

Tobacco-free you!

Quitting Smoking: A Self-Help Approach (5 weeks):

Most people are aware of the risks of smoking, but often that does not make quitting any easier. This multi-session program is designed to inform participants about the methods of preparing to quit smoking, tools to stay quit, and relapse prevention resources to promote successful behavior change that can be sustained. Topics to be covered include:

- Facts and fiction about smoking and quitting
- Harnessing and increasing the desire to quit
- Triggers and coping strategies
- Personalizing a quitting plan
- Coping with withdrawal
- Life after cigarettes

Step

1 The 5-week series will run at **Pendleton East 239** from **2:30-3:30** on the following dates:

- November 4th
- November 11th
- November 18th
- December 2nd and December 9th

Step

2 **Smoking Cessation using Self-Talk (a one-hour program):**

Self-talk is a powerful practice that helps participants develop a more positive attitude towards quitting smoking and the stresses associated with it. This workshop teaches participants how to use self-talk to quit smoking.

The seminar will be held at **Pendleton East 239** from 2:30-3:30 on December 16th.

Step

3 **Craving to Quit App Tool available 24/7:**

Craving to Quit is a 21-day program for your mobile device based on a successful quit smoking curriculum developed and tested at Yale University. For details on accessing the app, visit the Healthy You section of www.harvardpilgrim.org/wellesleycollege.

Final Step Money in your pocket!

The College is covering the cost of the program and providing a \$50 incentive gift card to those who participate to assist with the costs of nicotine replacement medication copays.

HEALTHY YOU: YEAR 5 – CONTINUING THE JOURNEY

Smoking Cessation Series... Tobacco-Free You

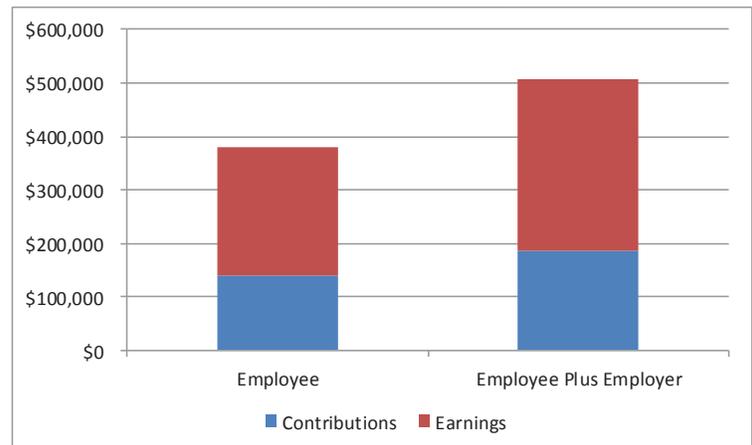
The College is committed to the good health of all of our faculty and staff. As a result, the College will pay for employees to participate in this comprehensive smoking cessation series – called Tobacco-Free You – as part of our Healthy You program. The series begins in November and ends in December. This series has been carefully designed to provide the best-in-class support to those who are ready to become tobacco-free! Just RSVP to Sandra Murga Zuniga at x3289.

If you were to spend \$90 a week on purchasing cigarettes – approximately one pack a day – and instead save that money by contributing it to your Retirement Plan – here is an illustration of what you might have in savings at an interest rate of 6% from age 35 to retirement at age 65. The illustration shows you would have over \$380,000 in retirement savings. If you receive a match from the College into your Retirement Plan, your savings would exceed \$500,000.

Weekly Contribution: \$90.00
Employer Match: \$30.00
Interest Rate: 6.0%
Number of Years: 30

RESULTS

	Employee	Employee Plus Employer
Total Contributions	\$140,400	\$187,200
Total Earnings	\$240,371	\$320,494
Final Accumulation	\$380,771	\$507,694



To start on a Tobacco-Free You, grow your Retirement Plan and join the series, call x3289 to confidentially RSVP today!

MORE HEALTHY YOU PROGRAMS IN 2015... CONTINUING THE JOURNEY

How to Survive the Holidays, Wednesday, November 19, Library Lecture Room, 12:30 to 1:30 p.m.

The average person gains five pounds from Thanksgiving to New Year's Day. Learn how to navigate holiday parties, family dinners and the temptations that abound, while still enjoying your favorite foods. Learn easy, no-stress holiday planning tips and recipes. RSVP to x3289.

Mindful Movement Yoga for the Office, Wednesday, January 14, Library Lecture Room, 12:30 to 1:30 p.m.

As every office worker knows, sitting for long periods can result in stiffness and discomfort. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints, thereby improving one's range of motion, and also aid in relaxing the hips and lower portions of the body to increase one's ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary. This class does not require special clothing or equipment. RSVP to x3289.

Resistance Training, Wednesday, February 18, Library Lecture Room, 12:30 to 1:30 p.m.

Resistance training is a form of physical activity that is designed to improve muscular fitness by exercising a muscle or muscle group against external resistance. Resistance training is an important component of an overall fitness program. Research has shown that resistance training is safe and effective for women and men of all ages and offers numerous benefits.

Know Your Numbers Biometric Screenings, Spring 2015, Date, time and location TBD

These biometric screenings will include blood pressure, body mass index (BMI), and cholesterol/glucose measurements. Watch for more information.

Active You Walking Challenge, Our 2nd Annual Walk Will Launch in Spring 2015

EveryBODY Get Healthy is Harvard Pilgrim's dynamic online wellness technology platform. It provides targeted health content based on an individual's health status and goals as well as the opportunity for individuals to engage in multi-media learning modules, organizational and individual wellness challenges and monthly health campaign activities. In addition, it allows each employer to customize and create a points-based incentive program to view and track their progress and rewards. Throughout the program period, you can download on-demand aggregate reporting to get a snapshot of how your program is going. Plus, we will work with you along the way to ensure that you meet your program goals.



Harvard Pilgrim
HealthCare

For more information, visit Harvard Pilgrim at
www.harvardpilgrim.org/wellness

HEALTHY YOU INCENTIVES FOR 2015

- Complete the HQ by May 31st
- Attend the Healthy You Spring Fair and do your biometrics
- Covered spouses complete the HQ – **receive \$50**
- Visit the Everybody Get Healthy HPHC web site and do an activity, (you do not have to be in the College medical plan to go onto the site)

Employees who complete 3 activities by May 31st **receive \$150**, (can include the HQ, the biometrics, and activities on the HPHC web tool). More details coming soon!



Stop Stress and Start Thriving! Which Personality Type Are You? Learn with meQ!

Stress may be universal, but our response to it is individual – the culmination of who we are, what our experiences have been and how we feel at the time stress hits.

meQuilibrium shows there are five ways people respond successfully to stress. Each personality type has unique strengths and weaknesses – knowing your personality can help you appreciate the things you do well and point you towards the skills you need to cultivate.

Which of the five personality types seems the most like you? Here is the distribution of personality types based on the faculty and staff at the College who have gone onto meQuilibrium:

- **Adventurer** – Makes the most of opportunities, entrepreneurial. **1%**
- **Caregiver** – Creates social networks, empathetic, takes care of others. **40%**
- **Optimist** – Sees the glass as half full and believes that things will work out. **30%**
- **Problem Solver** – Systematically analyzes the causes of a problem and solves them. **22%**
- **Regulator** – Able to control emotions and behavior when under stress. **6%**

To find out your personality type, go to:
<https://www.mequilibrium.com/wellesley>

Start building your resilience today!

