

**YMCA EMPLOYEE BENEFITS**  
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Chicago, IL 60606

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Organization  
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Chicago, IL  
Permit No. 7150



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



## IF YOU OR SOMEONE YOU KNOW NEEDS HELP NEW HELPLINE NUMBER PROVIDES 24/7 ACCESS TO TRAINED COUNSELORS

**Too many people experience suicidal crisis or mental health related distress without the support and care they need. In 2020 alone, the U.S. had one death by suicide almost every 11 minutes.**

Originally launched in 2005 as the National Suicide Prevention Lifeline, the 988 Suicide & Crisis Lifeline was relaunched in July 2022 with the new, easier to remember three-digit number.

By dialing 988, callers will be connected with trained crisis counselors who can help people that are experiencing mental health related stress such as thoughts of suicide, mental health or substance abuse crises, or any other kind of emotional distress.

If you're worried about a loved one who may need support, you can also text 988 or chat online at [988lifeline.org](https://988lifeline.org).

988 serves as a universal entry point so no matter where you live in the U.S., you can reach a trained counselor who can help.

**988** SUICIDE & CRISIS  
LIFELINE



Source: SAMHSA

### ALSO IN THIS ISSUE:

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### INFORMATION & RESOURCES

#### MONKEYPOX

On August 4, 2022, the federal government declared Monkeypox a Public Health Emergency (PHE). Monkeypox is spread primarily through direct skin-to-skin contact with lesions on the skin, or close contact via a droplet route, but can also be spread through prolonged contact with fabrics or other surfaces.

If you think you have been exposed or have symptoms, you should call your doctor or reach out to your state department of health. More information will be shared on [YBenefits.org](https://YBenefits.org) as it becomes available.

Centers for Disease Control (CDC)  
[www.cdc.gov/poxvirus/monkeypox](https://www.cdc.gov/poxvirus/monkeypox)

#### COVID-19

The Public Health Emergency for COVID-19 remains in effect. It's important to continue to focus on boosting immunity through vaccination as schools re-open for the fall.

UnitedHealthcare (UHC)  
[www.member.uhc.com/coronavirus](https://www.member.uhc.com/coronavirus)

Employee Assistance Program  
[www.liveandworkwell.com/en/public/custom/covid19](https://www.liveandworkwell.com/en/public/custom/covid19)

3rd Quarter, 2022

## LIFE-CHANGING DIABETES REVERSAL YMCA EMPLOYEES SEEING SUCCESS WITH VIRTA

We're just over halfway through 2022 and already over fifty YMCA employees are on their way to living healthier with Virta. This new benefit program is a provider-led, research-backed treatment plan that can help participants actually reverse the effects of their type 2 diabetes by reducing their need for medications, helping them lose weight, and reducing blood sugar and A1c levels to healthier ranges, all without any calorie counting, required exercise, or more medications.

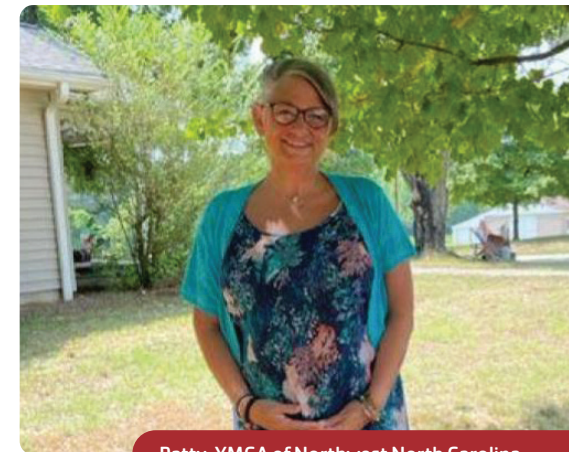
After just 90 days, YMCA employees that are participating in the Virta program have seen:

- Average weight loss of 11 lbs.
- 37% of diabetes medications eliminated
- 1.3% lower average blood sugar/A1c

Virta approaches diabetes reversal by using methods that encourage nutritional ketosis which can naturally lower blood sugar and turn your body into a fat-burning machine.

By providing all of the tools and resources that members will need to see results from the program, Virta is making great strides in helping those who have long struggled with diabetes and different treatment methods find a solution that is easy to follow and making a difference.

