

# HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE  
[www.gvsu.edu/healthwellness](http://www.gvsu.edu/healthwellness)



## Healthy Choices 2018 Registration

Sign up for on-site  
screenings by January 29

Healthy Choices is a free, voluntary, and confidential program that helps qualifying benefit-eligible faculty and staff learn helpful information about their health, encourages them to take steps to improve or maintain it, and receive monetary rewards of up to \$500 for doing so.

Find more information about the [Healthy Choices Wellness Program here](#) and view the [screening schedule](#).

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## New for 2018 - GVSU High Deductible PPO Plan

After you have met your annual deductible of \$2,000 single or \$4,000 dual/family, a new pharmacy copayment on each prescription will apply:

- Generic - \$4.00
- Preferred Brand Name - \$20.00
- Non-Preferred Brand Name - \$40.00



The pharmacy copayment has an annual limit, so the most you could pay for the year, after you have met your deductible, is \$250 for single and \$500 for dual/family.

## Success Story: Priscilla Kimboko

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*"It's not a matter of age, it's a matter of choices you make along the way."*

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*Priscilla during an interview at WGVU.*

Priscilla Kimboko seemed to have the health cards stacked against her. The stress from a demanding job along with genetic predispositions to things like heart problems, diabetes, high cholesterol, and high blood pressure would be enough for many people to throw their hands up in defeat. However, the experience of caring for her late husband, her current job as a professor in health and aging, and her health coach, Betsy, made Priscilla aware of what really matters to live a healthy, fulfilling life.

Priscilla moved to West Michigan from Colorado in 2000 to help create the GVSU Office of Graduate Studies and Grants Administration. She was hired as a dean and was overwhelmingly busy. "At one point, I think I wore 10 hats," she said. Then Priscilla would come home to her husband, Andre, who had diabetes, high blood pressure, and constant back and sciatic pain. He didn't exercise much nor did much to care for his health. After he was diagnosed with dementia in 2009, Priscilla remembers, "It was such a wakeup call. I made the decision that I'm not going to end up like my husband." At that point, she returned to a faculty position in the School of Public, Nonprofit & Health Administration (SPNHA) and cared for Andre until he passed away in October 2013.

Once the current wellness program was in place at GVSU, she took advantage of the Know Your Numbers program, and although her report told her what she already knew, Priscilla used it as a baseline to fight her risk factors as much as possible. "I did a lot of my own research, I tried a lot of different things," she said.

However, it was difficult for her to stabilize her weight. Despite taking exercise programs like yoga and strength building, "the stabilizing did not happen." That's when she started talking to a Priority Health coach. Priscilla connected with Betsy, and they hit it off. "Beyond listening, she helps suggest strategies and asks for more details to help me make connections between diet, exercise, sleep, and stress management. She asks, 'What could you do differently?' Rather than telling Priscilla what to do and what not to do, Betsy instead asks her to reflect on her choices, think about the desired outcomes, and how they will impact her life in the short and long term. At each call, Betsy asks, 'How did it go? What are your goals for next time? How would you rate your ability to accomplish those goals?'"

*"Believe that you can change. You have to want to, but you can change. I lost 60 lbs., and people who knew me before sometimes don't recognize me anymore. There's a lot more life in you than you expect, but you need to intentionally make those changes."*

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Priscilla now teaches two classes a semester in the SPNHA master's degree programs, assists the CCPS Dean's office on special projects, and coordinates the annual Art and Science of Aging Conference. It's a challenging but much more manageable workload.

"Every day is a valuable day," Priscilla said. "I firmly believe that you're never too old to make changes. And getting old is not a bad thing, it is inevitable. What's the alternative? Changing your perspective and making better health choices can improve your aging experience."

[Read more GVSU faculty and staff success stories](#)

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## Competition Nutrition

This FREE six-week program will encourage you to eat healthier by consuming more fruits and vegetables. All GVSU employees and covered spouses are eligible to participate.

Choose a nutrition goal that will challenge you:

1. Like 'em – at least 2 fruit and vegetable servings per day (14 per week)
2. Love 'em – at least 3-4 fruit and vegetable servings per day (21-28 per week)
3. Gotta have 'em – at least 5 fruit and vegetable servings per day (35 per week)

You'll track and submit your fruit and vegetable servings and receive educational tips and healthy recipes along the way. Those who achieve the minimum goal for their selected level and submit their weekly total on time will be eligible for weekly and end of challenge prizes.

The Competition Nutrition challenge runs Monday, January 15 through Sunday, February 25. Online registration is open from January 1, 2018 – January 14, 2018. No late registrations accepted. [Click here to register.](#)

Questions? Contact Lorie at [lorie.vandenberg@priorityhealth.com](mailto:lorie.vandenberg@priorityhealth.com)



1 Campus Drive 1090 James H. Zumberge Hall Allendale, MI 49401

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