

The logo features a stylized human figure with arms raised in a 'Y' shape, positioned to the left of the text 'HealthyUNCG'.

HealthyUNCG

Spartan Points Program



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NORTH CAROLINA



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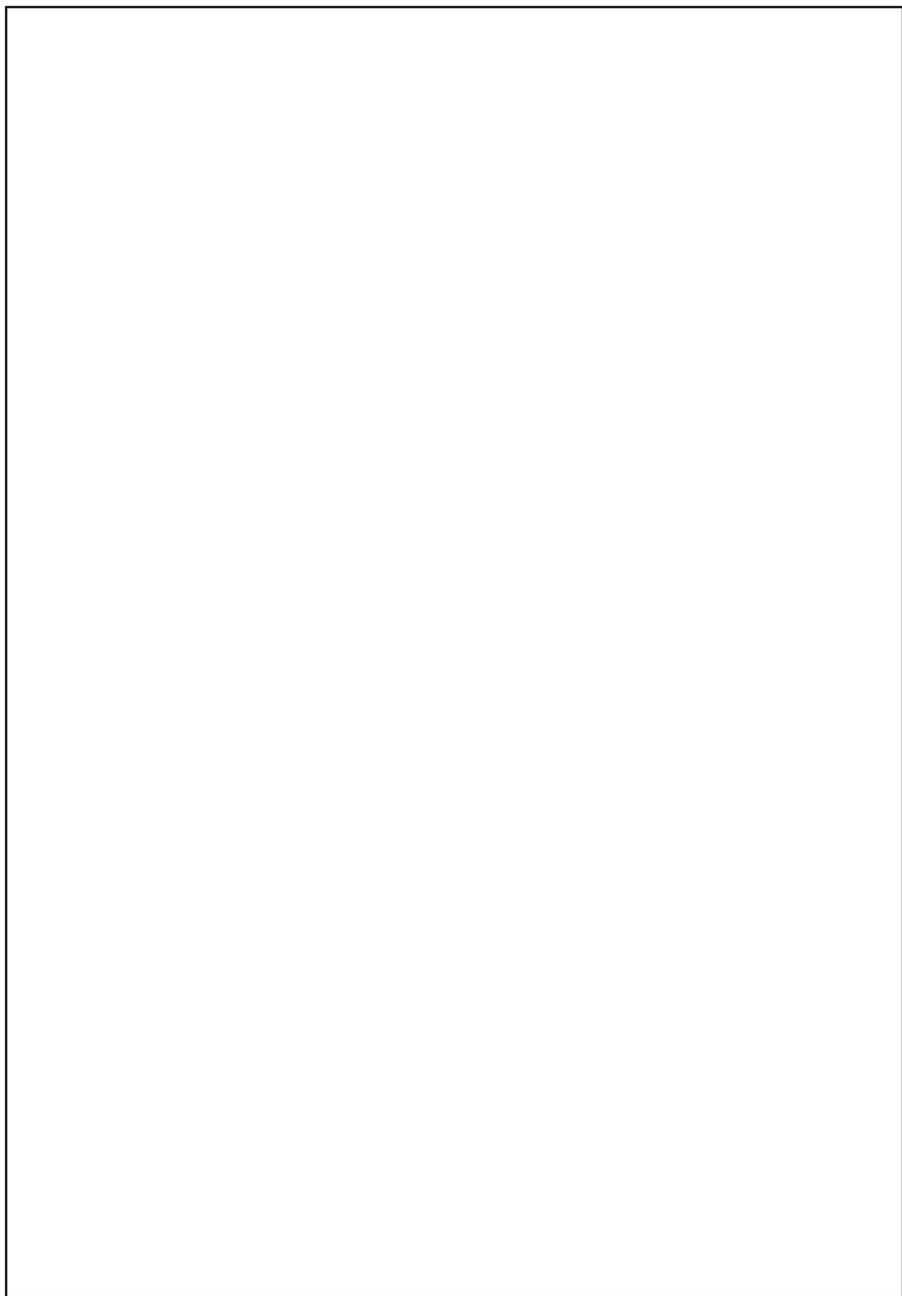


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Welcome

HealthyUNCG is a health promotion program for faculty and staff at the University of North Carolina Greensboro. Employees and students work together to provide resource and programs for employees.

