

HealthyOptions<sup>SM</sup>

# Health and wellness education for your employees



BlueCross BlueShield  
**Kansas**

[bcbsks.com](http://bcbsks.com)

# Enhance your employees' health and well-being



## Health and wellness education

Staff from our employer group wellness team are available to present on the topics included in this handout. Educational sessions are approximately 30-60 minutes but can be adjusted to meet your timeframe. Presentations on additional topics can be offered given adequate preparation time. Sessions may be delivered in person or virtually.

To schedule a presentation, contact our staff at least four weeks prior to your desired date. For additional information on employer group wellness, visit our website: [bcbsks.com/worksite-wellness](https://bcbsks.com/worksite-wellness)



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# General Health

## A Good Night's Sleep

Sleep is one of the most important and often ignored health behaviors. This session focuses on the importance of sleep and its influence on health as well as providing tips for improving sleep.

## Budgeting Your Wellness

Much like managing a financial budget, this session uses the same concept - knowing a beginning "balance" and making daily plans to stay within a target range to achieve healthy eating and physical activity goals.

## Diabetes and Prediabetes

Estimates indicate that about 35.3% of the Kansas adult population has prediabetes, 11.4% of Kansas adults have diabetes and some 66,000 have diabetes but don't know it. Costs are about 2.3 times higher for diabetics. This session discusses risk factors for and prevention of diabetes.

## Don't Let Your Behaviors "Topple" Your Health

In this fun, interactive session, we will use a Jenga game set to demonstrate how our behaviors either support our health or put our health at risk.

## Getting Started: Setting and Achieving Wellness Goals

Our habits and behaviors have the greatest influence on our health. Most of us know what we should do to have better health. So, why don't we change? This session provides strategies for goal setting and adopting healthy behaviors.

## Habits Shape Your Health

Our days are filled with habits, good and some not-so-good. This session will focus on how small changes can help us implement new strategies for healthy behaviors.

## Healthy Holiday Survival

It's not uncommon to struggle with maintaining healthy behaviors during the holiday season. This session will provide an opportunity to identify the challenges of the holidays and will discuss strategies for staying on track.

## Heart Health

Heart disease is the No. 1 cause of death in Kansas and in the U.S. In this session, information will be shared about the risks for heart disease for men and women, as well as how to reduce the odds of having a heart attack or stroke.

## High Blood Pressure

In the U.S., nearly half of adults have high blood pressure. Only around 1 in 4 adults have their blood pressure controlled. This session will cover causes, signs, symptoms and risk factors of high blood pressure, as well as prevention and treatment options.

## Men's Health & Women's Health

Good health is more achievable with awareness and knowledge. This session will address risk factors, warning signs, and the importance of prevention for many common health issues. This session can be addressed separately or combined into one session.

# General Health (continued)

## Pregnancy: Supports for the Parents-to-be

Do you wonder how you can be supportive for that woman in your life who is expecting? This session will provide tips for how to be helpful and prepared.

## Seasonal Flu and Prevention

Influenza is a contagious, respiratory illness that can range from mild to very severe and even fatal. This session will cover information about influenza, including prevention and the importance of flu shots.

## Tobacco: Risks, Concerns and Issues

This session will provide general information about the risks and concerns of all forms of tobacco and nicotine use, including electronic cigarettes and vaping. It also will provide resources for individuals who want to quit tobacco use.

# Physical Activity

## Better Body Mechanics: For Sitters, Standers and Lifters

There are risks of injury when performing work or home activities. In this session, we will address the importance of good body mechanics in all settings. We will also demonstrate correct stretching form, and discuss how to start a regular stretching routine.

## Get Moving!

Physical activity provides many health benefits. In this session, we will review how much is enough exercise, tips to move more and how to choose activities that will work for you. Being prepared and “flexible” may be just what makes your exercise plan successful.

## Sitting is Going to Kill Us

Knowledge is growing about the risk factors of simply being inactive. During this session, we will address a number of reasons to add physical activity into every day and strategies to make it a habit.

