



Employee Wellness Newsletter

Winter Wellness

Central Consolidated School District



December 2020

NMPSIA Presents:

The December Newsletter

Podcast: A Healthy Approach to the Holidays

Listen to this podcast for tips to help you make mindful decisions and keep you healthy, both physical and mentally, this holiday season

To Listen:

[https://olh-marketing-content.s3.amazonaws.com/Dec20Podast_Holidays_mixdown+\(online-audio-converter.com\).mp3](https://olh-marketing-content.s3.amazonaws.com/Dec20Podast_Holidays_mixdown+(online-audio-converter.com).mp3)

Are you getting enough Vitamin D?

Everyone needs Vitamin D for good health. Vitamin D is important because:

It helps keep your bones strong.

Muscles need it for strength and movement.

Nerves use it when they send messages throughout the body.

The immune system needs it fight off illnesses.

To read more.... [CLICK HERE](#)



Flu Shot FAQ's

Every year, millions of people get the flu. Some get very sick and need to be hospitalized. Thousands of people die from the flu every year.

This year as we battle COVID-19, getting a flu shot is more important than ever.

Flu shots decrease the chance that you will be hospitalized or die from the flu. This helps ensure that hospital will not become overwhelmed with flu and COVID-19 patients.

To read more..... [CLICK HERE](#)

20 Healthy Gifts to Give this Season



Many aspects of the holidays and holiday shopping have changed due to the pandemic. But you can still select-- or make-- health-inspired gifts for your family and friends. Good Measures dietitians share their favorite ways to give the gift of health, including tools for eating well, getting physical activity, and enhancing well-being.

[CLICK HERE](#) for Great gift ideas as well as the recipe for homemade granola.



Video – Getting Through Pandemic Winter

<https://www.youtube.com/watch?v=6Z8fEEAgtxc&feature=youtu.be>

Presented by POMS Associates: Work Mental Health for Remote

As many continue to work and attend school remotely, the line between work and personal time is more blurred than ever. The POMS Risk Control team discusses the importance of mental health and self-care during the pandemic. Click the link.

[Mental Health for Remote Work \(pomsassoc.com\)](https://pomsassoc.com)



Simple Sweet Potato Casserole



Servings: 16 servings **Serving Size:** ½ cup

Nutritional Facts (per serving):

192 calories, 30g carbohydrate, 7g total fat, 5g protein

Ingredients

- 4 pounds sweet potatoes (about 4-5 large)
- 2 tablespoons butter, melted, divided
- ¼ cup 1% milk
- 3 large eggs
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon, divided
- ¼ teaspoon salt
- 1 tablespoon honey
- 1 ¾ cups old-fashioned oats
- ¾ cup pecans, chopped

Directions

1. Preheat oven to 375°F (190°C). Bake sweet potatoes on a foil-lined baking sheet for 1 hour or until tender. Let stand until cool enough to handle.
2. Peel sweet potatoes and mash in a large bowl. Stir in 1 tablespoon butter, milk, eggs, vanilla, 1 teaspoon cinnamon and salt. Spoon into a lightly greased 11-by-7-inch baking dish.
3. In a medium glass bowl, stir together 1 tablespoon butter, honey, oats, pecans and remaining 1 teaspoon cinnamon. Sprinkle over casserole. Bake for 30 minutes, until golden brown and heated through.

Source: Recipe adapted from
<https://blog.myfitnesspal.com/simple-sweet-potato-casserole/>

Well onTarget®



Get fit as a family and have fun doing it!

Excuses for not working out can be that you don't want to go to the gym, or it's too hot or cold outside. However, you can create your own, at-home exercise circuits with your family with no equipment needed. Family exercise is convenient and can improve the health of your loved ones, make exercise more fun, and develop stronger connections.

A circuit training workout can include up to 10 different exercises. Alternate cardio and strength exercises in short bursts of 30 to 90 seconds, then repeat the circuit two to three times. Don't forget to rest between the exercises!

