



live well be well

OUR COMMITMENT TO EMPLOYEE WELLNESS

OCTOBER 2014

FAMILY WELLNESS FESTIVAL



Whether it was shooting hoops on the home court of the Sacramento Kings, pretending to be a Kings announcer, participating in a backstage pass locker room tour, or walking a mile on the Kaiser Permanente branded path inside the Sleep Train Arena. There were plenty of healthy activities for the more than 5,000 KP physicians, staff, and their family members who came to the fourth annual Family Wellness Festival on Saturday, Oct. 4.

In between all the fun activities, more than 1,000 attendees received their flu immunizations.

STOP FLU BEFORE IT STOPS YOU

Getting vaccinated against flu does more than protect you against high fever, painful body aches, and chills. Influenza can be contagious before symptoms even appear, and by getting a flu vaccination, we can be sure we won't unknowingly spread flu to our co-workers, families, and patients. With influenza season on the horizon, let's put everyone's health and safety first by getting vaccinated early.

BE FIRST IN LINE

Even healthy people can get flu, and it can be serious. By getting vaccinated, you protect yourself and avoid spreading flu to people who might be more severely affected. Flu can lead to complications and hospitalizations, and even death in some cases. You can be a carrier without having flu symptoms.

Even if you don't work directly with patients, it's important to get vaccinated. Whether you process samples in a lab, work in administrative offices, or operate a delivery vehicle, your role is vital to the safe, high-quality care that we are proud to deliver. By getting vaccinated, you help ensure that our patients and your co-workers can count on you to be there.

The earlier you get vaccinated, the more protected and prepared you'll be when flu season strikes. And there's another reason to get vaccinated early: vaccination rates are considered a safety measure under the incentive pay program. To receive a payout, 85 percent of employees must be vaccinated by Dec. 31.

Many employees did not get the payout on the flu vaccination measure in 2013 because their medical center reached the goal after the deadline.

FLU SHOTS MADE EASY

Get your flu vaccination early and help stop the flu before it arrives. If you're a KP member, employee, or physician, you can get a flu vaccination at no cost. Get your flu vaccine right near where you work!

You can also check with your Employee Health Department for flu vaccination information in your area.

For more information about flu, check out these resources:

- [KP Learn](#) educational series
- [InsideKP](#) article
- [Flu News You Can Use](#)
- My Doctor Online: [Cold and Flu](#)



Gregory A. Adams, president, Northern California Region, Kaiser Foundation Hospitals and Health Plan, gets his flu vaccine.

For more information.
kplivewellbewell.org



wellness spotlight



Congratulations and Thank You for supporting the Kaiser Permanente Heart Walk Teams. We had 800 KP physicians, employees and loved ones participating in the 2014 American Heart Walk in Sacramento on Saturday, September 20. There was a sea of green as all participants wore their Kaiser Permanente green Heart Walk shirts

North Valley was represented by the following teams: live well be well North Valley, Kaiser PW, King and Queen of Hearts-Sacramento, Roseville King and Queen of Hearts, One Luv, and The Beat. Way to Go North Valley!

HEALTH FOR THE HOLIDAYS

What is Health for the Holidays?

Health for the Holidays is a fun, 8-week program that sends you a weekly email with tips, resources, and challenges to help you care for your **mind, body, and spirit**. Get support to maintain your weight and boost your sense of emotional well-being throughout the holiday season!

Visit kp.org/healthyworkforce today! Participants who complete the program and fill out the evaluation survey at the end will receive a reward.

Registration opens: Oct. 27, 2014

Program runs: Nov. 17, 2014 – Jan. 5, 2015

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 HealthMedia® Succeed™ 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.

Orzo and Grape Salad with Feta and Mint



Makes 6 servings
Active Time: 20 minutes
Total Time: 20 minutes

Per serving: 196 calories;
7 g fat; 5 g protein

This flavorful, healthy orzo pasta salad recipe is a bright, refreshing, and easy side dish. Great served warm, room temperature, or cold, this pasta salad recipe is also delicious when made with quinoa instead of orzo.

Ingredients

- 1 cup of orzo, preferably whole wheat
- 2 tablespoons of extra virgin olive oil
- 2 tablespoons of lemon juice
- ¼ teaspoon of salt
- ¼ teaspoon of freshly ground pepper
- 2 cups of quartered or halved seedless grapes
- ½ cup of crumbled feta cheese
- ¼ cup of chopped fresh mint
- 2 tablespoons of finely chopped red onion

Directions

1. Bring a large saucepan of water to a boil. Add orzo and cook until just tender, about 8 minutes. Drain in a colander and rinse with cold water until cool.
2. Meanwhile, whisk oil, lemon juice, salt, and pepper in a large bowl. Add grapes, feta, mint, onion, and the orzo. Toss to combine.