## What are You Weighting For?

Did you know adults need two types of physical activity each week? In addition to aerobic exercise, we need to be sure to include resistance exercises in our routines to strengthen muscles and bones, and decrease health risks. In this interactive session, we'll discuss the where, what and how of resistance exercises.

# Healthy Eating

## Diets? Supplements? Fads and Myths

There is so much talk about diets, supplements, and other “new” strategies for managing weight and achieving health. We’ll discuss facts, reliable resources, and proven approaches to making healthy lifestyle choices.

## Healthy Eating: On a Budget

It really is possible to eat healthy and nutritious foods while getting the most for your dollar. In this session, we will review easy and helpful steps to plan and shop smart, and how to save more at the store.

## Healthy Eating: Taking Charge

Many of us eat more meals away from home and more convenience foods at home, but that’s not an excuse to eat unhealthy. This session will provide strategies for making healthier food choices and explore nutrition traps and pitfalls.

## Healthy Eating: Taking Charge of Lunch

Bringing your own lunch to work can be good for your health and your budget. This session will address the comparisons of sack lunches vs. restaurant or fast food, and will share tips for planning healthy, fun and fresh lunches.

## Healthy Eating: The Power of Fiber

Having a diet adequate in fiber isn’t just about digestive health. This session will explore the influence dietary fiber has on many health conditions and will also provide suggestions for adding fiber to your diet.

## Healthy Eating: Understand and Use Food Labels

One of the most effective strategies for staying on track with healthy eating is to be more aware of what you are choosing to consume. This interactive session will take a critical and educational look at the information found on a food label and apply that to a healthy diet.

## Hydration: All About Water

Did you realize you may not feel thirsty when your body actually needs water desperately? Water is one of the six nutrients essential for life. We will explore the importance of water, how even small changes can make a huge impact and review easy ways to increase water intake.

## Nutrition: Get the Facts

Experts are saying the only way we can solve the current health crises of diabetes, heart disease and obesity is through healthy eating. This session will address diet and nutrition myths, and provide ideas for balancing diet and exercise for better health.

## Stress Eating

Emotional eating is when we use food for comfort, stress relief or as a reward. This session will address common emotional eating triggers and strategies to manage emotional eating.

# Emotional Health

## Emotional Well-being

Worry, anxiety, stress. Our emotional health impacts our physical health and our work performance. Learn about well-being and its importance. We will discuss signs of concern, as well as resources and strategies for addressing these topics.

## Purpose and Mindfulness with Gratitude

Meeting the demands of work, family, and community while striving for personal goals and dreams can be overwhelming. This session will explore and demonstrate some strategies for setting priorities and tools for managing our mental focus.

## Self-Care

Self-care looks different for all of us but it is not only taking care of our physical health but also social, emotional and spiritual health. Self-care can result in improved overall health outcomes and reduce costs. Use the tools and how-to's we will discuss in the session to form strong self-care habits.

## Stress: What Can You Do?

Stress is a key cause of absenteeism and reduced productivity at work. It's also the root cause of many health problems. This session will discuss triggers and impacts of stress. Participants will learn about, and practice, some stress relieving techniques.

# Additional Topics

## Biometrics

Having information is the first step to taking action. Regular testing for cholesterol, glucose levels, blood pressure, waist measurement, and height and weight helps to detect risk for development of preventable chronic conditions like diabetes, heart disease and hypertension.

## Five Strategies for Health Savings

Prevention saves dollars. This session will address ways to reduce costs for health care, including living healthy, practicing prevention, choosing generic medications, finding and selecting care providers, and getting care in the right place.

## Wellness in the Workplace: Blue Cross and Blue Shield of Kansas Resources

This session reviews the BCBSKS website and resources, emphasizing our telephone-based one-on-one disease and wellness management programs available to individual members who have chronic health conditions, want to lose weight, manage stress or quit using tobacco.

## Wellness Media Library

Numerous videos, learning modules and recorded webinars on a variety of health topics are available on our wellness media library. To access, visit [bcbsks.com](http://bcbsks.com), hover over the health and wellness drop down, then select wellness media library.

Visit us at [bcbsks.com](https://bcbsks.com)



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