person is \$156 for 12 weekly group sessions

If you would like to go to an informational meeting to hear all about the program, we need at least 15 employees to attend the informational meeting, and for Weight Watchers to hold weekly sessions here payment is required in advance.

Employees enrolled in the ICUBA Medical Plan may be eligible to use your HRA/FSA dollars for reimbursement for the cost of the program.

Join us for a
Co-Sleeping Safety Event



SATURDAY, FEBRUARY 3RD

10:30AM - 12:30PM

Special Guest Reader • Arts & Crafts
Light Morning Refreshments



BARNES & NOBLE

591 S. University Drive
Plantation, FL

Guest Speaker:

Deborah Ingram, MD
Pediatrician

RSVP: 954-321-4099

Benefits Open Enrollment Coming Soon!

Recipe of the Month



Vegetarian Chili

<http://www.publix.com/recipes-planning/aprons-recipes/vegetarian-chili>

The Office of Human Resources would like to welcome everyone back from Winter Break!



For wellness related questions contact your Employee Wellness Program Administrator:

Ronesia Jenkins, MPH, CHES, CWPC, TTS, CEAS at rjenkins@nova.edu or ext. 27879.

Visit our website at <http://www.nova.edu/hr/wellness/index.html>