Patty, a member experience team lead from the YMCA of Northwest North Carolina, started her Virta journey in April and has already lowered her weight and A1c, along with seeing



Patty, YMCA of Northwest North Carolina

an improvement in her sleep and overall well-being. She said "I was never able to stick to anything I tried for my diabetes. But joining Virta has been the best experience of my life. I've finally let go of food as a crutch and now I eat to live, not live to eat." Patty is excited to see how her health continues to improve as she keeps using Virta's tools and resources.



The cost to participate in Virta is fully covered for enrolled employees and their family members who have been diagnosed with type 2 diabetes.

To learn more about Virta and to start your diabetes reversal journey, scan the QR code or visit [virtahealth.com/join/ymca](https://virtahealth.com/join/ymca)

Source: Virta



# CHANGE A HABIT BY SETTING REACHABLE GOALS

## TIPS TO KEEP YOUR HEALTHY LIFESTYLE CHANGE GOING

If you've decided to change a habit—whether it's quitting smoking, lowering your blood pressure, becoming more active, or doing something else to improve your health—congratulations! Making that decision is the first step toward making a change. But what happens next? Know your reason, set attainable goals, prepare for slip-ups, and know how to get the support you need to keep going.

### Know Your Reason

Your reason for wanting to change a habit is really important. Maybe you want to quit smoking so that you can avoid future health problems. Or maybe you want to eat a healthier diet so you can lose weight. If you have high blood pressure, your reason may be clear: to lower your blood pressure.

You need to feel ready to make a change. If you don't feel ready now, that's okay. You can still be thinking and planning. When you truly want to make changes, you're ready for the next step.

It's not easy to change habits—but you can do it. Taking the time to really think about what will motivate or inspire you can make reaching your goals easier.

### Set Your Goals

Setting goals can help a lot when you're trying to make a healthy change. Focusing on small goals, writing them down, making them specific, and focusing on one at a time can all be helpful ways to make reaching your goals more manageable.

When you reach a goal, it's important to reward yourself. Give yourself time to celebrate your new behavior and success, and then think about setting your next goal.

### Prepare for Setbacks

It's perfectly normal to try to change a habit, go along fine for a while, and then have a setback. Lots of people try and try again before they reach their goals. Try and identify the things that might cause a setback for you. If you have tried to change a habit before, think about what helped you and what got in

your way. By identifying and thinking about these barriers now, you can plan ahead for how to deal with them if they happen.

There will almost certainly be times when you slip up and don't make your goal for the week. When that happens, don't get mad at yourself. Learn from the experience. Ask yourself what got in the way of reaching your goal. Positive thinking goes a long way when you're making lifestyle changes.

### Get Support

It can be motivating to know that someone is working towards the same goals you're working towards. If you find yourself in need of some extra motivation, try looking for connections in your community to help you stay on track. Finding an accountability partner among your friends, family, coworkers, or in a class or support group can help you stay motivated while you work towards your goals.

Source: LiveAndWorkWell

# GETTING ASSURANCE FROM EXPERT SPECIALISTS

## 5 REASONS TO CONSIDER GETTING A SECOND OPINION

If you have a surgery planned or scheduled, it can be a good idea to get a second opinion. Surgeries and other complex medical procedures can require you to process a lot of information in a short amount of time. When you add that to an already stressful, often traumatic, situation of needing to consider surgery as a solution in the first place, it's easy to feel overwhelmed by information and inundated with decisions to make. To help you and your family navigate these important decisions, YMCA Employee Benefits has partnered with 2nd.MD, a virtual expert medical consultation service, to connect you with board-certified specialists who can review your case, answer questions, and provide a second opinion about your treatment plan. This service is already included

in your medical coverage and available for consultations regarding surgery or other important healthcare decisions for no additional cost to you.

### Why Get a Second Opinion Before Surgery?

1. Ensure your diagnosis is correct
2. Learn whether there are any potential alternative treatments to surgery
3. Ensure nothing has changed with your health
4. Ask an specialist any questions you may have
5. Get peace of mind that you are on the right path.

Getting a consultation from 2nd.MD requires no additional travel. When you call, you'll speak with a nurse who can assist you by

gathering necessary medical records and connecting you with an appropriate board-certified specialist for a consultation via phone or video.



2nd.MD experts are industry leaders across hundreds of subspecialties and thousands of conditions. To learn more or to get started, visit [www.2nd.md/ymca](http://www.2nd.md/ymca) or call 866-269-3534

Source: 2nd.MD

# NEW INCENTIVE YEAR, NEW REWARDS FOR YOU

## RALLY REWARDS RESET AUGUST 1

It's that time of year again! August 1 kicked off the start of a new incentive year for the WellnessWorks program, which is available to YMCA employees and spouses or domestic partners who are enrolled in a medical plan from YMCA Employee Benefits. This year, the core structure of the program remains the same, but there are some important updates to be aware of. Read on to see what's new and improved about this year's incentive lineup.

