



live well be well

OUR COMMITMENT TO EMPLOYEE WELLNESS

JULY 2014

TOTAL HEALTH ASSESSMENT

Completing the HealthMedia® SUCCEED™ Total Health Assessment gives you a baseline understanding of your present health condition and areas that need improvement. Completing the assessment is also one of the three goals in the recently launched **Total Health Incentive Plan**.

The assessment takes about 30 minutes to complete — even less if you've previously taken it as some of your responses are stored in the system. Taking the assessment is voluntary and your individual results are confidential and not shared with your employer.

To take the Total Health Assessment, go to kplivewellbewell.org. If you're a KP member, you'll need your kp.org user ID and password. If you don't have a user ID and password, you'll need to register on kp.org to create them. If you're not a KP member, you can still take the assessment. Go to kplivewellbewell.org for more information.

For more information,
kplivewellbewell.org



HEALTHY EATING AT WORK

As part of Kaiser Permanente's vision to be a leader in total health, we strive to have the healthiest employees in health care. Ensuring that healthy food options and resources are readily available is an important aspect of creating a workplace culture of health, where the healthy choice is the easy choice.

HEALTHY PICKS

Our Healthy Picks program and the new healthy catering initiative are two ways that we enhance access to delicious and affordable healthy food in and around KP facilities.

When you see the Healthy Picks label next to a food item in a KP cafeteria or vending machine, you can be sure that it's a smart choice. To qualify as a Healthy Pick, the item must meet strict [nutrition criteria](#) based on evidence-based research.

With the healthy catering initiative, it's easy to make healthy food choices at KP meetings and events, too. When it's time to plan your next gathering, you will find a variety of healthy food ordering tools at kp.org/healthyworkforce, ranging from a list of catering menus meeting the Healthy Picks criteria to healthy celebration ideas.



WHAT'S FOR LUNCH?

Bringing some or all of your lunch to work can be another great way to make healthy food choices, and planning ahead gets easier with practice. Here are a few tips:

Be all-inclusive. For lunch, you can cover all the food groups with simple combinations. Put turkey on whole wheat with romaine lettuce. Add a side of yogurt with nuts for crunch. Throw in an apple for a complete, tasty meal.

Twice is nice. Cook a little extra for dinner, and take your leftovers to go. Hearty soups, veggie-rich casseroles, and whole-grain pasta dishes are just as nourishing the second time around.

Snack smart. Have a healthy mid-morning snack, like a piece of fruit, a cup of yogurt, or some veggies to keep your energy level high and your appetite in check.

For additional healthy eating tools and resources, visit the Healthy Eating tab on kplivewellbewell.org, check out Nutrition and Recipes on kp.org, and explore Healthy Workforce offerings on [My HR](#).

healthyworkforce
For the people who power KP

wellness spotlight



10 of the 35 Fitbit Derby Participants at the Sacramento Medical Center Laboratory

The first ever Fitbit Derby race took place in June for the employees at Sacramento Medical Center Laboratory. They had 35 “horses” ready to race and employees ready to count their steps! The horses were moved around the track depending on the number of steps each employee walked based on their Fitbit. Sashi Prasad and her horse, Archer, was the top finisher with total of 1,456,639 steps or 716 miles! The total for all participants was 10 million steps or 6,500 miles. Great job everyone!

Movie tickets and the prestige of most steps walked went to the top 10 finishers. The Fitbit Derby has helped to activated over 35 new Take Charge and Fitbit accounts. Check out the Fitbit Derby on fitbit.com under community and then Lab Steppers.

Fit at Work Workshop

It seems like everyone is working more hours these days, but using the “no-time-to-exercise” excuse is no reason to let your health and fitness slide! What if you could actually work out at work, on a short break, or even at your desk?

The **Fit at Work Workshop** presents creative ideas to better manage your physical health and energy along with tools to get results using a minimalistic workout approach. Participants will be given a free resistance band to use and keep.

To schedule a workshop for your department, please contact Ale Wilson at alexandra.i.wilson@kp.org. Click on [Fit at Work](#) for more information.

WELLNESS CHECKLIST

Make YOU your number one priority.

Integrate healthy habits into your life

- Get 150 minutes of physical activity per week.
- Eat a variety of healthy foods daily (3–5 servings of fruits/vegetables). Look for “healthy picks” at the cafeteria or in vending machines.
- Stress less with daily meditation.
- Be mindful about your safety.
- Volunteer and give back to your community.

Use resources available to you

- Take action on your preventive screenings and immunizations at kp.org/mydoctor.
- Take the Total Health Assessment at kplivewellbewell.org.
- Register for a kp.org user name and password at kp.org/register.
- Choose a personal physician if you don't have one at kp.org/mydoctor.
- View online tools at kplivewellbewell.org.

Middle Eastern Zucchini Dip



Makes 6 servings
Active Time: 25 minutes
Total Time: 25 minutes
Per serving: 69 calories;
5 g fat; 3 g protein

This creamy and tangy Middle Eastern zucchini dip recipe, also known as Koosa Ma Laban, is best served with baked pita chips or crunchy vegetables.

Ingredients

- 2 tablespoons of extra-virgin olive oil
- 2 medium zucchini, diced
- 2 cloves of garlic, chopped
- ½ cup of low-fat or nonfat plain Greek yogurt
- 2 tablespoons of lemon juice
- 2 tablespoons of chopped fresh mint
- ¼ teaspoon of salt
- ¼ teaspoon of freshly ground pepper

Directions

1. Heat oil in a large skillet over medium heat. Add zucchini and garlic and cook, stirring occasionally, until softened, about 5 minutes.
2. Transfer the mixture to a food processor or blender; let cool for 5 minutes. Add yogurt, lemon juice, mint, salt, and pepper. Puree until smooth.

Make Ahead Tip

Cover and refrigerate for up to 1 day; stir before serving.