



# Wellness Newsletter



## 2022 Wellness Program Is Here!

Our 2022 Wellness Program officially launches on February 1, 2022. All Charger Fit participants should have received an email from Gilsbar explaining in detail the wellness program for 2022. This year's program will run from February 1, 2022, through October 31, 2022. There will be several ways for you to earn points to reach the \$50 and \$100 incentives at the end of the year. This year we also added a new incentive! When you complete the mandatory biometric screening, you will receive a \$50 gift card mailed directly to your home. Biometric screening is a very important aspect of a person's overall health because it allows individuals to determine the risk level for certain diseases and medical conditions. Knowing the risk levels earlier can help get preventative measures in place to keep you healthy. For questions regarding the 2022 wellness program, please email [ChargerFit@uah.edu](mailto:ChargerFit@uah.edu). Let's continue to recharge in 2022!!

## UAH Health and Wellness Fair

February is Black History Month and in honor of Black History, UAH's benefits department is partnering with the Office of Diversity, Equity, and Inclusion (ODEI) to host a wellness fair. The Health and Wellness Fair is open to all Faculty, Staff, and Students. The purpose of this fair is to give individuals key health-related information that affects the African American culture such as high blood pressure, diabetes, and obesity. According to the Center for Disease Control (CDC), African Americans ages 18 -49 are two times more likely to die from heart and 50 percent of African Americans ages 35-64 are more likely to have high blood pressure than other races or nationalities. Those numbers are alarming! Join us on February 23, 2022, from 11:00 am - 2:00 pm in the Conference Training Center (CTC) Exhibit Hall to learn more and win some awesome prizes. Also, make sure to stop by the UAH Benefits table and earn **30 wellness incentive points** for participating in the fair.



## FEBRUARY 2022 UPCOMING EVENTS

Healthy Heart Challenge  
FEBRUARY 1-14

National Wear Red Day:  
**Please wear red on campus**  
FEBRUARY 4

President's Day  
FEBRUARY 21

UAH Health & Wellness  
Fair  
FEBRUARY 23



## CONTACT US

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@UAHChargerFit



## American Heart Month: "It's Time For A Heart To Heart"

Did you know, heart disease is a common term for coronary artery disease (CAD)? It is the number one cause of death in both men and women over the age of 60 in the United States. Heart disease is caused by atherosclerosis: a buildup of plaque in the inner walls of the arteries that narrows slows or blocks the flow of blood to the heart. Controllable risk factors for heart disease include the following: **high blood pressure, Inflammation, high LDL cholesterol, type 2 diabetes, smoking, being overweight or obese, lack of physical activity, and using illegal drugs.** The symptoms you experience depend on the type and severity of your heart condition. Common signs and symptoms of heart disease include the following: shortness of breath, dizziness, chest pain or discomfort, heart palpitations, and weakness or fatigue. Call your health care provider if you begin to have new symptoms or if they become more frequent or severe. The American Heart Association recommends check-ups annually that include blood pressure tests at least once every 2 years starting by age 20, along with blood cholesterol tests at least once every 2 to 6 years starting by age 20.

To learn more about heart disease, visit:  
<https://www.cdc.gov/heartdisease/index.htm>

Source: Willis Towers Watson



## Gilsbar's "Healthy Heart Diet Challenge"

It is time for Gilsbar's first challenge of the year, The Healthy Heart Diet Challenge! The goal of the Healthy Heart Diet is to focus on incorporating foods into your diet that are beneficial to your heart health. For example, you'll be asked to watch your sodium intake and cholesterol intake, and decrease your sugar consumption. A healthy heart equals a long, happy life! Registration begins February 1st - February 14th. You can enroll through mygilsbar via the Wellness Challenges tile. The challenge will begin on February 15, 2022, and end on March 16, 2022. Participate in the daily activity to earn up to **30 points**.

\*Points will be awarded in 5-point increments.\*



## Mental Health and Your Heart

Your heart and brain are intertwined. Your brain uses about 20% of the oxygen and blood flow in your body. Anything that damages your blood vessels or impairs blood flow to your heart hurts your brain, which means taking care of your heart and blood vessels is critical for your brain health and mental wellbeing. Try these ways to enhance the brain-heart connection to stay healthier and happier:

- Partake in daily moderate exercise, such as walking or strength training
- Stress less: practices like meditation and gentle yoga can enable you to do more and ease stress

## February TIAA Webinars:

- 4th Quarter 2021 Investment Perspectives and Performance Review  
February 3, 2022, at 2 p.m. (ET)  
[Register Now](#)
- Be the Change: Inclusive Language for the Latinx Community  
February 17, 2022, at 2 p.m. (ET)  
[Register Now](#)
- The New Nest Egg: Why an HSA is a key component to a retirement savings strategy  
February 24, 2022, at 1 p.m. (ET)  
[Register Now](#)

For a complete list of TIAA sponsored webinars, please click [here](#).

