



## Staying on Track in the New Year

It's a new year, which means many of us have made a long list of resolutions that can be difficult to keep. Here are some helpful tips from the American Psychological Association to help you keep your resolutions:

### ✔ Start small:

Make resolutions that you think you can keep. For example, if your goal is to exercise more, make a schedule that has three or four days of exercise per week instead of every day.

### ✔ Change one behavior at a time:

Unhealthy behaviors are developed over time, and replacing those behaviors with healthy alternatives requires time. Don't let yourself get overwhelmed and think you have to evaluate every behavior all at once. Instead, work toward change one step at a time.

### ✔ Talk about it:

Share your goals and experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym, or a running club. Having someone to share your struggles and successes with makes your journey easier.

### ✔ Don't beat yourself up:

Perfection is unattainable. Remember that minor missteps on the way to reaching your goals are completely normal. Don't give up completely if you ate a brownie or missed a workout because you were busy. Everyone has ups and downs; resolve to recover from your misstep and get back on track.

### ✔ Ask for support:

Accepting help from those who care about you and will listen strengthens your ability to manage your resolutions. If you feel overwhelmed by the thought of reaching your goals on your own, consider seeking professional help such as a nutritionist, personal trainer, or therapist. They can offer you strategies to adjust your goals so that they're attainable and help you change unhealthy behaviors.





## Let Weight Watchers Help

Millions of people make resolutions at the beginning of each year to improve their health, and whether you're a firm believer in resolutions or not, Weight Watchers and the District have you covered when it comes to keeping those healthy habits going. By enrolling through the LBUSD Weight Watchers program, employees can take advantage of a subsidy that reduces the cost of membership by **more than 50% off** the regular membership price. **Additionally, benefit-eligible Spouses and medical-plan-enrolled Retirees and Retiree Spouses also have access to the discounted membership—making health a family affair!**

Here are the Weight Watchers programs available to you:

Weight Watchers Program	District Member Special Pricing
<b>Meetings (includes OnlinePlus) at work or in your local community</b>	\$18.25 per month
<b>Weight Watchers for Diabetes (includes meetings &amp; OnlinePlus)</b>	\$18.25 per month
<b>OnlinePlus</b>	\$8.05 per month

Visit <https://wellness.weightwatchers.com> and use **Employer ID 12028701** and **Employer Passcode WW12028701** to get started!

### Get More Weight Watchers Resources at [LBUSDwellness.com](http://LBUSDwellness.com)!

Don't forget to visit [www.lbusdwellness.com](http://www.lbusdwellness.com) for monthly updates and great resources from Weight Watchers, including:

- Webinar schedule
- Food fact sheets
- Easy healthy recipes

## Keep Exercise on Track...and Interesting!

Exercise is vital to maintaining a healthy lifestyle. But if you don't change it up every so often, it can be difficult to stay motivated. Here are some great tools and resources to help you keep moving:

- **BeFIT:** Free full HD workouts for your body from head to toe, accessible from your computer or smartphone and featuring celebrity trainers like Jillian Michaels, among others. This website includes videos for beginners and regular exercisers. Workouts range from a minute to an hour. Visit: <https://www.youtube.com/user/BeFit>.
- **Running Wild:** A free video channel that focuses on exercises and tips for runners to improve their fitness and routines. Videos range from one to 10 minutes. Besides running techniques, they also feature cool trails and shoe reviews. Visit: <https://www.youtube.com/user/RunningWild2Believe>.
- **Body Positive Yoga:** A great library of yoga videos for people of all shapes, sizes, and abilities. The videos also include modifications for people who need it. Videos range from two minutes to 20 minutes. Visit: <https://www.youtube.com/user/bodypositiveyoga>.





# Healthy Recipes for the New Year

Keep those healthy eating resolutions with these delicious, satisfying recipes to help you feel full, satisfied, and healthy. What's not to love?

## Weight Watchers Chopped Spinach and Pear Salad

Spinach is one of the most nutritious leafy greens—and so delicious!



### SERVINGS: 4

- 4 cups fresh baby spinach, chopped (one 5 oz package)
  - 1 cup endive, chopped
  - 1 medium pear, d'Anjou, ripe but firm, cored, chopped
  - 1/3 cup pomegranate seeds
  - 1 Tbsp uncooked shallot, minced
  - 1 Tbsp sherry vinegar
  - 1 Tbsp olive oil
  - 1 Tbsp water
  - ½ tsp Dijon mustard
  - ½ tsp honey
  - ¼ tsp table salt
  - tsp black pepper
1. In a large bowl, combine spinach, endive, pear, and pomegranate seeds.
  2. In a cruet or small airtight container, combine shallot, vinegar, oil, water, mustard, honey, salt, and pepper; shake well.
  3. Pour dressing over salad; toss until combined.

## Cheesy Lemon-Pepper Dip

There's nothing like a dash of lemon-pepper to take cottage cheese to a new level of flavor. Sometimes a shake of the wrist with a zippy seasoning is all you need to transform the same old snack.



