

Four Life Style Returns Health Fairs a Huge Success

Any district employee who participates in the district health care coverage is a part of the Life Style Returns Program. The criteria to complete the program this year was a simple one: to participate in one of the four health care screenings held at the PFT and to complete the confidential Health Risk Assessment (HRA) available on the Highmark website.

Though members still have the option to complete the HRA by September 30 (and you can even chart progress by taking the assessment up to every three months) the final screening was held at the PFT on Monday, June 15. Over 2000 of the district's employees chose to participate in the fairs, which mean an impressive percentage of the district received a biometric screening detailing their blood pressure, cholesterol and glucose levels. Some chose to have a bone density examination provided by Duquesne University. Many male employees participated in prostate cancer screening sponsored by the Obediah Cole Foundation. No matter which participants chose, they can all feel proud that they took an important step in living a healthier lifestyle.

As mentioned earlier, participants will have until September 30th to complete the second half of the Life Style Returns requirements (HRA). All participants who completed both requirements will see an extra \$100 (i.e. \$50 refund of money deducted each paycheck and \$50 bonus) in their second December paycheck.

Prizes Awarded

Participants at the Health Fairs enjoyed the chance to win a number of prizes. Below find a listing of winners.

Relay for Life Basket Raffle: Mike Bosco, Brashear High School

Gift Cards provided by Riverset Credit Union (always a great supporter of our activities):

Pat Thornton, Conroy; Kim Miller, Board of Education; Pat Gallagher, McNaugher;
Elisa Edgar, PSE

Wii System and Wii Fit provided by Triad Health Consultants: Darelle Porter, Arlington ALA