



myHealth CONNECTIONS

PROMOTING HEALTH AND WELL-BEING



COOK
COUNTY
BENEFITS CONNECT



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

World Health Organization





Welcome to MyHealth Connections

MyHealth Connections is designed to empower you to live a healthier lifestyle.

Created especially for Cook County employees, the program's foundation was built last year when we collected your feedback from wellness classes, health fairs, surveys and other activities. We listened to your concerns and focused on the health issues you said were most important.

That's why **MyHealth Connections** truly is by you and for you. Additionally, what we learn from your participation in 2017 will become part of the program in 2018 and beyond.

MyHealth Connections will present a wide range of wellness themes every month. Each theme will include tools, activities and resources.

Along the way you'll discover that when we refer to "wellness" we're not just talking about exercise and nutrition. Wellness means focusing on the whole person and finding balance among the physical, mental and social aspects of our daily lives.



Wellness Journey
Start Here

The Five Core Elements of Well-being

MyHealth Connections will help you explore practical, real-world strategies for improving five core elements that contribute to physical and mental well-being.

These five core elements represent what each of us needs in order to reach our greatest potential as individuals and as part of our community.

Each monthly theme will support one or more of these five core elements:



1. A Sense of Purpose

A sense of purpose is what inspires us to make the most of every day. **MyHealth Connections** includes activities and events that will guide you toward creating a clearer vision of what you really want from life. You'll find assistance with defining goals and developing an action plan to help reach your unique vision.



2. Physical Health

Proper diet and exercise are essential for everyone, no matter where you are along your path to better health. Physical fitness reduces risk for injury and disease, and provides energy for daily activities. **MyHealth Connections** includes a wealth of resources and challenges to boost your physical health, not just now but for the rest of your life.





FINANCIAL

3. Understanding Your Finances

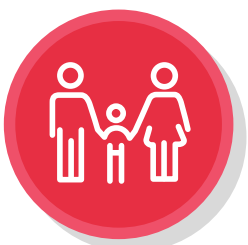
Financial literacy helps you manage assets, make short and long-term plans, and build resiliency for unexpected events. When you feel like your financial life is under control you're in a better position to manage all the other aspects of your life as well. **MyHealth Connections** offers targeted education, tools and insights to help you take control of your finances.



COMMUNITY

4. Engaging with a Larger Community

We're all are members of many communities, for example: at church, in clubs, charitable organizations, etc. Giving back to those communities makes us stronger as individuals and as part of something larger than ourselves. Through a variety of monthly activities, **MyHealth Connections** provides great opportunities to do so.



SOCIAL

5. Strengthening Social Relationships

Social relationships are the bonds that connect us with family, friends and colleagues. When these bonds are healthy and strong, we're happier and more productive. **MyHealth Connections** encourages face-to-face engagement such as spending time with friends outside of the workplace and making regular social interactions a priority.



MyHealth Connections is as individual as you are

Because **MyHealth Connections** is flexible, you can select just the activities that align with your personal wellness goals. Here are a few examples:



Alexa is single and has no children. She knows she should stop smoking and get her asthma under control.

If Alexa participates in the **MyHealth Connections** asthma awareness program, she can work with her physician to develop an action plan based on what she learns. She can also participate in the **MyHealth Connections** smoking cessation challenge.

Her goals: Alexa wants to become an even more valuable team member by reducing the number of days her asthma keeps her home from work. She looks forward to having more energy and getting back to her favorite sports activities.

Carlos is married and has three children. His biggest health concerns are managing his high blood pressure and reducing his risk for stroke.

By taking advantage of **MyHealth Connection's** guidelines for diet, exercise and stress management presented in conjunction with National Stroke Awareness Month, Carlos can leverage practical tools to help bring his blood pressure down a few points.



His goal: Carlos will focus on actions that might allow his physician to reduce his blood pressure medications. He also wants to feel healthy enough to join in his family's backyard soccer games.



Rachel maintains a healthy lifestyle but can't get her husband and children to break their junk food habit. It's an ongoing struggle and she's tired of the nightly battles across the dinner table.

When **MyHealth Connections** launches a healthy eating challenge, Rachel can explore creative menu tips and recipes to entice even the fussiest eaters. She'll discover new strategies to get her kids to try healthier snacks and skip the empty junk food calories.

Her goal: Rachel wants to convince her family that healthy eating can be delicious, winning them over with menus they can all agree on.

Here's what's ahead

Each month, **MyHealth Connections** will launch a new wellness theme. Be sure to watch for email messages with information on how to participate.

2017 Wellness Themes

February	Healthy Heart
March	Financial Well-being
April	Get Moving
May	Cook County Health Fairs
June	High Blood Pressure Management & Stroke Prevention
July	Walking 10-day Fitness Challenge
August	Back to School – Immunization Awareness
September	Engaging with Your Primary Care Physician
October	Breast Cancer Awareness
November	Quit Smoking Challenge, Asthma Care
December	Healthy Eating Challenge II, Diabetes Care

Connect with the MyHealth Connections Facebook community



The Facebook page launched last December during the “Healthy Eating for the Holidays” campaign will be revamped for **MyHealth Connections**. Check in often to connect with co-workers, share your progress and collect even more great ideas to keep you on the right track.

<https://www.facebook.com/groups/Myhealthconnections/>

For more information:

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