

# Healthy Living Newsletter

September 2016

## Commit to a Healthier You — 3M Can Help!



## Employee Spotlight

### Meet Kim

Sometimes, a little nudge can go a long way.

For Kim, it was a nudge from her work friend, Nicole, to earn the \$480 3M Healthy Living incentive discount.

“She basically spoon fed me,” said Kim. “She made it incredibly easy and kept saying ‘You’ve just got to do this, it’s not hard!’”

Nicole’s persistence paid off and Kim made an appointment with a JourneyWell health coach.

“I fully intended to just check the boxes and earn the money,” said Kim. But, when she met with the health coach she felt inspired and ready to take action.

Kim wanted to tackle nutrition, and so together, they started small and set a goal to increase the number of fruits and vegetables Kim was eating. A month after they started working together, Kim was eating five servings of fruits and vegetables each day, more variety than she’d ever had in her diet.

Kim’s health coach suggested she dig even deeper into nutrition and meet with a 3M registered dietitian. The dietitian got Kim to use the Lose It! app for food tracking, which helped her lose eight pounds.

“I feel amazing and completely satisfied with my diet. I feel like I’m eating more food and still losing weight,” said Kim.

Kim’s also managing her time better, thanks to help from her health coach. Her health coach suggested Kim schedule a meeting with herself every day or so to chip away at bigger projects that would otherwise be daunting. The pre-set time helps Kim avoid distractions and focus on one thing.

Excited about the healthy changes she’d made, Kim nudged her husband to take advantage of 3M Healthy Living resources. He did and has lost 15 pounds so far. Even better, the knee pain he’s battled for years has significantly improved.



“We have similar diets now and help each other out,” said Kim. “I’m so grateful to 3M for doing this, we just love it.”

Create a “domino” effect with 3M Healthy Living by nudging your colleagues and families to live healthier. To learn more, check out **3M Source** or **3MHealthyLiving.com**.

### Do you have a success story to share?

Share it by sending an email to [support@healthybehaviors.org](mailto:support@healthybehaviors.org).

We are committed to helping you achieve your best health. Incentives for participating in a wellness program are available to eligible employees. If you think you might be unable to meet the standards for receiving an incentive in the form of a discount on your 2017 3M medical premium under this wellness program, you might qualify for an opportunity to earn the same incentive through different means. Contact JourneyWell at **(877) 222-2054** (toll free) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same incentive that is right for you in light of your health status.

# Featured News

## Helping Boys to be Emotionally Healthy

Healthy people have the flexibility to think, feel and relate to others in a variety of ways depending on the situation. For boys, social and other factors can leave them with a limited view of their options for navigating various life situations.

- Boys are sometimes taught to be action-oriented and thereby risk missing out on opportunities to talk and reflect about themselves. “Real men are the strong, silent type.”
- Boys may be tempted to suppress emotions or express only anger rather than a full range of feelings. “Big boys don’t cry.”
- Boys may be rewarded for viewing other people as competitors. “Get out there and fight like a man.”

Competition can be fun, being able to take action is good and anger is not necessarily bad, but boys do not have to be limited to these options. Here are some tips for helping your son to be emotionally well-rounded:

- Invite your son to think through situations and talk through conflicts. Look for opportunities to reflect with him about dilemmas he encounters or help him picture how conflicts he faces can be solved with words. By practicing these skills with you, he can become better at planning what actions to take in the future.
- Help your son recognize and express the range of negative emotions that all of us experience. For instance, anger sometimes conceals hurt, inadequacy, anxiety or embarrassment. When your son is angry, recognize his feelings and also encourage him to acknowledge the additional emotions that may accompany his anger.
- Encourage your son to participate in cooperative groups, in addition to sports and other competitive activities. Scouts, religious youth groups and school clubs may foster cooperative relationships. Volunteer activities can help your son experience the value of helping others.

The 3M Employee Assistance Program (EAP) offers information to support families. Check out the “50 Ways to Help Your Whole Family Thrive” poster and the 3M Family Resiliency Kit. Parenting is challenging, and that’s why it’s a common reason 3M employees confer with a 3M EAP professional.

To learn more about these resources or to schedule an appointment, contact the 3M EAP professional serving your location or call 3M EAP at (877) 321-7252 (toll free).

For more information, go to 3M Source > Life & Career > Healthy Living > Family > Family, Parenting and Couples.



### Helping Kids Thrive

Join Rick Bell, EAP professional, in the Wellness Center, Sept. 1 at 11:30 a.m. for a talk about Helping Kids Thrive.

## Flu Shots at 3M Center

Protect yourself and others from getting the flu and get a seasonal flu shot.

3M Center Clinic, a part of 3M Healthy Living, will be offering seasonal flu shots again this year at no charge to active 3M employees, their spouses/domestic partners and adult dependents (18 years and older) and active non-3M workers at 3M Center. This is a voluntary program. Watch your email and the 3M Healthy Living Connections site for dates, times, locations and a link to the self-scheduler. You should always consult with your personal physician before receiving any new vaccinations and for any additional questions.





# Join our Healthy Living Champion team

Wanted - enthusiastic volunteers who care about Healthy Living

## If you...

- are looking for a leadership opportunity and a way to meet other 3Mers with similar interests in Healthy Living
- like being the first to know and want to share your knowledge of and passion for healthy living with others
- are looking for more ways to get involved with your health and help others at the same time

## ...then we need YOU!

### Be a voice for 3M Healthy Living:

- Help promote healthy living programs, resources, and events to 3M employees.
- Provide feedback and suggestions from co-workers to help improve Healthy Living at 3M.
- Commit to 1 hour per month for meetings and volunteer opportunities at 3M Healthy Living events.