This booklet was designed to help create a Healthier-U! Use this booklet to track healthy activities and your Spartan Points!

Spartan Points Program

Employees can earn Spartan Points by participating in healthy activities. Points are accrued between August 1 and July 31 each year. Points can be redeemed for prizes at each level. Once you reach the Senior level, you may choose an incentive from any of the lower levels and you will be entered into a drawing to win one of the prizes listed on the HealthyUNCG Website.

Freshman	(150-299 credits)
Sophomore	(300-499 credits)
Junior	(500-699 credits)
Senior*	(700 + credits)

You must have a minimum of 100 credits to receive an incentive (Freshman Level). Once you have enough points to reach the next level you may choose one of the incentives listed on the HealthyUNCG website.

*At Senior level you may choose one incentive at any of the lower levels and you will be entered in a drawing for once the prizes listed.



Example prizes include a water bottle, lunch box, and tote. Check healthy.uncg.edu for a complete list of prizes.

Healthy Activities

Activity *Activities may change. Please check the HealthyUNCG website for the most update list.	Points	Date Completed
Take the PWP	50	
Get Results for PWP	100	
Sign Up for Eat Smart	10	
Sign Up for Spartan Steps	10	
Sign Up for Weight Watchers at Work	10	
Sign Up for Weight and Lifestyle Management Program	10	
Sign Up for Spartan Cycles	10	
Complete Eat Smart (10 Sessions)	40	
Complete Spartan Steps	40	
Complete Weight Watchers at Work	40	
Complete Weight and Lifestyle Management Program	40	
Attend One Rec Center/Gym Fitness Class	10	
Active One Active U Session (up to 150 points)	10	
Attend One Healthy Brown Bag Lunch Presentation Each Semester	10	
Get a Massage	10	
Get Acupuncture or Acupressure	10	
Use a Walking Trail	10	
Get a Personal Training Session	10	
Ride a Bike or Walk to Work (up to 100 points)	10	
Quit Smoking/Attend Smoking Cessation Class	50	
"Like" HealthyUNCG on Facebook	10	
Get a Fitness Orientation at the Rec	10	
Get a Fitness Assessment at the Rec	20	
Recruit a Friend to take the PWP (up to 50 points)	25	
Recruit a friend to join the Spartans Points Program	15	
Get a screening- see pages 10 and 11 for info	40	
Get a Flu Shot	10	
Get an Annual Physical	40	
Attend One Well-U Coaching Session (up to 120 points)	10	
Have Cholesterol Checked	10	

Self-Assessment

In order to improve or maintain your health, you need to be aware and understand your current health and risk factors. Identifying risk factors can help provide areas for improvements in your health. HealthyUNCG offers a free Personal Wellness Profile (PWP) to all UNCG employees. The PWP is a confidential health assessment that measures overall health and well-being.

This assessment tool is designed to:

- Provides a way for employees to identify existing behaviors that are considered good health practices.
- Help people identify protective and health risk factors.
- Provides a comprehensive health and lifestyle assessment based on current scientific guidelines for optimal health and disease prevention.
- Help people make healthy lifestyle decisions.

PWP Process

Participants will complete a questionnaire and the measurements in the first session and then come back to get their Results Report at a second session.

Screening Components

1. Resting Heart Rate
2. Blood Pressure
3. Height and Weight
4. Personal Wellness Profile Questionnaire



Employees will be provided with a report of their results and health information during the results session with a health educator. The health educator can speak individually with participants to discuss specific questions or concerns about their reports if desired.

