



MY wellness

Employee Wellness Newsletter

Dependent Verification Review

by MSJC Benefits Office

The District will be conducting a Dependent Verification Review for all employees with dependent medical, dental, or vision coverage (both full-time and part-time).

This Dependent Verification Review is being conducted in order to ensure that our enrollment data is accurate, as well as to control costs and manage our benefit plans more efficiently. The District has arranged for American Fidelity to conduct the Dependent Verification Review.

The American Fidelity representatives will be holding meetings at both the San Jacinto and Menifee Valley campuses. Please use the link below to schedule your appointment or you may also reach them via telephone at 800-365-9180. Appointments begin Monday, February 3, 2020 through Wednesday, February 19, 2020.

[Schedule Your Dependent Verification Meeting Here](#)

Please note they will need original documents or certified copies as well as yours and your dependents social security numbers. Documents must be provided by April 1, 2020.

Thank you for your cooperation and if you have any questions please do not hesitate to contact Lanell Covington-James via phone at 951-487-3155 or via email at ljames@msjc.edu.



Heart Health

Use the month of February to focus on your heart health. Start training for that 5k this spring. Change your eating habits to reduce salt intake. Get that physical you have been putting off. Dance your way to a cleaner home. Make time to do the things you love to reduce stress.

Healthy Tip!

Lower your blood pressure by listening to music with a low tempo - Try "Strawberry Swing" by Coldplay or "Canzonetta Sull'aria" by Mozart.

February Events

- 7 National Wear Red Day
- 14 - 17 Holiday - President's Weekend
- 26 Wellness Wednesday Walk

National Wear Red Day - American Heart Month
February 7, 2020

Holiday - President's Weekend
Friday, February 14, 2020 through Monday,
February 17, 2020 - campus closure

Wellness Wednesday Walk
February 26, 2020 / 10:30 am / SJC @ Eagle MVC
@ Café / THEC @ Ent. / SGP @ 100



Inspiration - Hobbies

Want to improve your physical health, lower your blood pressure and body mass index? End the monotony of day-to-day routines like getting stuck online for hours and focus on hobby you enjoy for fun and health! Here are a [few benefits](#) to your enjoyable hobby or leisure activity:

- **Relieve stress** - Ever heard of crochet meditation?
- **Encourage you to take a break** - Step away from the device - practice your calligraphy and stimulate that brain.
- **Offer new challenges and experiences** - Learn a new hobby to learn and gain new skills, even if you aren't the best!
- **Allow you to explore your talents** - Who knew you were so fantastic at golf or catch the biggest fish each boating trip?!
- **Can help improve your career** - Riding that bike after work gives your brain a chance to refresh for tomorrow's work day.
- **May provide additional income** - Etsy sellers unite! Crafting, photography, and sewing skills can add to big bucks!
- **Can help transition into retirement** - Many people lose their sense of purpose in retirement. Join the bowling league now.
- **Grow spiritually** - Do something that leaves you feeling inspired to feed your soul like playing music, yoga or painting.
- **Improve your memory** - Learning to code computers or playing chess give your brain a great workout and focus!
- **Ward off depression** - Volunteering, playing with pets, listening to music or knitting can help your mental health.
- **Strengthen relationships** - Share your hobby with your loved ones - quilts, gourmet meals, or a dance class with your spouse!
- **Allow you to meet new people** - Try line dancing, a hiking group, or a book club to meet others with your same interests.
- **Make you more interesting** - A hobby may give you a different perspective. Take 15-30 minutes each day toward your passion that has nothing to do with your home or work life.

National Wear Red Day

The American Heart Association presents National Wear Red Day on February 7, 2020. You are encouraged to wear red as a sign of support for the awareness of heart disease in women.

It is important to maintain a healthy lifestyle for heart health. However, if you think you or someone you know has any symptoms of heart attack or stroke - call 911 immediately.

Heart Attack Warning Signs

- **Chest discomfort** - Most heart attacks involve discomfort in the center of the chest that last more than a few minutes. It may go away and come back. It can feel like pressure, squeezing, fullness or pain.
- **Shortness of breath** - This may occur with or without chest discomfort.
- **Discomfort in other areas of upper body** - may include pain or discomfort in one or both arms, back, neck, jaw or stomach.
- **Other signs** may include breaking out in cold sweat, nausea or lightheadedness.

Signs and Symptoms of Stroke

- **Sudden numbness or weakness of the face, arm or leg**, especially on one side of the body.
- **Sudden confusion, trouble speaking or understanding.**
- **Sudden trouble seeing or blurred vision in one or both eyes.**
- **Sudden trouble walking, dizziness, loss of balance or coordination.**
- **Sudden severe headache with no known cause.**

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Exercise should
be regarded as a
tribute to the heart.
- Gene Tunney



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