



A Word With Wellness November 2023

Challenge Starts Monday!

Have you registered for the 689 Moving Metro Healthy Eating challenge? If not, you have until November 20th!

This six week challenge will help you actively practice habits that will keep you mindful of your nutrition during the festive season and empower you to stride confidently into the new year. You still have time. Register today and start logging your habits!

Important dates:

- **Registration closes:** November 20th
- **Challenge end date:** December 17th
- **Last day to log activity:** December 20th

Click the image for more information and to register **today!**

If you have any questions, email wellness@tehw.org and a member of our team will respond to your inquiry!

**Turn Healthy Eating Intentions
Into Lifelong Habits**

Eating habits Food/beverage choices Exercise

Mindfulness Sleep

nourish
Sowing Seeds for Good Health

689 Members! This challenge is from November 6th to December 17th! Elevate and strengthen your eating habits. This transformative challenge will keep you mindful during the holiday season, setting the foundation for achieving your goals in the upcoming year. Register today and kickstart your journey!

Learn more at:
<https://689movingmetro.thenourishgarden.com>

© Health Enhancement Systems

Union Hall Biometric
Screening Event

Seize the day and crunch the numbers

Know your numbers

- ✓ No cost
- ✓ Available at your workplace
- ✓ Open to anyone 18 or older

We will be providing (non-fasting): Total Cholesterol, HDL, Glucose, Blood Pressure, Measured Height & Weight, BMI & Body Fat % screenings. Know your numbers at this on-site screening clinic, brought to you by Kaiser Permanente.

Date: 11/07/2023
Time: 5:00pm - 9:00pm
Location: 2701 Whitney Place, Forestville, MD 20747 (Union Hall)

Date: 11/08/2023
Time: 9:00am - 1:00pm
Location: 2701 Whitney Place, Forestville, MD 20747 (Union Hall)
Other information: To register click [HERE](#). Please reach out to Brandon Graves if you have any questions. Please bring your medical ID card to the on-site screening clinic.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii
• Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 5th Street, Renton, WA 98057

For more information, visit kp.org/prevention



ARE YOU READY TO TAKE TIME OUT FOR YOURSELF?

Your Bernalong Total Wellness Journey starts on October 23rd and ends on November 17th!

- 1 This Total Wellness Journey is meant to encompass different aspects that contribute to the entire well-being, leaving your mind, body, and spirit feeling renewed.
- 2 You can select from 1000's of classes that cover all areas of wellness. No matter where you are in your wellness journey, there is something for you on Bernalong. Take classes from wherever you want, whenever you want, within the Bernalong platform!
- 3 Any participant who completes 60 minutes during The Total Wellness Journey will be entered into a raffle for a \$25 Visa E-Card! There will be 5 winners. Take this time to invest in your wellness!

Log into your account on October 23rd to get started with your Total Wellness Journey!
If you have not registered, you can use the QR code or link below to create your FREE account!



bernalong

Join.bernalong.com/local689



We will be hosting two biometric screening events this month the the Union Hall! Check below for the dates and times and click the image for a closer look at what will be provided.

You can register for the screenings [here](#). However, walk-ups are welcomed and encouraged!

November 7th from 5:00 pm to 9:00 pm

November 8th from 9:00 am to 1:00 pm

Feel free to email wellness@tehw.org with any questions.

Total Wellness Journey Challenge

Get ready for a four-week challenge during open enrollment from October 23rd to November 17th! Eliminate the guess work of choosing which activities to participate in by using the activity calendar below. All you have to do is click the image, then click on the activity you want to participate in. It's that easy.

Your goal: 15 minutes of activity per week, just 60 minutes total. Five winners will earn a \$25 Visa E-card.

Click [here](#) for a step-by-step instructions on how to join the challenge and start logging your activity!

If you aren't already signed up for Buralong, click [here](#) to get active!

The screenshot displays the Buralong November 2023 calendar. The interface includes a header for the month, a grid of days from Sunday to Saturday, and a sidebar on the right with a 'November playlist' and a 'Monthly Challenge'. Each day's cell contains a numbered activity with a title, a heart icon, a brief description, and a duration. Some activities are marked with a star as 'Featured Partner'.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Nutrition Healthy Recipe 26 min	2 Cardio ★ Cardio, Dance 30 min	3 Women's Health ★ Educational 9 min	4 Strength Strength 24 min
5 Mindfulness Stress Management 2 min	6 Meditation ★ Mental Health 9 min	7 Yoga ★ Yoga 80 min	8 Nutrition Healthy Recipe 15 min	9 User Event 12 PM EST	10 Physical Therapy Chronic Pain 5 min	11 Strength Cardio, Strength 33 min
12 Financial Wellbeing ★ Educational 4 min	13 Meditation Mindfulness 7 min	14 Yoga ★ Yoga Sculpt 30 min	15 User Event 12 PM EST	16 Cardio Cardio, Dance 15 min	17 Arthritis Physical Therapy 2 min	18 Strength Educational 7 min
19 Financial Wellbeing Educational 7 min	20 Meditation Mindfulness 14 min	21 Yoga ★ Chair Yoga 8 min	22 Nutrition Healthy Recipe 2 min	23 Cardio Cardio 41 min	24 Diabetes Educational 6 min	25 Strength ★ Arms, Abs, Dance 23 min
26 Breathing Stress Management 8 min	27 Meditation Stretch & Restore 16 min	28 Pilates ★ Glutes 11 min	29 Nutrition Healthy Recipe 11 min	30 User Event 12 PM EST	1 Chronic Pain Educational 13 min	2 Strength ★ Arms, Abs 57 min

November playlist
This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time!
[VIEW THE PLAYLIST](#)

Monthly Challenge
Engage in a meditation/reflection program that primes your mindset for the upcoming holidays and the fresh start of the new year.

