

## Wellness Resources for a Healthier You

This time of year charge conference and budget preparations are well underway. One of those line items that churches are dealing with is the pastor's health insurance. Most of us have issues with how much that figure is and have questions and grumblings. The number one reason that our health insurance premiums are higher than average is that many of our members have chronic and/or acute health conditions.

Within the participants of our conference health insurance; 48% of us have chronic and/or acute health conditions. Within Wellmark's other consumer groups, only 20% of those participants have chronic and/or acute health conditions. We have more people who are dealing with chronic health conditions on a daily basis. While some people can keep their conditions stable with good health habits and management tools, they still have those conditions.

The question that both the Insurance committee and Wellmark keep asking: What will help the remaining 52% of our group maintain their health status and help the others keep their chronic conditions stable? Wellmark has several Wellness tools to assist our members in "improving and maintaining their health status", the same goals as the Conference Wellness Program. Go to [wellmark.com](http://wellmark.com) and complete the registration. After registering, click on the sidebar: **Health and Wellness**. You will find several tools that are *already included in your benefit package*. Please take time to explore these tools.

Personal Health Assessment Tool: You may think that you know what you need to change, but you will also discover what you are doing right. This assessment also will help you set goals in the areas you want to improve.

Community Wellness Calendar: Organized regionally across the state, this lists various events located in various communities and can include community health screenings, physical activity events, and nutrition classes/support groups. Types of events listed vary by region.

Community Resource Guide: This lists alphabetically by town and by category different facilities/resources in the areas of physical activity, nutrition, prevention, and stress management/massage therapy.

Walking Works: Walking is the most accessible physical activity. This is Wellmark's version of a walking program. It includes a documentation booklet, helpful hints and ordering information regarding pedometers.

Healthy Living by WebMD: An online program of helpful articles, tips, and information to assist you in your health journey. It uses reliable and credible sources.

The publication "Blue": Each participant of our insurance program receives this in the mail every quarter. It contains articles relating to wellness, healthy tips/practices and information about how to access your benefits.

*"Show me how you work, God; school me in your ways. Take me by the hand; lead me down the path of truth. God corrects the misdirected, sends them in the right direction" (Psalm 4-5, 8 The Message)*

While our ministry personnel have several tools to help them with their health habits and status, often what is lacking is a supportive environment, easily accessible facilities, and personal motivation. Each person needs to evaluate both the barriers and supports of their personal wellness journey. I am available to help people explore options. Please e-mail me at [bktritle@msn.com](mailto:bktritle@msn.com) and let me know how I can be of further assistance.

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District news Oct 2010