



Wellness Works Coordinators' Bulletin

Providing your wellness committee with updates and relevant health information!

June 2016

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June is Men's Health Month

Raising Awareness and Encouraging Treatment

Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. The purpose of setting aside focusing on men's health during the month of June is to increase awareness of preventable health issues and encourage early detection and treatment of disease among men and boys. Check out the Men's Health Network website at www.menshealthnetwork.org for free resources to share with the men on your staff.

Take it a step further and show the men at your workplace you care by hosting a **Wear Blue Day**. The Friday before Father's Day— this year it is Friday, June 17th— encourage employees to wear blue to help spread the word about Men's Health Month. You can do this in conjunction with a dress-down day, where employees make a small donation to wear blue jeans to work, then donate the profits to a non-profit that works to reduce the risk of disease among men! More information and resources for hosting a Wear Blue Day can be found on the Men's Health Network website.



Preventing Prescription Drug Abuse in the Workplace

Employers strive to have healthy and effective employees but a number of issues can interfere with this goal. This includes prescription drug misuse; specifically drugs used for pain management, depression and anxiety. Fortunately, there are proactive approaches to prevent these problems from interfering with the workplace.

According to the National Safety Council, 23% of the workforce in the United States has taken prescribed medications for non-medical reasons. Caution must be exercised even when medications are prescribed because regular use may lead to employees working while impaired. Prescription drug abuse can also contribute to absenteeism, lower productivity and lower morale among the workforce.

Employers could potentially face serious financial consequences if their employees are misusing prescription drugs:

- Injured workers who are prescribed one opioid have average total claim costs four times greater than claims from workers who were not prescribed opioids
- Receiving more than a one-week supply of opioids soon after an injury doubles a worker's risk of disability one year later
- In cases of fatal overdoses due to prescribed painkillers, state court decisions have found employers and worker's compensation insurers financially responsible
- Prescription drug misuse can lead to high turnover of employees and lead to increase costs for training new employees



What Employers Can Do

Policies and trainings are effective tools to better understand this complex issue and prevent negative consequences for employers and employees. In addition, Employee Assistance Programs (EAPs) can provide support and guidance. Below are resources for policy development, information about prescription drug misuse and EAPs:

- Creating a drug-free workplace policy: <http://webapps.dol.gov/elaws/asp/drugfree/drugs/screen22.asp>
- Prescription drug use in the workplace: <http://www.nsc.org/learn/NSC-Initiatives/Pages/prescription-painkillers-for-employers.aspx>
- Alcohol and other drugs in the workplace: <https://www.ncadd.org/about-addiction/addiction-update/drugs-and-alcohol-in-the-workplace>
- Employee Assistance Program: <http://www.anthemEAP.com> (Login: MMEHT)

Source: Maine Department and Health and Human Services, Healthy Maine Works Program

Here's information on how employees can access their **free**

Anthem EAP:

Call: 800-647-9151

or

Visit: anthemEAP.com

(log in: MMEHT)

What Gets You Moving?

This month we will highlight a few ideas that came up at the Annual Wellness Conference about how to get employees moving at your worksite.

It's time to get a little extra spring into your step at work by coordinating some walks; post a few times and a meeting spot and start a mini walking group. The nice thing about a few times is that the office will always have coverage. Remember, you can turn just about any meeting in to a "walking" meeting. Create a scavenger hunt around your work property with clues on how to move to the next location. Before you know it you may have a mile or two of walking completed. You can also set up non-sweating fitness stations around your building. For example, take the stairs and try two at a time; at the copier try doing 10 squats, wall push-ups before entering an office. Just be creative and make it fun.

There were several other great ideas that we will share with you over the upcoming months! If you have a great idea that has worked in your worksite, we would love to hear about it at Wellness_Department@memun.org!

Get Fit In Less Time!

Rejoice! Just a single minute of intense movement results in health benefits similar to much, much longer periods of continuous exercise. That was the conclusion of a new report that is fantastic news for the millions of Americans who claim they "do not have enough time to exercise." For this evaluation scientists assigned 27 sedentary men to one of three protocols: 50 minutes of continuous cycling at a moderate pace three times a week; 10 minutes of sprint cycling three times a week to include a 2 minute warm up followed by three 20-second all-out sprints with 2 minutes of easy cycling between each sprint and then a 3-minute cool down; and no exercise.

The results were eye-popping. Despite the fact that they exercised for only a fraction (1/5th!) of the time relative to the continuous cycling group, those in the sprint cycling group improved their health markers to the same degree. The lead researcher commented, "Brief bursts of intense movement are remarkably effective." The key is to go really hard for very small bits here and there. Running or bounding up steps that you encounter vs. walking up them would be a super-efficient way to build this great news into your day to day living. Interested in getting more information on how you can do a full-body workout in 10 minutes? Contact Abby to schedule the Power of 10 class at adipasquale@memun.org



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No Outlets? Never Fear...

New to our Employee Incentive Program is a portable charger with a keyring. Employees need to earn 300 points to earn this incentive. This portable charger charges most phones, MP3 players and more! This charger runs off of 2200 mAh lithium ion grade A non-recycled battery. It features a USB output and micro USB input (cord included). There is a red light indicator when charging. This item requires your phone's charging cord to charge your device.