Individuals will be encouraged to send a copy of their Results Report to their health care provider. A health educator will follow up with participants regarding internal and external health promotion, disease prevention, or disease management intervention programs and services when indicated.

All information from the Personal Wellness Profile is confidential.

Register for the PWP

Visit the HealthyUNCG website to sign up for PWP session or receive the materials to take the PWP from your desk using online video instructions. For more information contact the Personal Wellness Profile Coordinator at pwp@uncg.edu.

Personal Wellness Profile Results

Height	Ft In
Weight	Lbs
BMI	
Weight Circumference	In
Hip Circumference	In
Resting Heart Rate	
Blood Pressure	/ mmHg
Additional Screening Options	
Cholesterol	mg/dL
Blood Glucose	mg/dL
Triglycerides	mg/dL

Spartan Points Opportunity

Take the PWP

Earn 50 Spartan Points _____

Get Results for PWP

Earn 100 Spartan Points _____

Get a Fitness Assessment at the Rec

Earn 20 Spartan Points _____

Get a Fitness Orientation at the Rec

Earn 10 Spartan Points _____



Body Mass Index (BMI)

Body Mass Index (BMI) is an easy to calculate, inexpensive method to determine your weight category; however, it does not account for all factors affecting body composition. Weight categories can help you determine if you are at risk for certain health problems.

Calculating BMI

To calculate your BMI, divide your weight in pounds by your height in inches squared and multiplying by total by 703.

Formula for calculating BMI
$\text{Weight(lbs)} / [\text{Height (in)}]^2 \times 703$

If you have taken the PWP, your BMI will be in the Fitness section of your results packet.

Your BMI: _____

BMI Categories

Category	BMI
Underweight	Less than 18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obese	Greater than or equal to 30.0



Risk Factors

Individuals who are overweight or obese are at high risk for the following health problems:

- Type 2 Diabetes
- Coronary Heart Disease
- Stroke
- Osteoarthritis
- Respiratory problems

For more information on BMI or a healthy body weight, visit
www.cdc.gov/healthyweight

Blood Pressure

What is Blood Pressure?

Blood pressure is the pressure your heart creates as it pushes blood into your arteries. Blood pressure can fluctuate throughout the day, but if blood pressure stays high for a long time it can cause health problems.

What do the Number Mean?

Blood pressure is represented as a fraction: systolic pressure/diastolic pressure. Systolic blood pressure is the force produced when the heart contracts to push blood into the body. Diastolic blood pressure is the pressure produced when the heart relaxes between heart beats. Blood pressure is given millimeters of mercury (mmHg).

A blood pressure below 120/80 mmHg is desirable for adults. Blood pressure above 120/80 mmHg raises your risk for health problems.

Blood Pressure Categories

Category	Systolic	Diastolic
Normal	Less than 120 mmHg	Less than 80 mmHg
Prehypertension	120-139 mmHg	80-89 mmHg
Hypertension		
Stage 1	140-159 mmHg	90-99 mmHg
Stage 2	160 mmHg and Higher	100 mmHg and Higher

Your Blood Pressure ____/____mmHg

Why is checking my blood pressure important?

High blood pressure is known as the “silent killer,” because it often has no warning signs or symptoms.

Having your blood pressure checked is quick and painless. During a PWP session, a HealthyUNCG member will take your blood pressure using an automatic blood pressure device.



For more information on blood pressure, visit www.cdc.gov/bloodpressure or talk with your doctor.

Cholesterol Level

What is Cholesterol?

Cholesterol is a waxy, fat-like substance found in the body. The body uses cholesterol to create hormones and substances to digest food. The body produces enough cholesterol to complete all functions cholesterol is needed for. Cholesterol is also found in many foods.

There are two different types of cholesterol found in the body. Low-density lipoprotein (LDL) is often referred to as bad cholesterol. High levels of LDL cholesterol can lead to build up in the arteries, increasing your chance of getting heart disease. High-density lipoprotein (HDL) is known as good cholesterol and is responsible for transporting cholesterol from other parts of the body back to the liver.

