

# STAYWELL

[www.intermountainpower.com](http://www.intermountainpower.com)

August 2011

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Volume 229

## IPSC Webpage



The IPSC webpage, located at [www.intermountainpower.com](http://www.intermountainpower.com), has been updated and redesigned. All of the wellness material has been updated and each topic or subject is now on its own page. Both the newsletter and wellness activities have individual links. Some of the new links include information on dealing with shift work, dieting, weight loss, immunization information, and disease information. There is also new specialized conditioning information, such as strength training and running programs. The running programs are for everyone, from the beginner looking to participate in a 5k to the experienced runner training for a full marathon. There are also many health and fitness self-assessments.



Any feedback or topic ideas for the new webpage are welcome. Each employee, retiree, or spouse who sends feedback will be entered into a drawing.

## Health Fair

The on-site IPSC Health Fair is scheduled for September. Various health and wellness classes will be presented throughout the month. A Boot Fair will be held on Thursday, September 1, and a Blood Drive on Thursday, September 21.

## Blood Draws

Screenings for cholesterol, PSA, blood pressure, and glucose will be conducted from 7 to 10 am on the following days:

Wednesday, September 7

Wednesday, September 14

Wednesday, September 21

Wednesday, September 28

**NOTE:** Cholesterol testing requires a 12-hour fast prior to blood draw. ONLY water is allowed as you must be properly hydrated for the test. Any questions please contact Brian at ext. 6511.

There will be no testing charges for current employees; the cost for spouses and retired employees will be approximately \$12 for cholesterol testing and \$17 for PSA testing. The exact prices will be posted when they become available.

## Bone Density/Osteoporosis Screening

A free bone density screening for osteoporosis will be available to active and retired employees and their spouses on Thursday, September 15. Appointments are required, contact Brian to schedule. If you have been tested in the past, make an appointment to see if there have been any changes.



If you have never been tested, make an appointment to assess your risk or get a baseline score for future comparison. Osteoporosis is not just a women's disease. Many men in today's society have a high risk of developing this condition.

### Classes



Lunchtime classes addressing a variety of health topics will be held. Subjects, times, and locations will be posted during the month of September. Prize drawings will be held for those who attend. Spouses are welcome to attend classes. Contact Brian Coles at ext. 6511 if your spouse will be attending so clearance can be obtained through security.

### Activity Programs

It is not too late to turn in the Summer Activity program. It may still be submitted upon completion.



IPSC is once again sponsoring the Pre-Hunt Conditioning and the Reach Your Fitness Peak program. You may participate in either program but not both.



### Pre-Hunt Conditioning

The Pre-Hunt Conditioning program is open to active employees only.

### Reach Your Fitness Peak Program

The Reach Your Fitness Peak program is open to all employees (active and retired) and their spouses.



**Incentives:** Each participant completing the exercise portion of the program will receive a \$15 gift card, or other incentives, based on availability.

**Drawings:** Eligible participants will be entered in a drawing for one of five \$400 gift certificates (taxed), a selection of near equivalent prizes (nontaxed), one of eight \$100 gift cards (taxed) or comparable tangible prize options. The program must be completed by the designated date for you to be entered in the drawing. If the program is completed *after* the drawing, it may still be turned in for you to receive a \$15 gift card (taxed).

To be eligible, participants must complete the fitness program; health risk appraisal; acquire a designated number of points by eating nutritious foods, drinking plenty of healthy liquids, and participating in a specific number of IPSC Health Fair activities. Some activity suggestions include attending a lunchtime class, participating in an activity, or completing a health screening. Each individual meeting the



criteria will be entered into the final drawing; however, *everyone* completing the program will receive a special participation award.

**Dates:** The programs will begin August 15, 2011, and must be completed – with all forms signed and turned in – by 4:30 p.m., October 12.



The drawing will be conducted at 8:00 a.m. on Thursday, October 13. Watch for specific details on IPSC bulletin boards, via flyers, or check online at [www.intermountainpower.com](http://www.intermountainpower.com).