For more details on how you can become a Healthy Living Champion, contact Erin Warne at 651.736.1078 or email: [ewarne@mmm.com](mailto:ewarne@mmm.com).

## Quick quiz

How long do the effects of caffeine last?

Select an answer to take part in the poll and see how your answer stacks up with your peers'.

- 30 minutes
- 2 hours
- 5 hours
- Longer than 5 hours

**Answer: Longer than 5 hours.** It takes 5 to 6 hours for your body to eliminate just half the caffeine in a cup of coffee, which is why having a cup in the afternoon can affect your sleep.

(Source: WebMD)

## Fitness fact

### What to Drink and When During Exercise

To drink, or not to drink? That is the question... Or is it? Research shows that drinking fluids during physical activity is critical for optimal performance and injury prevention. Maybe the better questions are: why, what and when to drink?

Take them one by one:

**Why drink?** The human body is made up of about 75 percent water. Daily water intake includes a variety of foods and fluids. Our bodies use up and expel water through daily activities. When you add exercise on top of daily activities, water loss increases, thus increasing the demand to replace it.

**What to drink?** The American Council on Exercise (ACE) recommends using water as your primary form of hydration during exercise. For high intensity activities lasting more than 45 minutes, sports drinks may be beneficial for some people to help replace electrolytes. Outside of exercise, it is best to stay hydrated with a variety of foods and beverages.

**And finally, when?** To ensure that you stay properly hydrated and prevent dehydration and injury, follow these general guidelines from the American College of Sports Medicine (ACSM):

- Before Exercise:
  - Drink 17–20 oz. 2–3 hours before exercising.
  - Drink 8 oz. 20–30 minutes before exercising.
- During Exercise:
  - Drink 7–10 oz. every 10–20 minutes during exercise.
- After Exercise:
  - Drink an additional 8 oz. of fluid within 30 minutes after exercise.
  - Drink 16–24 oz. for every pound of body weight lost after exercise.

Please note that these tips are for the general population, and individual needs may differ based on exercise intensity, temperature, etc. For more information, stop by the onsite fitness centers today to meet with a health fitness professional!

#### Sources:

**ACE** (<http://www.acefitness.org/acefit/fitness-fact-article/173/healthy-hydration/>)

**ACSM** (<http://www.acsm.org/docs/brochures/selecting-and-effectively-using-hydration-for-fitness.pdf>)



# Events

**There's no time like the present—check out these September healthy living events**

- 21 Day Jumpstart
- 21 Day Jumpstart Info Session
- Are you a Catastrophic Thinker?
- Blood Pressure Readings
- College Admissions: The Insider's View
- Creating Your Healthy Environment
- Fall Fitness Challenge
- Fall Fitness Challenge Informational Session
- Farmer's Market
- Helping Kids Thrive
- How to Rebuild Your Credit Score
- Imagine Nation Books® Book Fair
- Mammo-a-go-go Mobile Mammography
- MindBody 101: Move Better, Work Better, Feel Better
- Schwan's Delivery
- Your Weigh ... Together 'Are you Ready' Informational Sessions

Go to [3M Source](#) > [Life & Career](#) > [Healthy Living](#) > [Events](#) – St. Paul.

## 3M resources

### Employee Assistance Program (EAP)

3M EAP provides educational resources and consultation services to strengthen the capabilities of employees, their families, leaders and work groups.

### 3M Center Clinic

At 3M, employee health and well-being are very important. That is why we offer a variety of medical services to all employees. The clinic is open from 7:30 a.m. to 4:00 p.m., Monday through Friday. To make an appointment at the clinic or for more information, please call (Triminet or 651) 733-1911.

### 3M Fitness Center

Visit the fitness center Monday through Friday from 5 a.m. to 8 p.m. (both sites) and Saturday & Sunday from 7 a.m. to 5 p.m. (moved to building 275 due to construction). To contact a center, call Site 220 at (Triminet or 651) 736-1807 or Site 275 at (Triminet or 651) 733-7009.

### HR Lunch and Learns/ WebStreams

Your life is busy. Let 3M make it a little easier for you—here's quick access to information and tools to help you lead a healthy and productive life. View previously recorded seminars via WebStream.

### 3M Club

The 3M Club of St. Paul, Inc., a nonprofit organization, is open to all 3Mers, retirees and their dependents in the Minneapolis-St. Paul area. Visit the club for leisure time programs and activities that promote physical and mental well-being while fostering a sense of community among individuals, families and 3M. Periodically, the 3M Club will offer special promotions open to all 3M employees. Unless otherwise noted, items listed on the website are for the exclusive use and benefit of 3M Club of St. Paul members.

This document is intended to provide general information about 3M resources available to you. It is not intended to provide medical advice. You should consult your medical provider with questions about your health.

The information in this newsletter is not intended to describe or summarize the terms of 3M benefit plans, nor is it the official plan document for those plans. In the event of any conflict, inconsistency or ambiguity between the information in this newsletter and the official plan documents, the terms of the official plan documents will be controlling. 3M reserves the right to modify, amend, change, revoke, suspend or terminate its benefit plans, in whole or in part, at any time. The benefit plans and programs included in this newsletter may or may not apply to employees joining 3M as a result of an acquisition or those who work for a subsidiary.