Cholesterol Levels

Cholesterol levels are given in milligrams (mg) of cholesterol per deciliter (dL) of blood.

Category of Cholesterol Levels

Total Cholesterol Category	Total Cholesterol Level
Desirable	Less than 200 mg/dL
Borderline High	200-239 mg/dL
High	240 mg/dL and above

Risk Factors

You can change your cholesterol level by maintaining a healthy diet and weight. Being physically active, not smoking, and having a desirable blood pressure level can also help you reach a healthy cholesterol level.

Factors such as age, gender, and history also affect your cholesterol.

Spartan Points Opportunity

Have Your Cholesterol Levels Checked

Earn 10 Spartan Points _____



For more information on cholesterol levels, visit www.cdc.gov/cholesterol or talk with your doctor.

Well-U Coaching



HealthyUNCG
Well-U
Coaching Services

Well-U Coaching Services

A Well-U coach is a trained person who will work with you to help you find ways to continue along a path to a healthier lifestyle. The coach looks at all areas of your life prior to helping you develop ideas for making changes. A Well-U Coach can help you identify and clarify what's important to you. All coaching sessions are confidential. A wellness coach will help give you structure, accountability, and support to allow you to learn and grow beyond what you may be able to do alone.

What is Wellness?

Wellness is a process, an integration of mind, body, spirit and an acceptance of self; it is a way of living life consciously in ways that enhance your health and well-being.

How do I get a Well-U Coach?

To get a Well-U Coach you must be a UNCG employee. Prior to working with a Well-U Coach you will need to complete the Personal Wellness Profile. Visit the HealthyUNCG website for additional information and to register for a wellness coach.

Spartan Points Opportunity

Attend Each Coaching Session (Up to 12)
Earn 10 Spartan Points _____



For more information, visit healthy.uncg.edu/wellu.php.

Examinations and Screenings

Screenings and examinations can help detect health problems early when they are the most treatable. The need for a screening or examination depends on your age, gender, and risk.

Annual Physical

An annual physical provides an opportunity for you to talk with your healthcare provider about any health concerns you may have or discuss strategies for improving or maintaining a healthy lifestyle. You can also talk with your doctors about any screenings, vaccinations, or shots you may need.



Mammogram

One out of every eight women develops breast cancer. Women 40 years and older should have a breast exam every 1 to 2 years. If you have had breast cancer or have family history of breast cancer, you may need to get a mammogram before the age of forty.

Pap Smear

Pap smears can detect inflammation, abnormal cells, and infection in the cervix or vagina. Pap smears can provide early detection of cervical or ovarian cancer when they are most treatable. You should have your first pap smear three years after the first time you have sex or when you turn 21 years old. You should continue to have a pap smear every 1 to 3 years. If you are 65 or older, talk with your doctor about whether you should get a pap smear.

Prostate Exam

Prostate cancer is the second most common cause of death from cancer for men. A prostate exam allows the doctor to check for any lumps or hard areas on the prostate. Other symptoms of prostate cancer include weak flow of urine, pain or burning during urination, frequent urination, blood in urine, and difficulty urinating.

Colorectal Cancer Screening

If you are 50 or older, you should have a colorectal cancer screening. There are several screenings for colorectal cancer. You should have a flexible sigmoidoscopy every 5 years, a colonoscopy every 10 years, and a double-contrast barium enema every 5 years.

Talk to your doctor about what screening or examination you may need.



Spartan Points Opportunity

Get an Annual Physical

Earn 40 Spartan Points _____

Get a Cancer Exam

Earn 40 Spartan Points _____

For additional information on screenings and examinations, visit
www.healthfinder.gov/prevention

Eat Healthy

Proper nutrition is essential to maintaining health. Having healthy eating habits can lead to increases in mood and energy and can decrease risk of certain diseases.

It is important to choose foods that will improve health and to avoid those that raise your risk of illness.

