



Northern Michigan University Wildcat Wellness Connection

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The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.

Questions and Comments

**Please feel free to
contact the Employee
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INSIDE THIS ISSUE:

Blue Cross & Blue
Shield Online Wellness

Engagement, Health
Assessment and
Chronic Management

Healthy Hot Chocolate

Upcoming Events

Blue Cross & Blue Shield Benefits

Blue Cross and Blue Shield of Michigan provides health insurance coverage for many NMU employees. While many of us are aware of general coverage guidelines from past use experiences, there is more to be learned about the numerous benefits that Blue Cross and Blue Shield has to offer. From access to an Engagement Center, numerous online wellness resources, health assessments and chronic health management, information regarding these services will be discussed in detail.

Online Wellness Resources

Interested in 24-hour access to address personal concerns regarding wellness? Blue Cross and Blue Shield offers a variety of online resources through an affiliation with WebMD. Online wellness resources include:

- [Symptom Checker](#): An interactive tool to help navigate symptoms.
- [Personal Health Assistant](#): Based on a personalized assessment, programs are available to tackle common health concerns such as managing stress, healthy eating, exercise, weight loss, tobacco cessation and mood improvement.
- [Pregnancy Assistant](#): This resource contains numerous articles and support for those who are pregnant or looking to become pregnant.
- [Health Record Storage](#): This private and secure location allows for one central location to store important health information.
- [WebMD Health Topics and Videos](#): Access to numerous health topics and videos to become more educated regarding your specific concerns.
- [Message Board](#): Become connected with those facing similar health concerns or questions on these professionally monitored message boards.
 - Visit bcbsm.com to learn more!

Engagement Center

Need help navigating all the available services of Blue Cross and Blue Shield? The Engagement Center is a valuable resource to members. A simple phone call can help you gain information regarding:

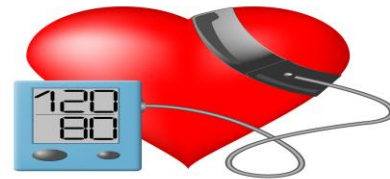
- Network Health Care Providers
- Available Program Discounts
- Program Incentive Requirements
- Assistance with Online Resources

Call 1-800-775-BLUE (2583)

Health Assessment

Did you know that Blue Cross and Blue Shield members have access to receive an online health assessment? This interactive platform, powered by WebMD, uses question prompts to gather information regarding specific health risks and concerns. This assessment takes approximately 10 minutes to complete and looks at numerous areas ranging from diet, exercise, sleep, family history and lifestyle influences. This information is then correlated with available resources through Blue Cross and Blue Shield based on your specific needs. To receive an even more comprehensive health assessment, have this information handy:

- Blood pressure
- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Blood Sugar
- Height, Weight & Waist Measurements



Head to bcbsm.com to learn more

Chronic Health Management

Do you have a chronic condition such as diabetes, chronic obstructive pulmonary disease, coronary artery disease, heart failure or asthma? Then you may be eligible for numerous services offered by Blue Cross and Blue Shield to help you better manage your complex health concerns. The overall goal of these services is to provide you with the skills and knowledge to better manage your chronic condition. Education, treatment plans and supportive guidance are just a few of the services that would be available for you.

Head to bcbsm.com to learn more



Ingredients

- 1 cup, plus 1-2 tablespoons milk of choice
- 2 rounded teaspoons unsweetened cocoa powder
- 1 teaspoon raw sugar (or sweetener of choice)
- ¼ teaspoon vanilla extract
- cinnamon, optional

How to Make It

1. Place milk in a small pot over medium low heat.
2. Meanwhile, place cocoa powder, sugar, and extra tablespoon of milk in a small bowl. Whisk until a paste/thick mixture forms and powder is absorbed. Add additional tablespoon of milk, if needed.
3. Whisk cocoa mixture into milk mixture. Heat till hot but not boiling. Stir in vanilla extract.
4. Pour into a mug and sprinkle with cinnamon, if using.
5. Serve and enjoy once the drink is cool enough to safely drink.

Retrieved from thechiclife.com

Cups of hot chocolate are a staple for many as the weather becomes colder and evenings around the fireplace become more frequent. However, when comparing nutritional facts, not all hot chocolate is created equal. Many cups of this delightful drink can be packed full of unknown ingredients when we reach for a premade packet. Using the simple 4 ingredient recipe above is a great way to ensure the quality of ingredients that we are putting into our bodies, giving us both peace of mind and seasonal satisfaction.



Hot Chocolate Packets

Your average hot chocolate packets contains

17

ingredients including:

Artificial Flavors
Vegetable Oil
Corn Syrup
Guar Gum
Cellulose Gum

Upcoming Events

- **Question, Persuade and Refer (QPR) Training for Suicide Prevention**
 - **Thursday, January 11**
 - **Email update to follow regarding RSVP for Event**
- **Be sure to check out <http://www.marquette365.com/> for upcoming local events**

Stay up to date with future programs by liking our Facebook page: or by going onto our website:

<https://www.facebook.com/NMU-Employee-Wellness-109968062427048/timeline/>

<http://www.nmu.edu/wellness/>

References

Blue Cross and Blue Shield. (2017). Retrieved November 1, 2017.

The Chic Life. (2017). Retrieved November 14, 2017.

Email wellness@nmu.edu for further information regarding Blue Cross and Blue Shield Benefits.

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CHECK OUT:
www.nmu.edu/wellness