



Don't forget to set your clocks back one hour on Sunday, November 5th when daylight-saving ends at 2 a.m. As well, November is the beginning of the holiday season and offers a good reminder to explore one of its most gratifying aspects: giving to others. How can you share the gift of giving (time, charity, etc.) with the people around you?

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### Wellness Program 2023-2024

Welcome to the 2023-2024 Wellness Program! The program runs from November 1 - October 31 each year. All points reset at the beginning of each program year on November 1. Please read all of the following documents as there have been some updates on the program's requirements, approved wellness activities, etc. The documents can be accessed on the [SASD Wellness Website](#).

- Wellness Program Summary
- Points and Incentive Overview
- Wellness Resources
- Healthcare Navigator Checklist

The 2024 Age/Gender Appropriate Screening form can be downloaded from the SASD Wellness Website or your Wellworks For You portal via Wellness Locker on the home screen.

REMINDER: The SASD health insurance covers one annual physical per calendar year, not every 12 months.

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### What I can Control and What I Can't

Anxiety often occurs when we focus too much on the things we cannot control instead of putting our focus on the things we can actually change. The diagram below offers a visual representation of where we should put our focus and energy. By working hard on the areas within our control, we can learn how to let go of the things that keep us from moving forward in life. If you feel stuck, please reach out to Advocate Aurora Health EAP at 800-236-3231 or <https://employersolutions.aah.org/eap/employee/>.



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## **Women's Health Resources**

Decades ago, cervical cancer was a leading cause of cancer deaths among women in the United States. The common screening methods...learn more by [clicking here](#)!

The United States Preventive Services Task Force recommends that women age 50 to 74 at average risk for breast cancer, should receive a....[click here](#) to learn some factors that may raise your risk.

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## **Health Benefits of Philanthropy**

It's well known that generosity feels nice, but research shows that giving is also associated with physical health benefits. It can also strengthen relationships, create new opportunities, and provide you with a sense of purpose in life. Some personal advantages you stand to gain when engaging in philanthropy:

- Greater satisfaction with life
- Increased longevity
- Lower stress levels
- Less anxiety and depression
- Decreased blood pressure
- Self-esteem
- Reduced risk for cognitive conditions
- Increased strength, stamina, and physical ability

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## **Healthy Meal Ideas (Source: Wellness Council of Wisconsin)**

[Click here](#) for over 30 recipes for breakfast, lunch, snacks, and dinner.

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## **Wellworks For You - Portal Assistance**

In accordance with HIPAA confidentiality laws, your individual data is accessible only to you and the third-party vendor, Wellworks For You. If you have any questions or need help with your account, please contact [Wellworks For You](#) at 800-425-4657 or use the “Chat Live” feature. One of the representatives will assist you during their regular business hours (Monday to Friday 9:00 a.m. - 6:00 p.m.).