Healthy eating tips:

- Balanced calorie intake and expenditure. Don't eat more food than your body uses.
- Have some variety. Eat vegetables, fruits, and whole grains.
- Keep portions moderate.
- Drink plenty of water.
- Limit salt, sugary foods, and refined-grain products.

Resources

Visit the UNCG Human Resources page for information on Weight Watchers at Work and other wellness programs. Visit web.uncg.edu/hrs/Benefits/Wellness/

Visit healthy.uncg.edu for information on other wellness programs such as Eat Smart Move More Weigh Less.

Spartan Points Opportunity

Sign Up for Eat Smart

Earn 10 Spartan Points _____

Complete Eat Smart (10 Sessions)

Earn 40 Spartan Points _____

Sign Up for Weight and Lifestyle Management Program

Earn 10 Spartan Points _____

Complete Weight and Lifestyle Management Program

Earn 40 Spartan Points _____

Sign Up for Weight Watchers at Work

Earn 10 Spartan Points _____

Complete Weight Watchers at Work

Earn 40 Spartan Points _____



Be Active-UNCG Partnership



The Be Active-UNCG Partnership was established as a unique partnership with Be Active NC and UNCG in October 2010 with a grant from Blue Cross Blue Shield of North Carolina. The Partnership seeks to promote physical activity for the citizens living and working in the Triad region of North Carolina. Housed in the UNCG's Office of Academic Outreach, the Partnership serves as the Triad office for Be Active.

Through its community outreach, the Partnership seeks to develop collaborative relationships with partners in the Triad region. The Partnership works closely with local agencies and organizations, including health departments, school systems, hospitals, work sites, government agencies, and other universities.

The Be Active-UNCG Partnership is working with Healthy UNCG to encourage UNCG employees to become more physically active. The Movement for Motion is Be Active North Carolina's determined effort to help one million North Carolinians become more active, more often. **One million starts with you.** Support the Movement by making the commitment to devote 30 minutes, 5 days a week to being physically active.

Be Active-UNCG Partnership is proud to be a sponsor of the Healthy *UNCG* Spartan Points Program. Be Active-UNCG will be sponsoring the program in an effort to promote the start of a physically active lifestyle and encourage efforts to maintain it.

For more information on Be Active, contact Stefanie Milroy at 336-334-4509 or at beactive@uncg.edu.

Get Active

Physical activity is anything that gets your body moving and uses energy. Being active is important to improve and maintain health and has the following benefits:

- Helps control weight
- Reduces risk of heart disease, diabetes, and cancer
- Strengthens muscles and bones
- Improves mental health, mood, and energy
- Reduces stress

Physical activity should be moderate to vigorous and add up to at least 30 minutes daily.

Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
 - Many faculty and staff bike to work. Contact Mary Crowe (4-4622) for information on joining a 'bike to work' group
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)



For more information on getting active, visit
www.healthy.uncg.edu/get_active.php



Spartan Points Opportunity

Sign Up for Spartan Steps

Earn 10 Spartan Points _____

Complete Spartan Steps

Earn 40 Spartan Points _____

Use a Walking Trail

Earn 10 Spartan Points _____

Get a Personal Training Session

Earn 10 Spartan Points _____

Attend One Rec Center/Fitness Class

Earn 10 Spartan Points _____

Ride a Bike or Walk to Work (One Day)

Earn 10 Spartan Points _____

Quit Smoking

Smoking harms almost every organ of the body.

Smoking can cause:

- Respiratory problems
- Heart disease
- Cancer
- Stroke
- Complications during pregnancy



Smoking exposes others to secondhand smoke, which contains numerous toxic chemicals.

Secondhand smoke exposure:

- Causes heart disease and lung cancer in nonsmokers.
- Increases risk of heart disease and lung cancer of nonsmokers who are exposed.
- Has immediate harmful effects on the cardiovascular system that can increase the risk of heart attack when inhaled.
- Causes respiratory symptoms in children and slows their lung growth.
- Can lead to sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more frequent and severe asthma attacks in children.

