

# BE HEALTHY

LCIC Health and Wellness Newsletter

November 2015



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***Success is not  
final, failure is  
not fatal: it is the  
courage to  
continue that  
counts.***

*-Winston Churchill*

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Fall is a wonderful time to get outside for some stress relief and change of seasons! So take some deep breaths and enjoy the view. Here are some of our Penn College employees taking part in the annual fall wellness walk at the earth science center. This idea came to our wellness committee from one of the college employees. So if you have an idea about a wellness activity you would like to do, please let me know.



Nature trail walk sponsored by Pennsylvania College of Technology

## In This Issue

- BeHIP
- Make-up Screening Dates
- Healthways from BCNEPA
- Weight Watchers
- Financial Health



Frequently Asked Questions:

**1. Where can I find the forms that need to be turned in?**

Forms are found at <https://health.iu17.org>, under the 15-16 BeHIP tab.

**2. I have started completing activities, what do I do next?**

Keeping track of all the things you do is easy by using [shapeuptracker.com](http://shapeuptracker.com). You will need to register in the system if you haven't already. School employees please use your school email and password. College employees and spouses can use an email address of their choosing. Once you are in the program, you can enroll in the BeHIP program and record all your activities.

**3. What information needs to be turned into Carmen, the health and wellness coordinator?**

Most forms are turned into Carmen from the health website. I do not need proof of your online health assessment, biometric screening or delta dental visits. I also do not need proof of your healthy benchmarks if you made them at your screening.

**4. How do I send information to Carmen?**

You can email items to [cterry@iu17.org](mailto:cterry@iu17.org), fax to 570-567-1513 or use snail mail, mark as confidential to Carmen Terry, PO Box 3609, Williamsport, PA 17701.

## Make-up Dates for Biometric Work Screenings

**December 12th 8:30-10:30am**

BLaST IU 17 Office

2400 Reach Rd, Williamsport

**January 16th 8:30-10:30am**

Jersey Shore YMCA

826 Allegheny St, Jersey Shore

**February 13th 8:30-10:30am**

Williamsport YMCA

641 Walnut St, Williamsport

**February 27th 8:30-10:30**

Muncy Valley Hospital WorkCenter

215 East Water Street, Muncy

**Registration is required for make up screenings. Please contact Carmen Terry to register.**

**570-323-8561 x1067 or**

**[Cterry@iu17.org](mailto:Cterry@iu17.org)**

## Did you know?

### The Offer for BCNEPA Members...

## \$25 Monthly Fee for Access to Network of 9,000+ Gyms Nationwide

Whether your goals are physical, such as losing weight and maximizing energy, or emotional like dealing with stress and improving your mood, Healthways Fitness Your Way can help you meet your goals, on your budget and do it all on your own time. Healthways™ Fitness Your Way offers access to nearly 9,000 different fitness locations for just \$25 a month, as well as other health and well-being specialists and discounts.

### Fitness for your budget

Only \$25 per month and a low \$25 enrollment fee, with a 3-month commitment

Get up to 30% off on more than 40,000 experienced health and well-being specialists including, massage therapists, personal trainers, nutrition counselors, yoga and pilates instructors and more\*

Save on vitamins, exercise equipment, aromatherapy, organic products, and unique gifts\*

### Fitness for your time

- ◆ Visit any participating fitness location—anytime, anywhere — as often as you like
- ◆ Locations include select Anytime Fitness®, Curves® and Snap Fitness®. A limited number of Gold's Gyms and YMCAs in certain areas are also participating. Use the zip code finder to [locate](#) gyms near you
- ◆ 24/7 access to well-being support, health articles and online health coaching

### Flexibility to achieve your goals

- ◆ With 9,000 locations, find fitness classes that fit you and your needs
- ◆ Easy online tools to track exercise and nutrition goals
- ◆ Stay motivated with social networking, rewards and the Daily Challenge

### The Terms

- ◆ Details of the offer may vary depending on the Blue Cross and/or Blue Shield Company you are affiliated with.
- ◆ Memberships are per individual, not per family. Each individual must purchase their own membership. Family rates are not available.
- ◆ Individuals must be 18 years old to purchase a membership.
- ◆ If you are searching for women-only gyms, please be sure to click the box that says “Women-only Gyms” and re-search.
- ◆ Monthly fee includes basic membership only. Access to additional services such as personal training, spa services, classes, or access to a pool or whirlpool vary by facility. To verify access to additional services, contact Healthways at 888-242-2060 or the gym directly.
- ◆ You must purchase a fitness membership in order to receive access to complementary and alternative medicine discounts. *Complementary and alternative medicine discounts may not be available at all Blue Cross and/or Blue Shield Companies.*
- ◆ To learn more about the complementary and alternative medicine practitioners near you, or to receive a list of providers, their addresses and discounts available, call Healthways at 1-888-242-2060.

