

YMCA EMPLOYEE BENEFITS
101 N Wacker Drive, Suite 1500
Chicago, IL 60606

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YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

PLAN MEMBER PERKS

GETTING MORE OUT OF YOUR BENEFITS COVERAGE



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Simple. Secure. Seamless.

Introducing HealthSafe ID™

UnitedHealthcare and Optum are working together to provide you with more seamless and secure access to your digital health information.

You'll have **one username** and **one password** that can be used for any website or mobile application that uses the HealthSafe ID sign-in screen.

HealthSafe ID™ Features

- Quick, easy and intuitive registration, sign-in, and account recovery
- Optimized for all devices – smartphones, tablets, laptops, and desktop computers
- Authenticates the user with more security protocols, and provides access to websites utilizing HealthSafe ID sign-in
- State-of-the-art digital technology that enables Global Navigation

Existing myuhc.com members will be required to re-register
New myuhc.com members will only be required to create one HealthSafe ID



Source: UnitedHealthcare. HealthSafe ID Employer Flyer.

4th Quarter, 2017

ALSO IN THIS ISSUE:

- ▶ Taking A Step To Prevent Diabetes
- ▶ WellnessWorks Program
- ▶ Debunking Bullying Myths
- ▶ Spotlight On Cyberbullying

NATIONAL HEALTH & WELLNESS CALENDAR

October - December, 2017

OCTOBER

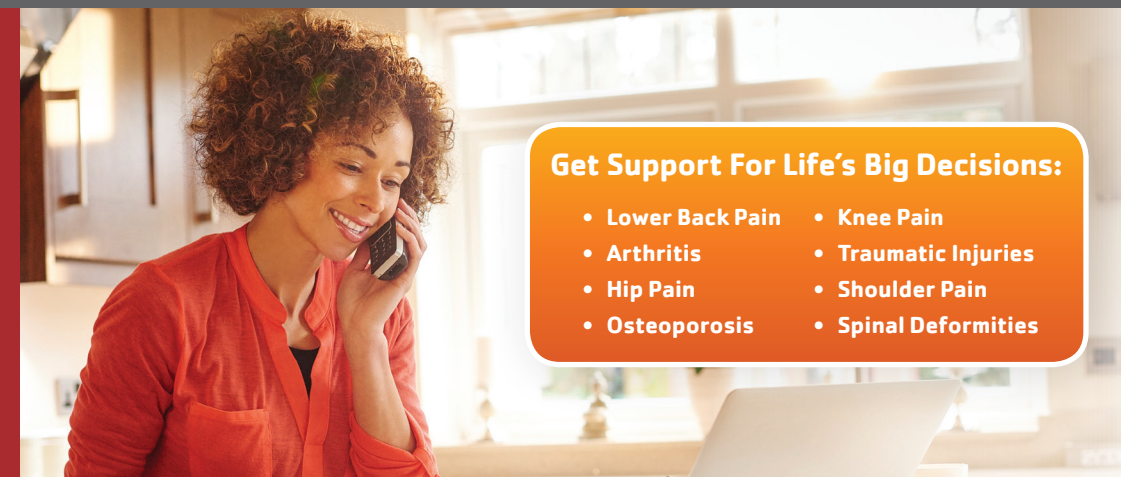
Domestic Violence Awareness Month
National Breast Cancer Awareness Month
National Dental Hygiene Month
National Bullying Prevention Month
Bone & Joint Health Action Week (12th -20th)
Global Handwashing Day (15th)

NOVEMBER

American Diabetes Month
National Alzheimer's Awareness Month
Bladder Health Month
Lung Cancer Awareness Month
National Family Health History Day (23rd)

DECEMBER

Holiday Wellness
Safe Toys and Gifts Month
National Influenza Vaccination Week (3rd - 9th)
World AIDS Day (1st)



Get Support For Life's Big Decisions:

- Lower Back Pain
- Arthritis
- Hip Pain
- Osteoporosis
- Knee Pain
- Traumatic Injuries
- Shoulder Pain
- Spinal Deformities

EMPOWERING PATIENTS TO PARTICIPATE IN DECISIONS ABOUT CARE

According to research from the United States Bone and Joint Initiative, more than half of the American population over the age of 18 suffer from musculoskeletal conditions. These are conditions that affect your bones and joints, such as back pain, arthritis, traumatic injuries, osteoporosis, spinal deformity and childhood conditions.

Bone and joint conditions are the most common cause of long-lasting severe pain, and can lead to significant disability, plus diminished productivity and quality of life. These health issues can be compounded by the overwhelming number of options on how to treat them.

Orthopedic Decision Support, a service covered under your health plan with YMCA Employee Benefits, connects you with a specialized team of nurses who

have in-depth knowledge and experience. They will work with you individually and provide resources to help you:

- Learn more about your diagnosis
- Understand treatment options available to you
- Work more effectively with your doctors
- Find resources you might not be aware of today
- Schedule a second opinion
- Estimate the costs of treatment
- Know what to expect from surgery and how to prepare for recovery

Orthopedic Decision Support is a part of our WellnessWorks incentive program, and you can earn a \$100 gift card by completing participation requirements. For more information about the program, call: 1-877-BEN-YMCA

Source: UnitedHealthcare. Ortho Support Flyer.
Source: United States Bone And Joint Initiative. <http://www.usbji.org>

REDUCE YOUR RISK AND TRANSFORM YOUR LIFE TAKE A STEP TO PREVENT DIABETES

More than 86 million Americans are living with prediabetes* and are at an increased risk for developing type 2 diabetes, but only 10% are aware of this risk. For those with prediabetes, healthy eating, physical activity, and weight loss can help prevent or delay progression to type 2 diabetes.