Quit Smoking Resources

Quit Line NC offers free, confidential, one-on-one support to help you quit smoking. Available 8 am to 3 am seven days a week. Call 1-800-QUIT-NOW. The Wellness Center offers smoking cessation services. Call 336-334-5240 or visit www.uncg.edu/shs/wellness/smoking/cessation.php for more information.

Spartan Points Opportunity

Quit Smoking/Attend Smoking Cessation Class

Earn 50 Spartan Points _____

Stress Management

Stress is a response to events that make you feel challenged or displeased in some way. Stress can be caused by any of the following:

- Work
- Being too busy
- Children and family
- Major life changes
- Financial hardships
- Relationship problems



Not all stress is bad; however, stress can damage your health, mood, productivity, and quality of life. Managing stress can be done by taking care of yourself physically, changing the stressful situation along with your reaction, and making time for rest and relaxation. A strong support network is also key to managing stress.

Relaxation techniques such as yoga, meditation, and deep breathing exercises can help you deal better with stress. These techniques help to reduce stress levels and boost feelings of tranquility and happiness while helping you stay calm under pressure.

Stress Management Resources

The Wellness Center offers programs and resources for faculty and staff on a variety of health and wellness topics. The Center offers massage therapy and Acupuncture. For more information, visit www.uncg.edu/shs/wellness.

Spartan Points Opportunity

Get a Massage

Earn 10 Spartan Points _____

Get Acupuncture

Earn 10 Spartan Points _____

Promote HealthyUNCG

Help your friends and co-workers improve their health by promoting HealthyUNCG and healthy activities.



Spartan Points Opportunity

Recruit a Friend to take PWP

Earn 15 Spartan Points _____

Recruit a Friend to Join the Spartan Points Program

Earn 25 Spartan Points _____

"Like" HealthyUNCG on Facebook

Earn 10 Spartan Points _____

See the next page for two referral cards!

Referral Cards



Referred By: Referral Card

Date: _____

Turn this in Card at a PWP Session and
your friend will receive Spartan Points!

Expires on: _____



Referred By: Referral Card

Date: _____

Turn this in Card at a PWP Session and
your friend will receive Spartan Points!

Expires on: _____

Campus Resources

Campus Rec offers a membership option for staff and their spouses as well as a variety of programs and services to promote a healthy lifestyle. Call 336-334-5924 or visit www.campusrec.uncg.edu

Student Health Services offers a variety of services to faculty and staff. Services include but are not limited to pharmacy services, over-the-counter medications, flu shots, vaccines, and massage therapy. Call 336-334-5340 or visit www.uncg.edu/shs.

The HR site has valuable information about the Employee Assistance Program. The EAP offers assistance and resources including, addiction, financial problems, counseling, and more. Call 1-877-327-7658 or visit you can www.web.uncg.edu/hrs/Benefits/EAP/.

On Consumer Health Information Online, the University Libraries have pulled together some of the top health resources for non-health professionals. Visit www.uncg.libguides.com/consumerhealth.

The UNCG Psychology Clinic offers a full range of assessment and therapy services for adults, adolescents, and children. Individual, family, and group therapy are provided for a variety of difficulties. Visit www.uncg.edu/psy/clinic.htm.

The UNCG Vacc Counseling and Consulting Clinic provides individual and couples counseling related to wellness, stress management, and other mood or behavioral issues related to mental health on a sliding fee scale. Call 336.334.5112 or email CEDclinic@uncg.edu or visit www.uncg.edu/ced/clinic/.

The UNCG Office of Safety offers the following services at no charge to all employees: Ergonomic Assessment, Workplace Hazard Assessment, Training, Indoor Air Quality Assessment, Hearing Conservation Program, and Preventing Trips, Slips and Falls. Visit www.uncg.edu/sft/ for more information.

For additional resources on and off campus, visit healthy.uncg.edu.

