



Dear Employee:

A few minutes are all it takes for Jeffco employees and their families to get connected to better health.

A new wellness benefit program called **Wellness Connections** invites you to focus on small steps to help achieve overall health and fitness goals. The program is a partnership between Employee Benefits, Kaiser Permanente, PacifiCare and AdvantageHealth (our new wellness program vendor) to encourage employees to move more, eat healthier and lead a better quality of life.

You don't have to start training for a marathon or cut carbohydrates and sugars out of your diet -- instead, you and your families can choose from programs and activities that fit into your lifestyle.

I know first hand how challenging it is to fit regular exercise and good nutrition into an already busy daily routine, but that's what makes this new program unique. Even the smallest activity can get you started on the path to better health. For me, staying on track is as simple as taking the stairs every chance I get, skipping the temptation to grab lunch on the run and opting for fruits and vegetables instead or managing stress with a daily run.

Employees will have access to a variety of programs designed to help manage stress, lose weight and increase physical activity through easy tips and behaviors and programs that anyone can use.

It's easy to join in and your participation can earn credits towards VISA gift cards and other prizes.

Just a few simple steps can get you started:

1. **Register in the Health Activity Tracker** – The confidential health tracker, offered through Advantage Health provides one easy place to keep track of your activities and progress toward attaining a healthy lifestyle as you follow the right track to wellness. Just tracking your daily activity can earn you credits!
2. **Take the Needs and Interest Survey** – We will be asking for your input about the program to help us meet district employees' needs and interests and customize future programs.
3. **Start participating** – Join the Just Step! pedometer walking program, explore resources and participate in other exercise programs and classes. Your participation and completion of the program enters you for prizes along the way and a grand prize – valued at \$500, for a weekend in Summit County.
4. **Complete your medical plan's Health Appraisal Questionnaires**. These appraisals will be available for employees enrolled in the district's medical plan during the fall. The personal information you share with your health plan on the appraisal is confidential!
5. **Get up to date on your preventive health screenings.**

By logging on to **Wellness Connections** you'll find daily wellness tips, information on Just Steps! (a pedometer walking program), the Health Activity Tracker, helpful stress management and physical exercise tips and other health-inspiring activities. To log-on to **Wellness Connections** follow this path: Employee Connections > Benefits > Wellness Connections or click here: [Wellness Connections](#).

As part of the Jeffco family, we care about your health and well-being. Our hope is to inspire employees to support each other on a path to wellness. I look forward to your success as we travel the path to wellness together.

Sincerely,

A handwritten signature in blue ink that reads "Cynthia Stevenson". The signature is written in a cursive style and is set against a light blue rectangular background.

Dr. Cynthia Stevenson
Superintendent