To build your circuit, choose 3-4 exercises from each list:

Cardio Exercises

- Jumping jacks
- Jumping ropes
- Jogging or marching in place
- Stair-climbing or step-ups
- High knees
- Mountain climbers
- Star jumps
- Burpees

Strengthening & Stability Exercises

- Plank and side plank
- Pushups
- Sit-ups or crunches
- Hip lift or bridge position
- Tricep dips on a chair
- Lunges
- Squats
- Wall sits

Source: The American Council on Exercise



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NMPSIA
Wellness



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- Pink eye
- Rash
- Respiratory problems
- Sore throats
- Urinary problems / UTI
- Vaginitis
- And more

e-prescriptions can be sent to your local pharmacy (if needed).

ACTIVATE your account online or by phone.

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Presbyterian Video Visits

Need to see a provider right now? Seeing a medical provider for your non-urgent medical questions just got a whole lot easier, more convenient, and affordable. When your primary care provider (PCP) isn't available, talk with a medical provider day or night using your smartphone, tablet, or computer webcam. And for most Presbyterian Health Plan members, this service is free. For high deductible health plan (HDHP) members, the cost is \$35 per visit until you meet your deductible.

Presbyterian Video Visit providers cannot prescribe narcotics or lifestyle medications. Please talk with your Presbyterian medical provider for these types of medications.

How it works

Do I need a myPRES account to use Video Visits?

Yes, you can only use Video Visits through your myPRES account. Log in and look for the **Video Visits** link on the myPRES dashboard. If you haven't signed up for myPRES, it is easy. Go to www.phs.org and follow the steps to register. You will need to know your member number to complete the registration before you can have a Video Visit.

What happens after I log in to see a provider?

You will need to fill out a medical history questionnaire before your first Video Visit consultation. You'll only fill this out once unless you need to update your medical history. After you fill out the history questionnaire and request a Video Visit, you must speak to a representative to have a Video Visit. Our representative will call you to help connect you to a provider.

Do I have to log in or register if I want my child or dependent to have a Video Visit?

Yes, you will need to register or log in using your child's or dependent's unique member number. You will also need to be present during the visit if your child or dependent is under the age of 18.

What if I registered for myPRES but I can't remember my user ID or password?

You can follow the steps to reset your password or have your user ID emailed to you. If you still have issues with your login, please call (505) 923-5590 or toll-free 1-866-861-7444.

What languages are offered?

You can search and choose a provider to have your Video Visit in English or in Spanish. If you need help in another language, please call the Presbyterian Video Visits dedicated line toll-free at 1-844-SEE-PRES or 1-844-733-7737.



Schedule a Video Visit via myPres



Step 1: Log in to myPRES

Use your computer, tablet, or smartphone and click the **Access Video Visit** tile to begin.

Need a myPRES account? Sign up at www.phs.org.

Step 2: Sign up for a Video Visit Account

Fill out a medical history questionnaire. It's quick and easy, and we'll walk you through each step.

TIPS:

- Fill out this form now so you're ready to go should you need to schedule a Video Visit later.
- See Technical Support at www.phs.org/videovisits for technical requirements.

Step 3: Schedule Your Online Visit

You will need to enter your symptoms. You will also need to enter your payment information if you are on a high deductible health plan (HDHP). A care coordinator will call you after you schedule a visit and place you into the Waiting Room queue.

Step 4: Your Visit

Within 30 minutes or less, you will connect with a medical provider. He or she will ask you to describe your medical issue, offer a diagnosis and medical advice, and send a prescription to your pharmacy if it's needed.

STEP 5: Get Your Visit Summary

You will get a text or an email after your visit, prompting you to download your visit Summary. Return to your Presbyterian Video Visit profile account via myPRES anytime to review past medical information.

Results in 24-48 hours
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COVID-19 TESTING at the following locations:		
Northern Navajo Medical Center (COVID Car Clinic)	Dzilth-Na-O-Dith-Hle Health Center (Drive Up)	Four Corners Regional Health Center (Drive Up)
7 DAYS A WEEK 8:30am – 4:00pm	Monday, Tuesday, Thursday, Friday 8:30am – 3:30pm Wednesday 8:30am – 11:30am	Monday to Friday 8:30am – 4:30pm

This is a cooperative effort between Northern Navajo Medical Center, Dzilth-Na-O-Dith-Hle Health Center, Four Corners Regional Health Center, Public Health Nursing, Health Promotion Disease Prevention, Navajo Nation CHRs, Johns Hopkins, and our local Chapters.



**For more information contact Northern Navajo Medical Center
 – Health Promotion Disease Prevention at (505) 368-6300.**