### SERVINGS: 1

- 1 c fat-free cottage cheese
  - ½ tsp salt-free lemon-pepper seasoning
  - ½ c baby carrots
  - ½ c snow peas
1. Stir together the cottage cheese and lemon-pepper seasoning in a medium bowl.
  2. Serve with the carrots and snow peas for dipping.

## Dark Chocolate Pomegranate Bark



So easy it's almost ridiculous! These dark-chocolate-covered pomegranate seeds are a great addition to any healthy diet for a sweet treat.



- 2 large pomegranates
  - 1 (12 oz) bag dark chocolate chips
  - wax paper
1. Refrigerate the pomegranates (not required, but it helps). Remove all the seeds and place them in a colander. Gently rinse the seeds, then lay them out on paper towels to let them dry.
  2. Lay out a large sheet of wax paper on a cookie sheet that fits in your refrigerator.
  3. Place the chocolate chips in a glass container and microwave them until they're melted.
  4. Pour chocolate onto the wax paper and add the pomegranate seeds.
  5. Refrigerate for one hour

# It's a New Year for LBUSD Too

Due to changes to our plan year in 2016, there are some important reminders about your medical coverage through the District.

Carrier	Deductible	Out-of-Pocket Maximum	Copayment Schedule
 <p>Blue Shield of California An Independent Member of the Blue Shield Association</p>	<p><b>PPO:</b> Deductibles accumulate over an 18-month plan year through June 30, 2017. If you reach your deductible and you receive a bill from your provider for more than you should be liable for, please direct your provider to contact Blue Shield at <b>(855) 256-9404</b>.</p>	<p><b>PPO:</b> Out-of-pocket maximums accumulate over an 18-month plan year through June 30, 2017. If you reach your out-of-pocket maximum and you receive a bill from your provider for more than you should be liable for, please direct your provider to contact Blue Shield at <b>(855) 256-9404</b>.</p>	<p><b>HMO:</b> Copayment maximums accumulate over an 18-month plan year through June 30, 2017. Your medical group may not be able to verify this extended time period in their operating system. If you reach your deductible and you receive a bill from your provider for more than you should be liable for, please direct your provider to contact Blue Shield at <b>(855) 256-9404</b>.</p>
	<p>Contact Kaiser at <b>(800) 464-4000</b> or refer to the <b>Evidence of Coverage (EOC)</b> to find out which services are applicable to your out-of-pocket maximum and copayment schedule. You can find the EOC at <a href="http://www.lbusdwellness.com">www.lbusdwellness.com</a>.</p>		



# Don't Forget About Preventive Care!

Preventive care is the foundation of your medical coverage and it's covered 100% by District medical plans. Below are some examples of covered preventive care services and how frequently you should be receiving care. Be sure to talk to your doctor about the right preventive care for you.

Exam	Women 18-39	Women 40-64	Men 18-39	Men 40-64
<b>Physical Exam</b>	Every year	Every year	Every year	Every year
<b>Blood Pressure</b>	Every 2 years	Every 2 years	Every year	Every year
<b>Cholesterol</b>	Every 2 years	Every 2 years	Every 5 years	Every 5 years
<b>Diabetes Mellitus Blood Test</b>	If you are at risk	If you are at risk	If you are at risk	Every 3 years
<b>Tetanus-Diphtheria Vaccine</b>	Every 10 years	Every 10 years	Every 10 years	Every 10 years
<b>Flu Shot</b>	Every year	Every year	Every year	Every year
<b>Pap Test</b>	Every 3 years	Every 3 years	N/A	N/A
<b>Mammogram</b>	N/A	Every 2 years	N/A	N/A
<b>Osteoporosis Screening</b>	N/A	Every 2 years	N/A	N/A
<b>Colon Cancer Screening</b>	N/A	50 years or older:	N/A	50 years or older:
<ul style="list-style-type: none"> <li>• Stool Occult Blood Test</li> <li>• Flexible Sigmoidoscopy</li> <li>• Colonoscopy</li> </ul>		<ul style="list-style-type: none"> <li>• Every year</li> <li>• Every 3 years</li> <li>• Every 10 years</li> </ul>		<ul style="list-style-type: none"> <li>• Every year</li> <li>• Every 3 years</li> <li>• Every 10 years</li> </ul>



## FSA Plan Year and Enrollment Reminder

The Flexible Spending Account (FSA) plan year began January 1, 2017. If you elected to contribute to an FSA account, you'll have until December 31, 2017 to use the account funds. Here are some other important benefits dates to remember:

- **May 2017:** Medical, Dental, and Vision Benefits Open Enrollment
- **November 2017:** Flexible Spending Account Open Enrollment





Employee Name  
Employee Address  
State, Zip

## Start Your Year Right!

Open this newsletter for helpful tips and resources to help keep your resolutions.

### New Year! New You!

Who says you can't keep those New Year's resolutions? Our first newsletter of 2017 offers you tools and resources to help you set goals and reach them. Keeping up with your resolutions can be overwhelming, so it's important to take it one step at a time:

- 1 Start small
- 2 Change one behavior at a time
- 3 Talk about it
- 4 Don't beat yourself up
- 5 Ask for support

Open this newsletter for more, including exercise tools, recipes, Weight Watchers program information, and benefit tools.