

# Wellness Newsletter



## Wholly Wellness Podcast

NOW LIVE! You can now listen to your weekly wellness tip of the week on Spotify! Follow along so you don't miss out on the latest episodes to help you thrive, not just survive.

Podcast Link:  
<https://open.spotify.com/show/IssyxStcqzBeTTiBG18VBy>



## 403B Education Meeting Opportunity

Are you saving enough now to avoid running out of money in your retirement? Are there tips you would like to learn to help manage your retirement savings online? Join us for this financial wellness meeting on Thursday, November 17, 2022, from 3:30 to 4:30 via Zoom: <https://neenah-k12-wi.zoom.us/j/87578931869>  
[Check out this flyer for more information!](#)



## Experience a Healthy You

Healthy You is a unique player in worksite wellness, taking a human-first approach to providing opportunities for you to focus on your authentic, unique wellbeing needs. We provide our employees with a variety of tools and resources to support the whole person. We believe in supporting the human first and the employee second so that we can all bring our best selves to our students and coworkers each day.



## Dietician Counseling

Healthy You has continued to collaborate with Prevea to provide low-cost dietitian services Virtually! Based on the positive responses we've received so far, we made the decision to continue offering this service to employees and spouses.

During the sessions, you will decide what you want to change, set measurable goals that are driven by you and establish consistent follow-up counseling for maximum results. Sessions can focus on one or more topics, such as clinical diet education, food allergies and intolerances, grocery shopping, and healthy eating tips for weight loss/gain techniques. Counseling sessions include therapeutic diet interventions, including but not limited to cardiac, food allergies, diabetes, and high cholesterol, mindful eating techniques, utilization of SMART goal setting, and more.

[Check out this flyer for more information:](#)

## Go365 Coming Soon!

What is Go365? Go365 is a wellness program designed to help employees kick start their health and well-being.

Employees take steps to engage in and adopt healthier behaviors and move up in Status level, earning Points and rewards for their progress. A combination of behavioral economics, individualized recommended activities, and an advanced incentive program to help motivate members toward positive lifestyle change.

Getting healthier can be easier and lots more fun with Go365®. When it comes to health and wellness, you have your own approach.

One that works for you. Go365® can make it easier to get moving along your personal path to health and wellness.

Getting healthier is a lot more fun with Go365. Receive activities personalized to help you reach your health goals, no matter where you are on your wellness journey. Just unlock your activities and earn Points for higher Status. The higher you move up in Status, the more Bucks you can earn and spend in the Go365 Mall.

**Go365 Trainings Coming January 2023!**



## IMPORTANT UPCOMING DATES:

- Thursday, November 17th @ 3:30-4:30pm  
Optional 403B Education Meeting
- Wednesday, November 30th Biometric Screening  
Scheduling will be released
- Thursday, December 8th Wellness Event at  
Evolution Cycle Studio -- More information  
coming soon!
- Friday, December 23rd PLD
- Friday, December 30th Last day to use Vitality  
Bucks
- January 1st, 2023 -- Go365 is live!