The YMCA's Diabetes Prevention Program helps adults with prediabetes to make small, measurable changes that will reduce their risk for developing type 2 diabetes and support a happier, healthier life. Covered under your medical plan with YMCA Employee Benefits, the Y's program can provide skills and support to help you make healthy lifestyle changes that reduce your risk.

Not only that, but as of August 1st of this year, this program is now included in our WellnessWorks incentive program. That means that once you've met participation requirements, you'll be eligible to earn a \$100 gift card. For incentive details, visit [yexchange.org/YMCAEmployeeBenefits](https://www.yexchange.org/YMCAEmployeeBenefits) and click on the WellnessWorks button.

If you have prediabetes or think you might, visit [ymca.net/diabetes-prevention](https://www.ymca.net/diabetes-prevention) to take a quick online diabetes risk assessment and to learn more about the program. If your YMCA doesn't deliver the YMCA's Diabetes Prevention Program yet, you can also search for other program locations near you.



HOW DO WE KNOW IT WORKS?

- **91%** of program participants report improving their overall health and wellness
- **88%** have increased their rate of physical activity
- **83%** say they have improved their level of self-esteem

*Prediabetes is defined by the Centers for Disease Control (CDC) as a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.

Source: YMCA's Diabetes Prevention Program. <https://www.ymca.net/diabetes-prevention>
Source: Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/basics/prediabetes>

PRACTICE BETTER HEALTH AT HOME AND AT WORK WITH RALLY

THE 2017-2018 INCENTIVE YEAR BEGAN AUGUST 1ST!

Healthy Living is easier to achieve with our WellnessWorks Program. Covered plan members can earn up to \$300 in gift card incentives by getting relevant preventive screenings, and participating in wellness coaching and other health programs.

It's easy to join and start working your way to better health and wellness. Whether you're a returning Rally user or brand new to the program, log in to [myuhc.com](https://www.myuhc.com) and click the Rally Health and Wellness link to take your annual Health Survey and find out your Rally Age. Once you've completed the survey, you can join challenges,

select missions, and get personal health recommendations based on the answers you provided.

Download the Rally app to check in to your missions every day. You'll earn gift card credits and Rally Coins that can be used to enter raffles or bid in auctions for prizes. You can even sync your progress with a personal fitness tracker to make sure every step you take counts.

For details on which programs qualify, and who is eligible for an incentive, visit [yexchange.org/YMCAEmployeeBenefits](https://www.yexchange.org/YMCAEmployeeBenefits).



BULLYING: DEBUNKING THE MYTHS

Although once considered a rite of passage, bullying is now recognized as a damaging form of abuse that can have long-standing effects on victims.

A recent study conducted by the Family and Work Institute reports that nearly one-third of youth are bullied in one way or another at least once every month. Children who are bullied are often singled out due to perceived differences, such as appearance, intellect, ethnic and religious affiliations, or sexual orientation.

Bullying can harm in many ways, causing lower self-esteem, isolating youths from their peers, causing serious health problems, and even suicidal thoughts and behaviors.

Approaching the topic proactively can help in the aim to put an end to this harmful childhood behavior.

MYTH: Girls do not bully

Research shows that girls can and do bully. Although their tactics are not usually physical, they will use verbal and social bullying.

MYTH: Boys will be boys

The expectation that boys tend to be more physical is not a reason to encourage or reinforce aggression as just a regular part of physical activity. Aggression is learned, not innate.

MYTH: It was only teasing

Teasing is bullying when a child does not understand that they are being teased and the intent of the action is to harm. Some teasing, when parties involved are not "physically hurt" is often brushed off as acceptable. However, this type of bullying can destroy self-esteem and teach children that feelings are not important.

STEPS TO PREVENT BULLYING

- Talk to your kids about what bullying is, why it's not acceptable and how to spot it
- Remind your children that everyone has a right to feel safe
- Teach them that telling an adult about bullying is okay, and the safest thing to do
- Teach them to stand up for themselves by, for example, looking the person in the eye and saying: "Stop bullying me"
- Teach them that laughing at someone who is being teased is a form of bullying
- Make rules and consequences clear and be consistent in addressing unwanted behavior

Source: Optum. <https://www.liveandworkwell.com/en/member/article.14304>
Source: National Crime Prevention Council. www.npc.org/topics/bullying

PUTTING THE SPOTLIGHT ON CYBERBULLYING

What is cyberbullying?

Cyberbullying is bullying that takes place using cellphones, tablets, computers, and social media sites.

Why cyberbullying is different

- It can happen 24/7 and reach a child at any time, even when they're alone
- Messages and images can be posted quickly & anonymously and easily reach a wide audience
- Deleting inappropriate or harassing content can be extremely difficult and sometimes impossible once sent

Effects of cyberbullying

The effects of bullying in any capacity, whether in person or behind a screen, are similar. Children who are cyberbullied are more likely to

skip school, receive lower grades, have lower self-esteem, have health problems, or use drugs and alcohol and more.

Preventing cyberbullying

Parents and kids can work together to prevent cyberbullying and explore safe ways to use technology.

- Be aware of what your kids are doing and seeing online
- Establish rules about technology use
- Understand school rules about technology use in and out of school

When cyberbullying does happen, you should refrain from responding or forwarding messages. Keep evidence, block the person if possible, and report the activity to Online Service Providers.

Source: Optum. <https://www.liveandworkwell.com/en/member/article.13821>