### Introducing...Rally Health Score!

Starting this year, your Rally Health survey results will include an updated metric called your Health Score. This new scoring method takes the place of Rally Health Age and includes a more robust picture of your overall health based on how you are doing in several categories, including nutrition, exercise, sleep, state of mind, biometrics, and substance use. While each health activity plays an important role, combining them into one score can give a big-picture overview of your health. Your

Health Score is used as a baseline to provide you awareness of your health and helps to provide transparency and education across any changes in overall health and wellbeing. Your Health Score is also used to provide recommended activities across Rally.

### New Incentive Options

Once you've taken your Rally survey and received your Health Score, you can earn up to \$300 in gift cards by completing programs or activities focused on your health. The menu of options to choose from is updated each year to expand as new programs or resources are added to your benefit coverage. This year, new options include:

**Learning about your EAP benefits:** Your medical coverage includes an Employee Assistance Program that can help you with a wide range of services. Learn more about how your EAP can benefit you and your family with a short video overview.

**Rally Quizzes:** Test your knowledge around overall health and wellness, with new

interactive quizzes focused on personal finance and exercise tips.

**Enroll & Participate in Virta:** Virta is a revolutionary online treatment program dedicated to helping members get healthier, safely eliminate the need for insulin and other medication, and reverse their type 2 diabetes. Eligible participants in Virta will be rewarded once they're enrolled, and again after 6 months of participation in the program.

### Wellness that Works for You

The menu of options to choose from helps to make it easy to craft a unique-to-you approach to healthy living, all while being rewarded for taking steps to improve your health and wellness. Take a look at the complete list below to see all of the ways that you can make WellnessWorks work well for you.

Make sure you're ready to start earning by registering or logging into your account on [www.myuhc.com](http://www.myuhc.com), clicking the link for Rally Health & Wellness, and taking your health survey for this year.

INCENTED PROGRAM/ACTIVITY	REWARD
<b>Getting Started</b>	
Take the Rally Health Survey	Earn Rally coins + Your YMCA can earn an incentive to help keep your costs low
<b>Taking the Next Step</b>	
Complete three Rally Missions	\$25
<b>NEW:</b> Watch video about the Employee Assistance Program (EAP) benefit	\$25
Take the Rally quizzes for tips about Personal Finance & Exercise	\$25
Attend a <b>Virtual Visit</b> on myuhc.com or the UHC mobile app <sup>2</sup>	\$50
Complete a <b>Wellness Coaching</b> program—Online programs now available! <sup>2</sup>	\$50
Complete a personalized health action with <b>Personal Health Support</b> <sup>2</sup>	\$50
Connect with a coach to create an action plan, specifically targeted to your health concerns.	
<b>Maximizing Well-Being</b>	
Get an applicable preventive screening: <sup>2</sup>	\$100
Annual Physical/Wellness Exam (≥18 yrs old) Colorectal Cancer Screening (>50 yrs old) <sup>1</sup> Mammogram Screening (Females ≥40 yrs old) <sup>1</sup> Cervical Cancer Screening (Females 21-65 yrs old) <sup>1</sup>	The reward will be triggered after your doctor submits the claim.
Get a biometric screening and submit the <b>Health Provider Screening Form</b>	\$100
Complete 12 sessions of the YMCA's <b>Diabetes Prevention Program</b> <sup>2</sup>	\$100
Complete <b>LIVESTRONG at the YMCA</b> ® program for cancer survivors <sup>2</sup>	\$100
Complete at least 9 sessions of the <b>Real Appeal</b> weight loss program <sup>2</sup>	\$100
Participate in <b>Virta</b> to reverse type 2 Diabetes:	
Enroll in the treatment program - \$50	\$150
Participate for a least 6 months - \$100	
<b>Choose from any of the activities above to earn a maximum of:</b>	<b>\$300</b>

<sup>1</sup>Only the applicable screenings based on gender/age listed here are eligible for incentive. Reward triggered once insurance claim is processed.  
<sup>2</sup>Members can participate multiple times, however only the first completion is incentivized.



### Visit [YBenefits.org](http://YBenefits.org) to Learn More

YBenefits.org is full of resources for plan members including a full section about the WellnessWorks program. Once you're on your Y's page, just click the "Already Enrolled?" button to start browsing.