

Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



TO KNOW YOUR NUMBERS, YOU NEED TO GET THEM...

KNOW YOUR NUMBERS

By now, you've probably heard of the *Level Up Know Your Numbers* campaign. This is our initiative to help you receive a **free biometric screening** that will provide you with a snapshot of your current health status, including your blood pressure, blood sugar, cholesterol, and height and weight measurements to calculate your body mass index (BMI). These numbers are important and can help identify your risk potential for serious and chronic health conditions, including heart disease, diabetes, stroke, obesity, and more.

Due to your overwhelming response to the campaign, we're working on additional screening appointments. Your Wellness Champions will keep you updated. In the meantime, you can still register online for available screening appointments at hsscreeningreg.com (login: **pgcg** and password: **healthy**). Registration is simple—follow the prompts to create a new customer account. Then, create a new appointment and select the time and location that is convenient for you. You will receive an email confirmation of your appointment (be sure to check your junk folder).

LEVEL UP@WORK

The Level Up team would like to thank all of the individuals, teams, and departments, who wore red on Fri., Feb. 7, for **Go Red Day**—an annual day to bring awareness to heart disease and stroke in women. Several departments and employees submitted photos of themselves in their red gear.

Congratulations to the **Office of Community Relations**, whose photo was selected as the winner! The team in the photo has won bluetooth speakers with wireless chargers!



MAKE A PLAN TO BE RANDOM.

The [Random Acts of Kindness Foundation](https://www.randomacts.org/) is a small nonprofit that invests their resources into making kindness the norm. They follow a simple framework for everything they do: *Inspire, Act, Reflect, Share*. Let's join the kindness parade and create a kinder work culture.

**make
kindness
the norm.**

Random Acts of Kindness Week begins on Sun., Feb. 16 through Sun., Feb. 23, 2020. Random Acts of Kindness Day is Mon., Feb. 17. There are so many ways to be kind. Here are few gestures we think are really kind:

- Place a note of appreciation on someone's desk and then write one for yourself!
- Bring an extra (healthy) snack to share with a colleague.
- Give a customer a big smile.
- Leave a note of thanks for the cleaning crew or mail delivery person.

Need more ideas to perform random acts of kindness? Download the [50 Ways to Be Kind poster](#) from the RAK Foundation site.

We encourage you to be creative and spread some kindness everywhere and every day—kindness is contagious and free!

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