# University of Alaska FY2016 Healthyroads Wellness Calendar

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>August</td>
<td><strong>Healthyroads Website Goes LIVE</strong></td>
<td>August 1&lt;sup&gt;st&lt;/sup&gt; Check-out the new program year by logging-in to your Healthyroads account!</td>
</tr>
<tr>
<td></td>
<td><strong>Walk Alaska Challenge</strong></td>
<td>Enrollment: August 1-December 31 Challenge Dates: October 25, 2015--March 26, 2016 Last Day to Enter Results: April 2&lt;sup&gt;nd&lt;/sup&gt;, 2016 Reward: 1 incentive point Log-In to your Healthyroads account and go to “Challenges’ tab to enroll!</td>
</tr>
<tr>
<td></td>
<td><strong>National Immunization Month</strong></td>
<td>Check your email for more information or go to Healthyroads to read more. (‘Health Resources’ tab and then, ‘Health Information’, ‘Health Conditions’ and then select ‘Immunization Center’ )</td>
</tr>
</tbody>
</table>
| **August, 2015** | **Local Wellness Events**              | Anchorage: [Muldoon Farmer’s Market](#)  
Yoga in the Park  
Alaska 10k Classic  
Big Wild Life Runs Sports & Fitness Expo  
Fairbanks: [Alaska International Senior Games](#)  
Tanana Valley Farmer’s Market  
Yoga in the Park  
Musk Ox Run  
Chena Hot Springs Run & Soak  
Juneau: [Yoga in the Park](#)  
Every Mile is Worth It  
Nifty 50  
Other: [5k Wildlife Rescue Run](#) |
| **September, 2015** | **Understand the Incentive Design to Earn your ‘16-‘17 Reward** | What: Presentation provided by UofAs Healthyroads program manager Sara R. detailing the FY16 wellness program information and requirements. 
When: TBD 
Where: TBD |
| **On-Site Education: Stress Management** | What: Education session focusing on stress management provided by UofAs Healthyroads program manager, Sara R. 
When: TBD 
Where: TBD 
Reward: 1 Incentive point |
| **National Prostate Cancer Month** | Check your email for more information or go to Healthyroads to read more. 
(‘Health Resources’ tab and then, ‘Health Information’, ‘Wellness Centers’ and then ‘Men’s Health’) |
| **Local Wellness Events** | Anchorage: 
[Alyeska Climbathon](#) 
[Anchorage Farmer’s Market](#) 
[Guided Nature Walks](#) 
[Mountain Bike Festival](#) 
[Providence Free Immunization Clinic](#) 
Fairbanks: 
[Equinox Marathon](#) 
[Troth Yeddha Run for the Park](#) 
Juneau: 
[Color Dash Color Run](#) 
[Pavitt Health and Fitness 5k and 1 mi.](#) |

| **October, 2015** | **Building Blocks to Better Health Challenge** | Enrollment: September 27-October 3 
Challenge Dates: Oct. 4 – Oct. 31 
Last Day to Enter Results: November 7 
Reward: 1 Incentive Point 
Log-In to your Healthyroads account and go to “Challenges’ tab to enroll! |
| **Breast Cancer Awareness Month** | Check your email for more information or go to Healthyroads to read more. 
(‘Health Resources’ tab and then, ‘Health Information’, ‘Wellness Centers’ and then ‘Women’s Health’) |
<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Local Wellness Events** | Anchorage:  
Providence Free Immunization Clinic  
Skinny Raven Frightening 4k  
Fairbanks:  
It Ain’t Easy Hill Run  
Halloween Family Run |
| **On-Site Education: Fitting Physical Activity Into a Busy Schedule** | What: Education session that discusses how to make exercise work for you. Provided by UofAs Healthyroads program manager, Sara R.  
When: TBD  
Where: TBD  
Reward: 1 Incentive Point |
| **Maintain without Gain Challenge** | Enrollment: November 15-21  
Challenge Dates: Nov. 22-Jan. 2  
Last Day to Enter Results: January 9  
Reward: 1 incentive point  
Log-In to your Healthyroads account and go to “Challenges’ tab to enroll! |
| **Great American Smoke Out** | UofA has committed to going smoke-free in 2015—have you? For more information check out the tobacco cessation page on Healthyroads (‘Health Resources’ tab and then, ‘Health Information’, ‘Health Conditions’ and then select ‘Smoking Center’) |
| **National Diabetes Awareness Month** | Go to Healthyroads for additional information and resources (‘Health Resources’ tab and then, ‘Health Conditions’ and ‘Diabetes Center’) |
| **Local Wellness Events** | Anchorage:  
Skinny Raven Turkey Trot  
Providence Free Immunization Clinic  
Fairbanks:  
Cache Creek Warm-Up  
RCN Turkey Trot  
Juneau:  
Veteran’s Day Run  
Thanksgiving Day Turkey Trot |
### December, 2015

Keep-up the ‘healthy’ work!!
The Walk Alaska Challenge and the Time to Move Challenge are still going on—keep committed over the Holidays with tips from Healthyroads.
Log your progress by going to the ‘Challenges’ tab on Healthyroads.

**Happy Holidays and a Have a Healthy, Happy, New Year!!**

<table>
<thead>
<tr>
<th>Local Wellness Events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fairbanks:</strong>&lt;br&gt;Heart of Darkness Snowshoe Race&lt;br&gt;Solstice Snowshoe Shuffle&lt;br&gt;George Bloom Memorial Midday Sun Fun Run</td>
</tr>
</tbody>
</table>

### January, 2016

Half-way through the program year—Have you checked your Healthyroads account yet?

**What:** Wellness program overview provided by UAs Healthyroads program manager-Sara R.<br>**When:** TBD<br>**Where:** TBD

**On-Site Biometric Events Coming-Up!!**

Go to: [www.alaska.edu/benefits/wellness](http://www.alaska.edu/benefits/wellness) for locations, dates, and more details

**Local Wellness Events**

**Fairbanks:** Fahrenheit Be Darned Winter Training Runs

### February, 2016

**On-Site Education: Stress and Emotional Eating**

What: Education presentation detailing how poor stress management can affect your weight maintenance goals.<br>Provided by UofAs Healthyroads program manager, Sara R.<br>**When:** TBD<br>**Where:** TBD<br>**Reward:** 1 incentive point

**On-Site Biometric Screenings**

Go to: [www.alaska.edu/benefits/wellness](http://www.alaska.edu/benefits/wellness) for locations, dates, and more details

**American Heart Month**

Check your email for more information or go to the Healthyroads to read more. (‘Health Resources’ tab and then ‘Health Information’, ‘Health Conditions’ and then select ‘Heart
### March, 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| Sleep/Stress Challenge                     | Enrollment: TBD  
Challenge Dates: TBD  
Last Day to Enter Results: TBD  
Reward: 1 Incentive point  
Log-In to your Healthyroads account and go to “Challenges’ tab to enroll! |
| Colorectal Cancer Awareness Month          | Check your email for more information or go to the Healthyroads site to read more. ('Health Resources’ tab and then ‘Health Information’, ‘Health Conditions’ and then select ‘Colorectal Cancer Center’) |

### April, 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| On-Site Education: Do you still have items to complete? | What: Presentation provided by UAs Healthyroads program manager, Sara R. detailing the program requirements, how to check where you stand and what options you have left still to receive the rebate in FY17.  
When: TBD  
Where: TBD  
Reward: 1 Incentive Point |
| Last Day of FY 16 Wellness Program!        | April 30th                                                             |