Complete a Health Assessment and Win an iPad
Way to go, OU employees! Healthy Sooners had record-breaking participation at the recent on-campus health screenings during Staff Appreciation Week. Over 1500 employees were automatically entered in a drawing for an iPad or iPad Mini when they got their health screening. Miss the health screenings, but still want a chance to win? Complete your online Health Assessment by May 17 to be automatically entered in the drawing. Click here to log in (www.bcbsok.com/ou/) and find “Well onTarget” or “Health Assessment” in the Quick Links to the right. Employees are entered in the drawing only once. Winners will be announced by June 7.

You can take the Health Assessment every six months to track your wellness progress. Already did your assessment but still want a chance to win a prize? No problem. Anyone who completed the assessment between January 1 and May 17, 2013, will be entered in the drawing. Click here for more information about how to access Well onTarget and the Health Assessment (http://healthysooners.ouhsc.edu/rewards/default.aspx).

Pay No Enrollment Fee to Join the BlueCross Fitness Program in May
Celebrate National Fitness Month by becoming a member of the fitness program. You’ll have unlimited access to a nationwide network of more than 8,000 participating fitness centers.
The Fitness Program also offers:
- Easy enrollment with no long-term contracts. Pay only $25 per member per month.
- Automatic monthly payment withdrawal
- Online tracking
Join by May 31, 2013, and the $25 enrollment fee will be waived. Log in to BlueAccess for Members (www.bcbsok.com/ou/) and click Fitness Program in the Quick Links section or call 888-762-BLUE.

Lunch-And-Learn Webinars
Wellness Knowledge at Your Desk
1) Make it Your Mission to Fight Heart Disease – You can start by joining us online at this lunch-and-learn webinar, Heart Healthy, on May 9 at 11:30am. This webinar explores preventive measures and healthy lifestyle changes designed to lower the risk of developing heart disease or minimize its impact. Click here to register (https://apps.hr.ou.edu/ClassCalendar/ClassDetails.aspx?wid=11082&rk=Q19487522EC10).
2) From New Mom to Working Mom – Join us at this online workshop for tips on being a working parent on May 15 at 11:30am. We’ll explore ways to balance work and home life and talk about issues related to separation, transitions, and feelings like guilt and stress. Not just for moms – men also have significant influence on being successful working parents. Tune in to learn useful tips about this transition. Click here to register (https://apps.hr.ou.edu/ClassCalendar/ClassDetails.aspx?wid=11096&rk=J57C06A43BEE0).
Questions?
Contact Breion Rollins in OU Healthy Sooners at brollins@ouhsc.edu. The mission of Healthy Sooners is to foster a supportive culture of physical and mental well-being, which inspires employees to make healthy personal and professional lifestyle choices.
Website: http://healthysooners.ouhsc.edu.
Facebook: (http://www.facebook.com/healthysooners)
Newsletter: (http://healthysooners.ouhsc.edu/news/newsletters/default.aspx)
Twitter: (https://twitter.com/HealthySooners)

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