



# JSC Wellness Program



[? HELP / FAQ](#)

## ***Welcome to our program!***

We have many exciting activities being offered this year. Our website continues to be updated with improvements to support the unique needs of JSC. We are participating in the Mayo Clinic's Embody Health Program. We are using the Exploration Wellness and Mayo Clinic Embody Health websites to add more products and services.

For those who would like to learn more, please continue to the following pages.

For those who would like to skip ahead to your Health Assessment:

- Register at the Mayo Clinic website via Exploration Wellness
  - Click on any Mayo Clinic link at the Exploration Wellness homepage
  - To complete your registration at the Mayo Clinic website you will need to enter a Unique ID

**Mayo Clinic Unique ID: [healthiernasa](#)**

- Also see any [? HELP / FAQ](#) link for detailed instructions



[Starport Partners:](#) *Fitness Center fee waived when you complete your Health Assessment*



# JSC Wellness Program

## Our JSC Wellness Charter

*Improve our member's health and morale by assessing health needs, developing and facilitating self-health goals, promoting prevention-focused healthy behaviors, and providing health education programs.*

## Our JSC Wellness Program

The JSC Wellness Program focuses on the core disciplines of Fitness, Nutrition, Stress Management, and Behavior Change. We have also developed an Awareness & Education Program which features many different wellness classes. Whether you are already working out in our Fitness Center, or you are just curious to know more, take a look through our website to see what the program has to offer.

The three functional areas of our program include:

1. **Prevention & Health:** catch it before it catches you!
2. **Healthy Activities:** stay active, stay involved, and stay healthy.
3. **Awareness & Education:** learn more about what a healthy lifestyle can do for you and your family.



# Wellness Focus Areas

## 1. Prevention & Health

The Health Assessment, physical examinations, clinic activities, and general wellness events are all important. Many health complications can be avoided simply by knowing your current health status. Find out what state of health you're in by taking the Health Assessment. See your doctor for a preventative annual physical and follow up with their recommendations. We'll help you to stay on track with our Wellness Program events and activities.

## 2. Healthy Activities

Don't miss out on the fun! Our program offers many terrific ways to get up, get out, and get healthy. Fitness First! Fitness has a proven positive impact on your health status. This can be achieved at the Starport Fitness Center in the weight room, group exercise classes, and health related activities. Don't miss the Health Related Fitness Program (HRFP) where fitness is designed just for you. We will be offering our Nutrition Intervention Program (NIP) with classes that teach you how to eat healthy. We've increased our Stress Management discipline and encourage our members to speak with a specialist, or call the Employee Assistance Program (EAP) for one-on-one care. Our Behavioral Change Program will be featuring the Just Loose It class and smoking cessation. Come have a free consultation with a specialists in any or all of our wellness disciplines.



# Wellness Focus Areas

## 3. Awareness & Education (A&E)

For those of you who aren't sure what health and wellness is all about, this is a great place to start. We'll be bringing information right to your desktops, your buildings, and your teams through our A&E Program. Our new wellness website will feature a list of classes for each program year. Whether you're busy juggling too many meetings, or are trying to balance work and home, this may be the focus area for you!



***Health literacy is a top priority of our US Surgeon General.***

Many people do not understand the impacts of poor health. This may be because their medical providers use language that is too technical, or they simply are not exposed to reliable medical information in a timely manner. We will be providing fun activities to promote health, and a variety of health education events to increase your awareness of health and wellness.



# Employee Rewards Program

## Employee Rewards Program

What Wellness Program would be complete without a little incentive?! The Employee Rewards Program includes many activities. Don't miss the chance to get healthy and earn extra Starport bucks as well! Remember, that free massage is only a few points away.....!

The Employee Rewards Program is being managed at the Mayo Clinic website. Click on any Mayo Clinic link at the Exploration Wellness homepage and log in. The Rewards Program link is a large green button located at your Mayo homepage. Self Reported points, such as you annual physical, immunizations, wellness walks, wellness classes, Safety & Health Day, etc. can be added at any time during the calendar year.



## Challenges

There are several Challenges this year. Try one, try them all! These are designed to help you stay on track and have some fun. You will receive points for completion of these challenges. Details of each challenge will be posted at the Exploration Wellness Rewards link and on the Annual Calendar.

## Other Online Activities

Additional online activities are can be done at any time during the calendar year and can generate points toward your reward goal. This allows people to set up a program based on their time availability. The online activities are provided through the Mayo Clinic website which can be accessed via Exploration Wellness.