

# Wellness Wednesday: 4.1.2020

## GFPS Employee & Student News For Health, Wellness and Safety

### 1. COVID-19 Updates

Visit the main **GFPS website** for up to date information. You will see a [COVID-19 UPDATE](#) button surrounded by a germ graphic. It is very important to view trusted and reliable sources during this time. [Click here](#) to view.

### 2. GFPS EAP Services For All Staff.

Need support? All GFPS staff members are eligible to access the EAP (Employee Assistance Program) even if they do not have the district health insurance plan. Call 1 (866) 750-1327 or go to MyRBH.com and enter "LifeMap" as your Group Code. Make sure to indicate you are an employee of Great Falls Public Schools. There is a 24 hour crisis line or an appointment can be scheduled with a counselor. [Click here](#) for the two sided informational flyer located on the benefits page of the [HR Department](#) or the [Employee Wellness](#) website.

### 3. A Message From Alluvion Health

- [Telemedicine Appointments Available](#)

Your health is our priority, and we know access to affordable care is essential. We have several services to help you navigate this challenging time. We are pleased to offer telemedicine appointments for behavioral health and medical services. Call us to schedule and learn more!

- [Without Insurance? We can help.](#)

We have reduced the price of our direct primary care program to give you comprehensive access to medical services for \$75 a month. Furthermore, comprehensive behavioral health, medical and dental services are available for \$150 a month. This flat-rate fee with no additional cost for co-pays or deductibles. This price reduction is available April-June, 2020.

Click for more information: <https://www.alluvionhealth.org/direct-primary-care/>

- **Alluvion Health Hours**

- **601 1st Ave. North** Monday- Friday 7am-6pm --- Saturday- Sunday (temporarily) 8am-3pm
- **Viral & Respiratory Clinic** 115 4th Street South (same hours as above- call first)
- **Dental** 202 2nd Ave S Suite 203 (same hours as above- emergent only)

### 4. Eat Smart, Move More Resources

Great information from the group who provides our yearly Holiday Challenge that many GFPS staff members have participate in for several years.

[Free Ways to Exercise at Home](#)

[Work From Home – Best Practices](#)

[Meal Prep Lunch Ideas – Mediterranean Salad](#)

## 5. GFPS Wellness Facebook Page – **Most Loved Post**

Look for our page on Facebook. Lots of information shared. Invite friends and family to the page. Search for Great Falls Public Schools Wellness.

<https://www.facebook.com/gfpswellness/> To view one of our favorite posts about Home Tips & Mental Health [Click here](#) (this is a pdf on our website and won't take you to FB). Credit for the seven simple steps is given to Dr. Kelly Jameson.

## 6. **Online Safety Training Options From GFPS Safety & Transportation Department**

GFPS has partnered with MSGIA to once again offer an online safety training incentive to all District staff through Safe Schools. Please view the attached safety training information sheet. The incentive will run Feb 1<sup>st</sup> through April 30<sup>th</sup>. Every Great Falls Public Schools employee that completes an online training course during this time has the opportunity to sign up for a \$50.00 card drawing. MSGIA is offering 7 cards for the 2019-2020 Spring incentive. Please feel free to contact the GFPS Transportation/Safety office if you have any questions. [Click here](#) to view the program details.

### **IMPORTANT - Required Training:**

This is a friendly reminder to complete the required Great Falls Public Schools safety training. If you haven't already, please take some time to complete the mandatory "Coronavirus Awareness" online safety training. Please contact Transportation/Safety Office 268-6016 if you questions. Please follow the link below.

**Login: your first name\_your last name**

**Using your web browser, go to the SafeSchools website for Great Falls School**

**District:** <https://greatfalls-mt.safeschools.com/>

## 7. **Additional Resources**

As we move through the coming weeks and you find resources for health, wellness and safety, please share them to us! Reply to this email with information. Thank you in advance for any resources you may find to share.

### **Visit the Employee Wellness Website**

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

### **Visit the Student Wellness Website**

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness