



# wellness & safety



Schools Insurance Authority

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*Spotlight On...*

## The Golden Carrot program helps put health and wellness ideas in motion

### Sacramento City staff gathers for fitness boot camp

Dedicated and motivated staff from Sacramento City USD recently gathered for regular fitness boot camp sessions, meeting twice weekly at the district office to take part in a variety of exercises led by professional trainer Rose Zahnn. At the conclusion of the program, the boot campers enjoyed better health and a sense of accomplishment. And, of course, it was fun!

District Superintendent Jose Banda joined the staffers on their final day to celebrate their accomplishments and to express his full support for wellness and fitness.

### Rescue hits the trail for health

Rescue Union SD staff took advantage of a beautiful day last spring to enjoy a hike. The group met after work at the David Moore Nature Center and enjoyed the lovely surroundings while having a great time together. Well done, Rescue, for setting a fine example of team-building while encouraging wellness!



*Photo at top: Boot campers celebrate the completion of their year-long program.*



*Photo at left: Rescue Union SD staff enjoy some team-building on the nature trail.*

### Welcome Kings Canyon Unified

SIA welcomes our newest member district, Kings Canyon Unified SD, located near the city of Reedley in the Central Valley. Kings Canyon serves a 600-square-mile area, geographically one of the largest districts in California. More than a thousand staff members serve nearly 10,000 students in preschool through grade 12.

SIA is a joint powers authority and not-for-profit public entity that self-funds and self-administers workers' compensation, liability and property programs for its member districts.

### Golden Carrot supports employee well-being

Both districts have taken advantage of SIA's Golden Carrot program, which supports employee health and wellness activities. While Golden Carrot funded Sacramento City's exercise program, Rescue's hike is a great example of an activity that doesn't require funding. For more information about the Golden Carrot program, visit the SIA website or ask a district SIA Wellness representative.



- EAP provides a path to peace of mind
- Wellness tools are a click away

## EAP benefits provide a path to better productivity and peace of mind

**B**ecause personal and work-related matters can, at times, preoccupy thoughts during the work day and compromise the ability to concentrate on the simplest of tasks, Employee Assistance Program (EAP) services provided by the Managed Health Network (MHN) offer tools to help. EAP professionals are there to help members identify and deal with personal or job-related problems, develop action plans, and learn about appropriate resources. And the results of effective problem management are easy to recognize through better focus, more productivity on the job, and a clearer path to achieving personal and professional goals.



EAP member services provide a wealth of resources dedicated to restoring a well-balanced life, including emotional well-being, physical health and wellness, and guidance for members and their families. Some facts about EAP:

- **EAP is easy to use and is paid for by the employer.**
- **There are no co-payments, co-insurance fees or deductibles.** MHN counselors don't charge for any services covered by EAP.
- **All services are confidential.** MHN will only release information as required or permitted by law.
- **MHN can be contacted at (800) 227-1060** seven days a week, 24 hours a day (identify specific issues when calling).

◊ **Face-to-face counseling,** telephone counseling and counseling by web video are available.

◊ **Specify the EAP benefits needed because of (select one):** stress, anxiety, depression, substance abuse, family/couples issues, adolescent-/child-related problems, legal/financial difficulties, child care/daily living/elder care issues, or identity theft matters.

◊ **Determine appointment availability** before calling and an appointment will be made for you.

### Districts participating in SIA's EAP:

EDCOE  
 Folsom Cordova USD  
 Galt Joint Elementary SD  
 Galt High SD  
 Hayward USD  
 Latrobe SD  
 Natomas USD  
 Natomas Charter  
 Placerville Union SD  
 Rescue Union SD  
 River Delta USD  
 Robla SD  
 Sacramento City USD  
 SCOE

### Online wellness resources

**T**he EAP wellness center offers all types of assessments, programs and tools to help members achieve health and wellness goals. Once registered, access *My Plans* to assess health issues and develop plans to get fit, eat right, manage stress or stop smoking. Interactive programs help users track progress and stay motivated every step of the way. Just browsing? The *Resources* section has a library of healthy recipes, calculators for fitness and health, and an easy-to-use symptom checker.

### Personalized wellness coaching

Wellness coaching services offer extra support when life-changing help is needed. It helps with planning, then offers the support, resources and accountability needed to succeed. Certified coaches can help with all types of health issues, including:

- Weight management
- Smoking cessation
- Fitness and exercise
- Stress management
- Overall lifestyle improvement
- Lifestyle support for chronic conditions such as asthma, diabetes and cardiovascular disease

To enroll in the wellness coaching program, contact MHN at (800) 227-1060. For TTY/TDD callers, call 1-800-526-7014, Monday through Friday, 7 a.m. to 7 p.m. Pacific time. At all other times, call 1-800-327-0801. An initial goal-setting consultation with a coach will be arranged; this phone call usually lasts about 45-60 minutes.

Visit the MHN website at [www.mhn.com](http://www.mhn.com) to access the resources.

## Supplements and prescription drugs – what you should know

Michele Mariscal, Prevention Specialist

There are some important things to consider with prescription medications, such as common drug-induced vitamin and mineral deficiencies as a result of taking any of the following:

Prescription Drug	Possible Vitamin Deficiency
Metformin (for Type 2 diabetes)	Vitamin B12
Cholesterol-lowering	CoQ10
Thiazide diuretics (for high blood pressure)	Potassium and Magnesium
Omeprazole (and other proton pump inhibitors that treat acid reflux, GERD)	Vitamin B12, Magnesium, Calcium

When choosing supplements, look for the U.S. Pharmacopeial Convention verification program notation (USP). The USP is a scientific nonprofit organization that sets standards for the identity, strength, quality and purity of medicines, food ingredients and dietary supplements manufactured, distributed and consumed worldwide. USP's drug standards are enforceable in the United States by the Food and Drug Administration, and these standards are used in more than 140 countries.

A supplement that successfully meets USP's rigorous testing and auditing criteria receives the USP-verified mark. When you see the mark, it means the supplement:

- Contains the ingredients listed on the label, in the declared strength and in the listed amounts.
- Does not contain harmful levels of specified contaminants.
- Is made according to FDA and USP good manufacturing practices, using sanitary and well-controlled processes.

See [www.USP.org](http://www.USP.org) for more information.

It's also important to remember that any self-prescribed herbs and supplements may have interactions with prescription drugs. Some may enhance the effects of the drugs and some may suppress them. It's always best to communicate with all practitioners about any drugs or supplements so that there's a coordinated plan for care and optimal health.

Source: Amanda H. Corbett, PharmD, Clinical Associate Professor, Eshelman School of Pharmacy and School of Medicine, University of North Carolina at Chapel Hill



### WeTip: Renew the message and schedule a presentation

The new school year is under way and now's the time to promote the WeTip program on campuses. The WeTip crime-reporting hotline is a free service to all SIA members and provides an effective tool for the anonymous reporting of information about school crimes.

Students and staff can call the WeTip hotline with the confidence that their identities are safe. This can be especially important for students who fear retaliation. There's no tracing of calls or any way to identify callers. And for the most valuable crime information, a reward of up to \$1,000 per crime is offered. A system also has been established to pay any rewards anonymously. The hotline is available 24 hours a day, 365 days a year.

Numerous materials are available to help promote the program, including wallet cards, posters and brochures, and each district has a program liaison. All are encouraged to contact that individual to request materials, arrange program presentations and to learn more about the program in general. For liaison contacts or general information, contact Teresa Franco at [tfranco@sia-jpa.org](mailto:tfranco@sia-jpa.org) or 916-364-1281, ext. 1256.





- Attend Safetyville's annual Halloween Haunt

## Calling all volunteers to Safetyville, USA

Safetyville, USA, a part of the Sacramento community for 32 years, is looking for volunteers. Each year, Safetyville conducts approximately 300 child-oriented guided tours that are designed to teach valuable safety and health lessons. Now, volunteer guides are needed to lead pre-schoolers through second-graders on the interactive tours.

*"I originally volunteered at Safetyville to get more experience working with children. Seeing faces light up while you pass on safety tips, and even learning safety skills myself, is so rewarding. It's now six years later and I can't leave the 'Safetyville family'. I still step up and share my time whenever needed."*

— Doug, teacher

There are many volunteer opportunities at Safetyville's community gatherings, which include Bike Nights, Halloween Haunts, Taste of the Little City events and Family Days. And for those organizations that like to get involved in community volunteer work, there's a Safetyville project to fit any goal.

To be a tour guide or to volunteer in some other way at Safetyville, contact Mark Shelton at 916-438-3380 or at [mark@safetycenter.org](mailto:mark@safetycenter.org).

### Time to put Safetyville's annual Halloween Haunt on the calendar

A safe alternative to trick-or-treating

Saturday  
October 29

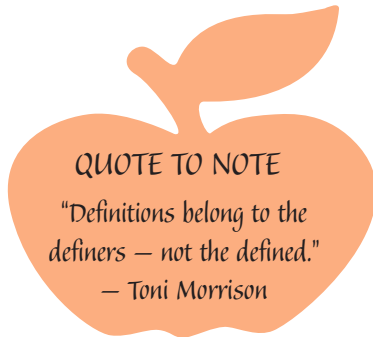
11 a.m. to 4 p.m.

3909 Bradshaw  
Road Sacramento



Proceeds benefit Safetyville's children's safety and health program.

For more information, visit [www.safetycenter.org/events](http://www.safetycenter.org/events).



*The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).*

*Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.*