

# CSI EMPLOYEE WELLBEING

wellness.csi.edu

## CSI HEALTH INITIATIVE

There's still time to complete a doctor's verification that you are current for a wellness exam and lab work.

Submit forms to SLMV by September 15 to receive a one-time participation fee of \$300. See or call Judy x6269.

## Join our "On the Move" College Challenge

*A healthy campus begins with healthy employees!*

Watch for news of a national 12-week college-focused wellness challenge coming Oct. 2.

Includes: Employees and spouses, mobile friendly, activity tracking, inspiring content, social support, video demos, self-assessment.

## "Y" Diabetes Program is FREE and OPEN Now

Classes are ongoing, you may join at any time.

This program is for those with Diabetes (Type I or II), pre-diabetics or for anyone who is at risk for developing either pre-diabetes or type II diabetes. BMI and age are also risk factors. Get active, eat healthy!

Call Kara Federonick 208-344-5502 ext. 207

## Quit Smoking Today!

SC Public Health has FREE 5-week classes taking place now that include all aspects of your health to help you stay smoke free. Youth and adult classes are offered. Call 737-5968 or email [scphd@phd5.idaho.gov](mailto:scphd@phd5.idaho.gov) to ask for details.

## Need a Coach to Reach a Health Goal?

Access to personal health coaches and dietitians from St. Luke's is one of your CSI benefits. Experts are available to see you through health, fitness and nutritional goals you have set for yourself. Visits are FREE and all information is strictly confidential. To access a health coach, contact: Isaac Bush, Wellness Coordinator, [bushi@slhs.org](mailto:bushi@slhs.org), phone 208.814.9182

## Calendar of Events

Wellbeing events are open to all full- and part-time employees and your spouses. Find a calendar online at [wellness.csi.edu](http://wellness.csi.edu) and watch the eNotes for upcoming events starting in August and continuing through May 2018. Your questions & suggestions are always welcome!

Contact Judy at x6269  
[jheatwole@csi.edu](mailto:jheatwole@csi.edu).

