

## INTRODUCING

The *Prevention Works* campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to detect, reduce and manage chronic disease conditions.

This quarter, our focus is...

## PHYSICAL WELL-BEING

This quarterly theme is “physical well-being,” and our focus is on available benefits that can help you address staying active to improve your health:

- Fitness Center
- Onsite activities
- Offsite activities

Check out our monthly **CURRENT EVENTS CALENDAR**

for different events and classes available at:

[www.larimer.org/hr/benefits/wellness](http://www.larimer.org/hr/benefits/wellness)

**NEXT QUARTER'S FOCUS: HEALTHY HOME**



### DID YOU KNOW?

Walking for at least 30 minutes per day can help you reduce your risk of high blood pressure, high cholesterol, and diabetes (American Heart Association, 2017).



# 78%

of Larimer County employees self-reported as being **MODERATE, HIGH, or VERY HIGH** risk for lack of physical activity as part of their annual Viverae member health assessment.

## LET'S DO SOMETHING ABOUT IT!

Try using these Larimer County benefits to get started down the right path. Employees have access to several different resources:

### FITNESS CENTER

Available at no cost for employees who are enrolled in the medical plan, the Fitness Center is open Monday – Friday from 5:30 AM – 8:30 PM.

Location: 2601 Midpoint Drive, Suite 100  
Contact Andrea Bilderback to schedule your orientation

### ONSITE ACTIVITIES

The Rock Solid@Work Program is a health and safety solution designed to prevent and reduce the incidence of occupational related musculoskeletal pain and injury, while teaching participants strategies for managing fatigue, stress, and weight. 7-10 minute daily exercise sessions are led by peer trainers.

**Stretch Sessions:** An opportunity to move away from your desk and do a 10-15 minute group stretch and some deep breathing. Improves circulation, posture, and mental clarity to rejuvenate you for the remainder of your workday. Stretches are led by a Larimer County employee with experience in health and exercise or a Wellness Intern.

### OFFSITE ACTIVITIES

**Boot Camp:** 7 week camps with 2 one-hour workout sessions each week. Each class has a variety of activities including dynamic warm ups, interval training, core strength, flexibility, balance, and partner drills to make it fun and engaging and Core Motion Fitness works with all levels of fitness. In addition, assessments are done at the start and completion of each 7 week session and nutrition recommendations are also provided. You can choose from Old Town or Midpoint Drive locations to participate, and qualifies for the \$500 Lifestyle Education benefit.

# FREE BENEFIT

For those benefit eligible employees who are NOT covered on the medical plan, you can also access free lifestyle coaching through our Viverae wellness portal.

Website: [www.connect.viverae.com](http://www.connect.viverae.com)  
Phone: 1-888-848-3723.



FREE for all Larimer County employees, we have partnerships with several local gyms and clubs that offer a variety of ways to stay active.

Visit [www.larimer.org/hr/benefits/wellness/wellness-discounts](http://www.larimer.org/hr/benefits/wellness/wellness-discounts)

## COMMUNITY DISCOUNTS



## JOIN THE COMMISSIONER'S CLUB!

All employees who track a million steps throughout 2018 will be invited to an exclusive luncheon with the Commissioners at the end of the year.

The Commissioners Club Challenge is designed to increase the number of steps you take each day.

### HERE'S HOW IT WORKS:

- Login to the Viverae portal 1 of 2 ways:
  - 1) Use the Quick Link on the Bulletin Board.
  - 2) If logging in from home for the first time, go to [www.connect.viverae.com](http://www.connect.viverae.com) and enter:
    - a. Your last name
    - b. Date of birth
    - c. Identifier (Your Ultipro number – if your employee number is less than five digits, add zeros to the beginning. For example, if your Ultipro number is 56, your identifier number would become 00056. If your employee number is five digits, do not include the leading zero. For example, if your Ultipro number is 077777, you would enter 77777 in Viverae.)
    - d. Registration Code: Larimer
- Once logged in, scroll to the bottom of the home page to select the Commissioner's Club challenge.
- Sync your compatible device for automatic tracking of your total number of steps each day. (Viverae has over 100 devices that are compatible.)
- The goal is to take at least 1,000,000 steps during the challenge.