Featured Partner

Health Observances



November is National Diabetes Month

Did you know more than 37 million Americans have diabetes (about 1 in 10), and approximately 90–95% of them have [type 2 diabetes](#)?

This National Diabetes Month take steps to manage diabetes and prevent diabetes-related health problems with the following tips from the [National Institute of Diabetes and Digestive and Kidney Diseases](#) (NIDDK):

- Take small steps toward healthy lifestyle habits
- Reach or maintain a healthy weight
- Maintain your blood glucose, blood pressure, and cholesterol levels
- Take care of your mental health: find healthy ways to cope with stress
- Take medicines as prescribed even if you feel good
- Schedule and attend regular check-ups with your physicians

For more information about diabetes and how to prevent it check below:

- [CareFirst Diabetes Education](#)
- [CareFirst Diabetes Awareness](#)

How Are You?

If you or someone you know is struggling with their mental health or needs help, contact your medical providers to be connected to a mental health professional:

CareFirst: 1-800-245-7013

Kaiser Permanente: 1-866-530-8778 or 1-800-777-7904 for urgent care

You can also contact the Suicide and Crisis Hotline by dialing 988 (call or text)



Throughout the rest of this year, all WMATA employees, spouses, or anyone living in the household is eligible for **3 free EAP sessions** through CareFirst regardless of the health plan you are enrolled in. Click the flyer for more information.

Log in to the EAP website at carefirst.lifeworks.com or download the free Lifeworks mobile app.

Username: CareFirstEAP
Password: eap

You can also reach an EAP advisor 24/7 by calling **1-866-408-2755**.



Employee Assistance Program

When personal issues arise, as they naturally do for many of us, CareFirst's Employee Assistance Program (EAP) is here when you need it. Powered by LifeWorks®, a leading EAP provider and pioneer in the well-being industry, our program is designed to provide the mental, physical, social or financial support you need to bounce back from life's ups and downs.

More importantly, you and your eligible household members can use the EAP at no cost.

Get help to be your best at home and work

Our EAP provides the support you need to overcome whatever life throws at you:

- Emotional Support—Anxiety, bereavement, depression, personal relationships, sleep management and stress.
- Everyday Support—Elder and childcare matching, financial support, legal services, relocation, and more.



Access help 24/7 online or through the free LifeWorks mobile app.

* LifeWorks (US) LLC is an independent company that provides employee assistance program (EAP) services to CareFirst members. LifeWorks does not provide Business BlueShield products or services and is solely responsible for the EAP services it offers.

Resources and News You Can Use



2024 OPEN ENROLLMENT

For Active/Retired Members of ATU Local 689

**Date: October 23rd -
November 17th, 2023**

The chance to change your medical/dental plans and enroll in supplemental life insurance is approaching!

*Benefit changes will go into effect starting January 1, 2024.

☎ 301-568-2294
✉ info@tehw.org

For more information visit
www.tehw.org



Members will receive the following prior to open enrollment:

- 2024 Enrollment Guide
- 2024 Summary of Benefits with Enrollment Rates
- Statement of Current Benefits

For Open Enrollment updates, Scan the QR Code!



Open Enrollment will be from October 23rd to November 17th, 2023. All approved changes will be effective January 1st, 2024. Opt-Out forms must be completed every Open Enrollment to avoid being enrolled in coverage. Opt-Out forms must be submitted with proof of other insurance (non-Metro) and a copy of your WMATA ID. Click the image to learn more.

Did you know that according to the National Institute for Occupational Safety and Health (NIOSH), nearly 2000 workers in the United States require medical treatment for on the job eye injuries every day?

Have you ordered your prescription safety glasses?
You are able to order one pair per year.

All you need is your current prescription along with your pupil distance.

Find out how to place an order [here](#).



Wellness Site Visit Calendar



WELLNESS PROGRAM SITE VISIT CALENDAR - NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Southern Avenue 10 am-3 pm New Carrollton Rail Yard 10 am-3 pm	2 Western Bus 10 am-3 pm	3 Brentwood Rail 10 am-3 pm	4
5	6	7 Union Hall : Health Screenings 5 pm-9 pm	8 Union Hall: Health Screenings 9 am-1 pm	9 Bladensburg Bus 10 am-3 pm Dulles Rail Yard 9:30 am-3 pm	10	11
12	13	14 Branch Avenue Rail 9 am-4 pm Montgomery Bus 10 am-3 pm	15 Four Mile Run 9 am-3 pm Greenbelt 5&I 10 am-3 pm	16 Carmen Turner Facility 8:30 am-2:30 pm Shady Grove Ops 10 am-3 pm	17	18
19	20	21	22	23	24	25
26	27	28 West Falls Church 10 am-3 pm Telegraph Rd 10 am-3 pm	29	30 Alexandria Rail Yard 10 am-3 pm Hyattsville Call Center 10 am-3 pm		

The Wellness Team is coming your way! Click the calendar for a closer look at our November site visit calendar. We will be on site to help you join our challenges, distribute health education materials, answer questions about Open Enrollment, and to give away free wellness items. We'll meet you in the break room!

[Visit our Website](#)

Have questions or need assistance?

Email:

wellness@tehw.org

689 Moving Metro | 2701 Whitney Place, Forestville, MD 20747

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