

On Our Syllabus: A Focus on Wellness



Dear District employee,

We have important news to share: LBUSD, TALB, and CSEA are partnering together to take a more vocal approach to our employees' health and wellness. Over the coming year, you'll receive newsletters like this one with tips, tools, exciting new programs, and other information to help you move more, eat better and, hopefully, feel better.

We know the path to wellness is an individual journey; but it is important to have support when pursuing a healthier lifestyle. We want the information that we share through these newsletters to help you reach your personal wellness goals, while also helping our employees...

...build a healthy community ...share information, and ...motivate each other.

We hope you find these newsletters to be full of impactful and motivating information! If you have questions about any of the content or want to provide feedback about the newsletter, contact Risk Management.



In good health,
LBUSD, TALB, and CSEA

Why Wellness?

Living a healthy life has many positive effects — immediately and in the long-term:

- Reduced stress levels
- Weight loss
- Increased energy
- Lower blood pressure and other health risks
- Better sleep

The positive impacts of living healthy are numerous, but did you know it can reduce health care costs too? Not only does living healthy make you feel great but it puts some extra savings back in your wallet. What could be better than feeling good physically and financially?

The importance of Preventive Care, it's in the numbers!

60% – 80%

Women,
did you
know...

of women with newly diagnosed cervical cancer had not had a Pap test in the last five years.¹

Men,
did you
know...

Your risk of dying from colon cancer is reduced by

90%

when you have a colonoscopy.¹

¹ Source: American Cancer Society

Building the Foundation: Start with Preventive Care

The first step to being your healthiest is knowing the current status of your health — that's where preventive care comes in. The purpose of preventive care is for your doctor to assess your overall health, screen for any diseases, such as high blood pressure or diabetes, and give you tools to manage any pre-existing conditions.

No matter what medical plan you are enrolled in, in-network preventive care is 100% covered, for you and your enrolled dependents. This means you don't pay anything for covered preventive care!

It only takes one phone call to start the journey towards a healthier you, take the first step by scheduling your annual preventive care exam and find out where your wellness journey begins!