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WELLBEING AT WORK

We spend a great deal of time at work, so it is in our best interest to make sure our environment and how we set ourselves up for the work day put us in our best place to be there. Workplace stress happens, which makes how we react to it so important. Stress can be a good thing and help us meet deadlines, but too much stress and not enough balance can create havoc. In order to make sure balance is in our favor, concentrate on some small things: clear communication with coworkers and supervisors as well as in the classrooms, prioritize tasks during the day, focus on the positive, adjust your standards and be realistic with goals. Stress is going to happen and the way we manage it can create more chaos or help us to be more resilient!

“There is no such thing as work-life balance, it is all life. The balance has to be within you.”
-Sadhguru

IN THIS ISSUE

- Resources for mental health
- Embrace Your Path Wellness
- Financial Series course
- Calm App
- Highmark Corner-Virtual Health Visits and how to set up

Improve your wellbeing at work



Tips for Wellbeing at Work

- Focus on self care
- Practice mindfulness
- Learn to say no
- Seek support from mental health avenues such as the Calm app, your work EAP or online mental health support through your insurance
- Connect with colleagues
- Organize yourself the day prior (such as setting out clothes for the next day and packing a lunch)
- Take a break when you can-go for a short walk, stretch or just take some breaths
- Create a work free lunch
- Set Boundaries

RESOURCES FOR MENTAL HEALTH

Calm App



Highmark
Behavioral
Health, click the
QR code below



Download the health advocate app for faster inputting of your points. Good for apple or android!



Health AdvocateSM
Health & Fitness

Money and Relationships financial course

Wednesday,
September 17
4:45-6 PM

To register, click
here:

[Money and Relationships](#)



25-26 Embrace Your Path

We have added some new activities for points this year-Thrive virtual physical Therapy, Bloom pelvic health, Home safety actions, as well as EAP registration and EAP webinars or workshops.

On the slate this year is a financial educational series in September, October and November. We will also have our Cooking with Carnie Series and will offer a men's only health course in November.

Please make sure you fill out your platinum form and email it to me.

To get started click [Healthadvocate](#) and if you are registering for the first time, use this code: 6SFUWLW



Wellbeing at Work

Have you taken a quick break between your work tasks today?

It's easy to keep tackling the next thing on your to-do list and race to the finish line, but we all need breathing room throughout the workday. Calm has curated a diverse set of mindfulness resources to help you relieve stress and prevent burnout.

Check out their For Work Collection below and try something new today:

- Moments that Matter
 - When facing a tough moment at work, try this guided series to access actionable strategies for resolving the situation.
- Settle Down by Single-Tasking
 - Try the single-tasking concept to be more focused and efficient throughout the workday while you reduce feelings of overwhelm.
- Silk: Music for Focus
 - Stay mindfully productive at work with this three-part soundtrack created by DJ Bklava.
- People Pleasing
 - Shift from your people-pleasing behavior and respond to work situations that genuinely align with your core values.

Sign up for the free Premium Calm app by scanning the QR code:



Get care quickly with Well360 Virtual Health



Save time and get care — wherever it's convenient for you. With virtual visits, you can see a provider for symptoms and conditions that can be treated from home. You can even have prescriptions and refills sent to your preferred pharmacy.*

You also have virtual access to:



Behavioral health

Get the care you need to feel your best. Meet with a therapist or psychiatrist for services like talk therapy and medication management.



Primary care

Find a PCP for all your primary care needs. They can manage your prescriptions, schedule bloodwork, and give specialist referrals.



Dermatology

Submit your hair, skin, and nail concerns to a dermatologist. They'll follow up with a diagnosis and treatment plan.



Urgent care

Doctors are available 24/7 to treat minor injuries and ailments like colds, flu, sprains, ear pain, and more.



Women's health

See providers for medical and behavioral health concerns specific to women, like pregnancy and lactation, postpartum support, and menopause.



Because Life.™

More information on how to get care will be coming at the start of your plan year.

Step by Step instructions for Well360 Virtual Care



Login to myhighmark.com

If you do not already have a login, you will need to create one, please have your insurance card with you to do this.

1. Click on Get Care
2. Schedule a Virtual Visit
3. Click on Get Virtual Care
4. Set up New Visit
5. Enter location for the visit and hit continue
6. Select who the visit is for, either yourself or you can add your child.
7. If your child is over the age of 18, they must create their own Highmark account in order to schedule a Virtual visit for themselves.
8. Select appropriate care category-Urgent care, behavioral health, women's health, dermatologist or primary care!