

# WHAT HEALTH AND WELLBEING IS REALLY ABOUT

## NUTRITIONALLY FIT

Your food choices each day affect your health – how you feel today, tomorrow and in the future. A healthy diet can help you maintain energy, reach a healthy weight and reduce your risk of chronic diseases.

## PSYCHOLOGICALLY FIT

Research has shown that our mental health is connected to our physical health. Anxiety and stress can affect our immune system, making us more vulnerable to conditions ranging from the common cold to cancer. Reducing anxiety will help you to live your life to the fullest. Just a few minutes of self-care everyday can have a positive impact on your quality of living.

## LET'S COMMIT TO BE FIT!

What is your definition of health? Is it a number on the scale, a blood pressure reading, a clothing size, a body free of disease or something else? Christiana Care Wellness has given plenty of thought to how we can help you improve your health and wellbeing. With that said, we are focusing on four pillars: physical, nutritional, psychological and financial fitness. We believe that the path to total health involves a mix of these pillars. Read on to learn more about the four pillars and how they can affect your health and wellbeing.

Physical fitness is crucial to overall health. The good news is there are countless ways to get started and reach your fitness goals. Regular physical activity can help prevent many health problems, including heart diseases and stroke, high blood pressure, obesity and diabetes.

## PHYSICALLY FIT

Have you recently taken time to think about what your financial goals are in life? It is important in our fast-paced and hectic society to not lose track of our financial life-goals. Spend time managing your finances and setting a reasonable budget so you can achieve your long-term goals.

## FINANCIALLY FIT

At Christiana Care, we offer a variety of tools and resources to support each of the four pillars of wellness. There are many options to choose from – check out the table below and pick the ones that meet your personal needs. Be on the lookout for monthly emails with more information on our wellness programs.

## CHRISTIANA CARE’S WELLNESS PROGRAM OFFERINGS

Visit the My Wellness website or the Caregiver Resource Center via the Portal to learn how to access these programs.

PHYSICALLY FIT	NUTRITIONALLY FIT	PSYCHOLOGICALLY FIT	FINANCIALLY FIT
<p><b>\$100 Annual Fitness Reimbursement &amp; Community Discounts</b> Find out how and what on the Wellness website.</p>	<p><b>Free Diabetes Prevention Program</b> Call 302-623-3439 for details.</p>	<p><b>Care for the Caregiver</b> Vocera web page “Care for the Caregiver” (page ID #1239).</p>	<p><b>Discounts</b> Visit the Caregiver Resource Center to locate caregiver discounts from various vendors including mobile, computer and discounted tickets.</p>
<p><b>Healthy Lifestyle Coaching</b> Visit <a href="http://www.cchshealthcoach.as.me">www.cchshealthcoach.as.me</a> to schedule an appointment.</p>	<p><b>Healthy Meals In Cafeteria</b> Check out the healthy meal of the day on the digital boards.</p>	<p><b>Employee Assistance Program</b> Call 877-595-5284.</p>	<p><b>Financial Resources</b> Visit the Caregiver Resource Center to find information, tools and learning videos to manage your finances.</p>
<p><b>Onsite Fitness Centers</b> Email Joe Novack for registration.</p>	<p><b>Nutrition Services</b> Call 302-623-3053 or visit <a href="http://www.christianacare.org/pmri">www.christianacare.org/pmri</a> for details.</p>	<p><b>PAWS to De-stress</b> These quarterly events offer opportunities for staff to connect with stress-reducing therapy dogs through the PAWS for People program.</p>	<p><b>Lincoln Financial: Plan For Your Retirement</b> Contact a representative at Christiana: 302-733-1272; Wilmington: 302-320-4150.</p>
<p><b>Group Exercise Classes</b> Find the monthly schedule on the Wellness website.</p>	<p><b>Living with Diabetes Program</b> Call 302-623-3052 or visit <a href="http://www.christianacare.org/diabeteseducation">www.christianacare.org/diabeteseducation</a> for details.</p>	<p><b>Center for Provider Wellbeing</b> Visit <a href="http://www.christianacare.org/providerwellbeing">www.christianacare.org/providerwellbeing</a> for more information.</p>	<p><b>Louviers Federal Credit Union</b> Visit the Caregiver Resource Center for additional information.</p>
<p><b>Wellness Trails</b> Find a map on the Wellness website.</p>	<p><b>WW</b> <i>Special Pricing:</i> 50% off membership. Visit the Wellness website for details.</p>	<p><b>Right Direction</b> Visit <a href="http://www.rightdirectionforme.com">www.rightdirectionforme.com</a> for support for workplace depression.</p>	<p><b>Stand By Me</b> Visit <a href="http://www.standbyme.as.me">www.standbyme.as.me</a> to schedule time with our financial coach.</p>

### QUESTIONS? EMAIL YOUR WELLNESS TEAM:



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