



MAY 2019

UPCOMING WELLNESS CHALLENGE

Walk your way to Wellness

Step Challenge | May 29 - June 26



KNOW YOUR NUMBERS



**BIOMETRIC
SCREENING
REGISTRATION
OPEN!**

Log into your [HealthQuest Portal](#) to find the best screening option for you!



BIKE TO WORK WEEK

Monday May 13th – Friday May 17th



**Check in your
community for
Bike to Work
Events**

Ask a Health Expert Webinar



Join us for an interactive webinar that will provide an opportunity for you to learn and engage with a wellness specialist while asking questions and learning from another member's experience.

Topic: Creating an exercise plan that works for your schedule

Date: Wednesday, May 22

Time: 11 – 11:30 a.m.

Register: [Click here](#)



No HealthQuest points will be awarded. Participation is voluntary.

How to create an exercise plan that works for your schedule:



Find ways to accomplish exercise throughout the week



Figure out which type of exercise is best for you



Set routines to help you stay consistent with your exercise plan



MAY IS

MENTAL HEALTH

MONTH

Need Help?
1-888-275-1205
OPTION 1

**Guidance Resource
App By ComPsych**



Mental Health Awareness



Tuesday, May 21, 2019

3:00pm

At one time or another, everyone experiences symptoms of mental illness. Too frequently the response to such symptoms in the workplace is confusion, fear, judgment, avoidance and outright rejection. This leads to a worsening of symptoms and a deterioration of performance. This training is designed to reduce the stigma associated with mental illness and to promote ways of supporting one another in the workplace. The session will address signs and symptoms of distress and effective ways of providing support for co-workers. The training also will include exercises to develop these skills.

REGISTER NOW!

Interactive Mental Health Toolkit



GET YOUR COPY HERE

By taking away the stigma and removing the barriers to treatment, Mental Health Awareness Month Serves as a reminder that help is readily available and accessible.

Will Promotion Ends May 1st

Create a will and create piece of mind with your
EAP's \$9.99 Will Creation Tool

**promotion ends May 31st*

START HERE!

HealthQuest Health Center

Convenient Appointments at the HQ Health Center

The HealthQuest (HQ) Health Center staff strives to provide the best care and services to patients. We want your visit with us to be a positive experience. We strongly recommend that you schedule an appointment in advance in order to minimize wait times but we will accommodate walk-in appointments if the provider is not seeing another patient. If you cannot make your scheduled appointment, please let the health center know as soon as possible so someone else can use your appointment.

To schedule an appointment at the HealthQuest Health Center, you can call 785-783-4080 or visit my.marathon-health.com website and use the convenient appointment tab to schedule your appointment.

Questions?

Contact Us At:

785-783-4080

NOW OPEN

Health Center Website

Exercise—most any exercise—can reduce your risk of recurring low-back pain by between 25 to 40 percent.

Spine health matters



Get your workplace on the Path to Wellness

Join the Wellness Champion Network



We meet on the second Thursday of each month at 11:00 am via web and audio conference for about 45 minutes

DO YOU:

- Wish to share your experience as a wellness leader in your workplace?
- Want to make a difference and promote wellness to your co-workers?
- Want to share ideas and experiences with wellness champions at other locations?
- Have a passion for wellness and helping others?

*Apply now to join the Wellness Champion Network. Earn one (1) HealthQuest Credit for monthly webinars! If you have questions, please contact the **Wellness Plan Coordinator.***

ARE YOU GETTING BACK ON THE PATH TO WELLNESS?

OUR HEALTH COACHES ARE HERE TO HELP!

**SIGN UP TODAY
WITH YOUR HEALTH COACH**

Each 30-minute appointment (in-person or by phone) is designed to help you achieve your health goals!



Nutrition



Exercise



High Blood Pressure



Stress Management



Weight Management

**May Featured
Health Coaches**



Kayla Graves
Registered Dietitian



David Bromberg
Personal Trainer / Team Lead

Plus Earn one (1) HealthQuest Credit per visit!

[CLICK HERE TO SIGN UP FOR YOUR APPOINTMENT](#)

Health Coaching Videos

Click [here](#) for Health Tips from our Health Coaches

February 2019

Upper Body Mobility Exercises



Hey Everyone, my name is David Bromberg, Trainer and Wellness Coach for the State of Kansas. What I wanted to talk to you about

January 2019

Lower Body Mobility Exercises



Hi everyone, this is David Bromberg, trainer and Wellness Coach for the State of Kansas.

May 2019

April 2019

June 2019

S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 The Eight to Hydrate Challenge begins today. Sign up here.	2	3 	4 Sign up here to schedule time with your Health Coach this month.
5 	6 Are you at risk for developing metabolic syndrome? Click here to learn more.	7 	8	9 Check out the on-site biometric screening schedule here for upcoming dates and locations.	10	11
12 Mother's Day	13	14	15 About 23% of U.S. adults have metabolic syndrome.	16 	17	18  Armed Forces Day
19 Walking is a great way to add activity to your day. Try experimenting with other ways to get your heart rate up.	20 	21	22	23 Factors like race and gender can make you more likely to develop metabolic syndrome. Learn more here.	24	25 Work with your health care provider to track your blood glucose, blood cholesterol, and blood pressure.
26	27 Memorial Day	28 It's all about balance. Work on balancing healthy eating with a healthy level of exercise.	29 	30	31	

Source: Heart.org