This offer is only available on the Blue365 website, <https://www.blue365deals.com/healthways-national-standing-25-monthly-fee-access-network-9000-gyms-nationwide>

Other important Terms and Conditions apply. Read our [disclosure statement](#), [terms of use](#), and [privacy policy](#) before proceeding further.



Liberty arena is opening soon in Williamsport and they are offering a free yoga class for the rest of the year. Here is a great stress reliever and a great way to try yoga for the very first time. Go to libertyarena.com to register.

## Yoga

**Duration:** Nov 17 – December 29, 2015

**Time:** Tuesdays, 7:30pm – 8:15pm

**Dates:** November: 17, 24; December: 1, 8, 15, 22, 29

In this yoga flow class you will synchronize breath with movement. Yoga students will focus on linking conscious breath with a mindful flow, awaken their strength, energy and flexibility through yoga postures and core-conditioning, exercises that produce real results and will tone your body from head to toe. Benefits of this yoga class are improved flexibility and strength, core stability, stress reduction, relief from fatigue back pain and improved mind body awareness. Suitable for all fitness levels.



**Do you have a success story?**

**Contact Me**

If you would like to tell your success story, please send me an email at :

cterry@iu17.org or call me at 570-323-8561 x1067.



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**Learn how Weight Watchers can help.**

Meetings: **Wednesdays, 4:15-4:45pm**

Location: **BLaST IU 17, 2400 Reach Rd, Williamsport, PA**

**You can come for free the first time to learn what we are all about! Please contact Carmen Terry at 570-323-8561 x1067 or [cterry@iu17.org](mailto:cterry@iu17.org) if you are interested in our wonderful group.**

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*Powered by*  
**weightwatchers**  
Help with the hard part.

# Financial Health

## Making Secure Transactions Online-1

In today's increasingly connected world, we may find ourselves wanting to use a computer away from our home. As any traveler can attest, computer kiosks are in every airport and in many coffee shops. Additionally, wireless networks are everywhere, many of them free or available for a small fee. This easy availability of computers and networks makes it very easy to make purchases online, check your email, chat with friends or even balance your check book from just about anywhere.

That being said, lurking in the back of your mind as you reach for the mouse on one of these machines is (or should be) a fundamental question. "Can someone steal my information if I use this computer?"

The answer is "YES!"

Since you cannot know what software or hardware has been installed on these computers, it is impossible to be 100% sure that someone has not installed something that will capture your username and password or other account information. Any computer that you do not own or control should be used with caution.

### Tips for Safe Online Shopping

✦ **Avoid public places and networks.** Don't do online transactions when you're using public wireless networks. It's safer to buy online at home. When you conduct business in public places using wireless connections such as motels, airports, coffee shops, and bookstores, you take a chance of someone seeing your laptop screen, stealing personal information. What's more, an intruder could grab the sensitive information you send over the wireless network.



- ✦ **Don't use public computers.** Because public computers may have programs that log keystrokes (keyloggers), as well as other spywares that snatch sensitive information, wait to make your Internet transactions until you get home.
- ✦ **Use credit cards instead of debit.** Debit transactions are riskier than credit transactions because a criminal can immediately drain your bank account. The money is spent quickly, so the theft is harder to fight. On the other hand, a credit card theft is not as disastrous, as your credit card company can help you resolve the matter. Use the same credit card if you have more than one. If you still have reservations about giving out your credit card number online, then use third-party escrow services such as PayPal.
- ✦ **Don't share SSN and/or birth date information.** Usually legitimate Web sites won't ask you to give out personal information such as your Social Security number (SSN) and/or birth date. By giving out both your birth date and SSN, criminals have enough data to apply for new credit cards in your name.
- ✦ **Keep accurate records.** Always keep accurate, detailed records of any online transactions. This way you'll have evidence of your purchase if problems occur.
- ✦ **Use updated anti-virus programs.** Be sure your computer is secured with updated anti-virus, anti-spyware, and firewall software.

## **Detecting a Safe Web Site**

### **Encryption**

Make sure you shop only at secure Web sites that use encryption. If the Web site uses encryption technology to transfer your information on your computer (such as credit card and bank account information) to an online merchant's computer, your information is scrambled so computer hackers can't steal it. Fortunately, the only people able to unscramble the code are those with legitimate access privileges.

### **Plural URL**

Look for the "s" following "http" in a web address, indicating it's safe. However, realize you often you don't see the "https" until you move onto the site's order page.

### **Closed padlock display**

The closed padlock display is at the bottom of your screen (on the browser's status bar). If that lock is open, you should stay away from that site, as it may not be a secure site.

### **Unbroken key**

An unbroken key also designates a secure site.

### **Strange web address**

If a web address has a string of numbers at the beginning of the URL, be suspicious because this isn't an address you'd typically see for a reputable company.