



BUSD Step Up

STEP 1— Complete Biometric Screenings:

Get your total cholesterol, HDL, blood sugar (glucose), and blood pressure measured—then find out what you can do to improve your health. Everyone screened will get a reward. Screenings and results are confidential and do not require fasting.

October 8, 2013

11:30 a.m. to 4:30 p.m.

King Middle School

Staff Lounge

Agatha Greely

510.644.4544

October 17, 2013

Noon to 5:30 p.m.

Berkeley Adult School

Multi-purpose Room

Pam Goo

510.644.6049

STEP 2—Complete a Total Health Assessment (THA):

Take a Total Health Assessment (THA)—a confidential online health assessment for a picture of your overall health. You'll get a customized action plan with tips and resources to improve your well-being. Plus, be entered into a drawing to receive a prize. Deadline is 11/26/13.

Kaiser Members

- Go to kp.org.
- Hover over “Health and Wellness” in the tool bar and click on “Programs and Classes”.
- Click on “Total Health Assessment” under “Healthy lifestyle programs”.
- Click on “Start a Total Health Assessment now.”
- If you are already registered with kp.org, sign on or select “Register”.

Non-Kaiser Members

- Go to: <https://my.healthmedia.com/signup/index.html?au=NMBUSD> .
- Follow the prompts.
- Enter Employer Group ID 260 and Subgroup ID 999 when prompted.

STEP 3—Participate in Thrive Across America:

Research shows that physically active people have fewer doctor visits and hospital stays and use less medication than inactive people—and that can make a big difference in your health care costs. The Thrive Across America campaign encourages employees to get up and move with this fun and easy physical activity program. Employees sign up online to go on a virtual tour of some of our nation's most interesting places—national parks, famous recreation areas, wildlife preserves, cultural attractions and historic landmarks—logging physical activity during the duration of the campaign. Employees who participate and complete the course will be included in a raffle for various prizes.

Registration Starts:

December 30, 2013

Berkeley
PUBLIC SCHOOLS
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