



Employee Wellness Bulletin

Blue365.

Because health is a big deal™



Walking is an easy way to improve your health. *Join your colleagues for the upcoming LEWP walking program sponsored by Blue365.* Step increases of as little as 1,000 steps per day have been linked to positive health benefits. *Walkadoo* is just the ticket for helping you move more, live better, and feel better.

The *Walkadoo* program isn't about walking 10,000 steps per day; rather, it is about giving members realistic goals that adjust and evolve as the software learns more about what they do. *Walkadoo* takes the traditional notion of graphing your step data and transforms it into an engaging social experience where people learn to walk more each day.

Walkadoo is a wireless "pedometer-powered" daily activity program. The *Walkadoo Smart Step Pebble+ Device** (the size of a quarter), is durable, and clips to your shoe, belt or pocket. It tracks your steps each day and syncs wirelessly to your computer. It also customizes your future step goals in a fun way that makes it easy to gradually increase your walking.

The built-in online social community is the real heart of *Walkadoo*. It's a community of like-minded folks who want to do the same thing as you - increase their activity. *Walkadoo* sends you daily emails that invite you to be social with others and to have fun while you do it. The social community is a great place to track your progress, get encouragement from your fellow walkers, and even challenge friends and family to compete with you in mini-walking contests. You'll earn points for your social participation and walking, and badges when you have earned your way to the next level.

Lafayette will be offering employees the Walkadoo Smart Step Pebble+ Device* for \$10 (a \$60 value) and a lifetime membership in the Walkadoo social community.

It doesn't take much and it all adds up: take the stairs once a day, park your car just a little further from the door, step outside for a quick breath of fresh air, get up from your desk for a minute or two each hour. Before you know it, you'll be increasing your activity in ways that will surprise you. Join Walkadoo and see how easy it can be!

You will need a step tracking device to use *Walkadoo*, but it could be a pedometer or an app on your phone that utilizes your smart phone's accelerometer to measure step activity. Supported step tracking devices are listed below.

Wearable Pedometers:

FitLinxx Pebble/Pebble+



- All models of FitBit
- All models of Jawbone
- All models of Misfit

Phone Apps:

- Walkadoo* app tracker for iPhone
- Walkadoo* app tracker for Android
- Moves app for Android or iPhone

**manufactured by FitLinxx*

Simply getting 30 minutes of moderate physical activity, such as a brisk walk, at least five times a week has significant health benefits.

Stay tuned for *Walkadoo* rollout information...

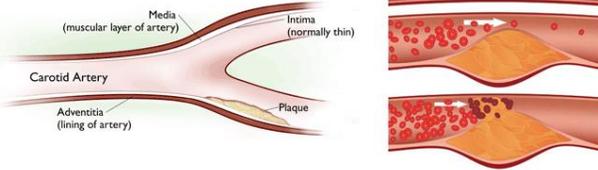


2016 Employee Wellness Fair

The Office of Human Resources will again sponsor our annual Wellness Fair scheduled for April 20, 2016. This year's Wellness Fair will feature informational sessions, food and refreshments, prizes, and health screenings, including screenings for Cardio-Vascular Disease and Peripheral Arterial Disease. Join us for a day of health awareness!

Assessing your Risk for Cardio-Vascular Disease and Heart Attacks Thru the Carotid Intima-Media Thickness Test.

Plaque Detection by Carotid Artery "IMT" Analysis



CIMT is a new noninvasive ultrasound test that is being recommended by the American Heart Association and the American College of Cardiology to screen for heart disease in apparently healthy individuals. CIMT stands for Carotid Intima-Media Thickness. Studies have shown a high correlation between the carotid artery IMT and coronary artery disease.

Procedure: This is a noninvasive test which is performed with a high-resolution B-mode ultrasound transducer. The test is safe, painless and takes about ten minutes. The test measures the thickness of the inner two layers of the carotid artery – the intima and media – and alerts physicians to any thickening when patients are still asymptomatic; which means before symptoms are present. An abnormal CIMT test may indicate the need for a more aggressive approach to managing the risk factors associated with heart disease and stroke.

Why look at the neck when you are interested in the heart?

The carotid arteries provide a “window” to the coronary arteries. Not only do they have similar risk factors – more importantly, the relationship between the atherosclerotic burden in a carotid artery and a coronary artery is the same as between any two coronary arteries. Thus carotid atherosclerosis provides a window to the degree of coronary atherosclerosis in an individual. The CIMT is an independent predictor of future cardiovascular events, including heart attacks, cardiac death, and stroke.

What is Vascular Age?

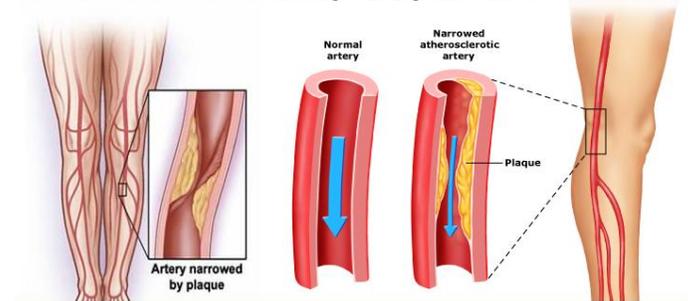
The CIMT report will tell you and your physician your vascular age. If your vascular age matches your chronological age or younger, then you have a lower risk for heart disease. If your vascular age exceeds your chronological age, then it alerts your physician to be more aggressive at controlling those risk factors associated with heart disease. Importantly, with various therapies, it is possible to achieve regression or slow down progression of the CIMT. A follow-up CIMT is done six months to a year after therapy is initiated to evaluate the effectiveness of those therapies.

Contributing risk factors to increased carotid intima-media thickness include:

- Age (getting older)
- High lipoprotein levels
- High blood pressure
- Smoking
- Diabetes
- Obesity
- Sedentary Lifestyle

Physicians use CIMT testing to determine the “age” of the carotid arteries. Knowing that patients may not be experiencing the symptoms of atherosclerosis, there still may be subtle changes in artery thickness. Armed with this information, physicians may develop an aggressive medical approach by prescribing medications such as blood pressure and cholesterol lowering agents and aspirin, and patients may also be encouraged make lifestyle and dietary improvements.

Peripheral Arterial Disease in the lower extremities is also linked to coronary artery disease.



The most common test to detect significant Peripheral Arterial Disease (PAD) in the lower extremities is the Ankle to Brachial Index (ABI). It is a simple Doppler blood pressure measurement comparing the blood pressures at the ankles to the arm blood pressures. Our ABI test takes less than ten minutes. It is critical to detect PAD early, because an abnormal ABI is linked to higher risk of heart disease. It is estimated that as many as eight million people in the United States may have PAD. The most common symptom of PAD is painful cramping of the calf, thigh or hip, particularly when walking.

Purpose: To determine the ratio of the blood pressure in the lower legs to the arm blood pressure. An abnormal ABI indicates lower extremity arterial inflow disease. Some studies also indicate that patients with peripheral vascular disease in the lower extremities are at higher risk of coronary artery (Heart) disease.

Procedure: Blood pressure cuffs are placed around your ankles and arms. Doppler systolic pressures are obtained using the ultrasound transducer and an inflation device

Source- Prevention - Health Screenings

2016 Employee Wellness Fair
April 20, 2016
10:30 AM - 3:00 PM
Marlo Room – Farinon Center