



Volume 4, Issue 3 March 2014

LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DIVISION FOR WORKFORCE RECRUITMENT, DEVELOPMENT & WELLNESS

If you need health insurance, now is the time to get covered!



Pick your plan by March 15 to start coverage on April 1. Open enrollment for 2014 ends on March 31, 2014! Premiums must be paid prior to the start of your coverage.

Who can use Vermont Health Connect?

Individuals, families and small businesses in Vermont will get their health coverage through Vermont Health Connect. This includes:

- Vermonters who do not have health insurance
- Vermonters who currently purchase insurance for themselves
- Vermonters who have Medicaid or Dr. Dynasaur
- Vermonters who currently have Catamount or Vermont Health Access Program
- Vermonters who are offered unaffordable coverage by their employers
- Small businesses in Vermont that provide coverage for their employees

Questions?

[FAQ's about Vermont Health Connect](#)

Call: 855-899-9600

Email: vthealthconnect@state.vt.us

LiveWell Vermont Wins Gold!



Governor Peter Shumlin, Commissioner of Health, Harry Chen and the Governor's Council on Physical Fitness and Sports will present LiveWell Vermont State Employees Wellness Team a gold award at the annual Vermont Worksite Wellness Conference. These prestigious awards are presented to Vermont employers for their onsite efforts to promote physical fitness and a healthy work-life balance in 2013. This year's conference will be held at the Sheraton Hotel & Conference Center in Burlington on March 27, 2014.

The Council's next big event is the annual [VT Corporate Cup and State Agency Race](#) held in Montpelier on May 15, 2014.



Sleep Awareness: Try These Techniques

Sunday, March 9 is Daylight Savings. Rather than feeling as though you've lost an hour of sleep, use it as an opportunity to reset your sleep habits, as well as your clock.



Try the following sleep tips:

- Go to sleep and wake at the same time every day.
- Avoid bright light in the evening and expose yourself to sunlight in the morning to help manage your "natural body clock."
- Use your bedroom only for sleep and remove work materials, computers, phones and televisions.
- Select a relaxing bedtime ritual, like a warm bath or listening to calming music.
- Create an environment that is conducive to sleep that is quiet, dark and cool with a comfortable mattress and pillows.
- Save your worries for the daytime. If concerns come to mind, write them in a "worry book" so you can address those issues the next day.
- If you can't sleep, go into another room and do something relaxing until you feel tired.
- Exercise regularly, but avoid vigorous workouts close to bedtime.

If you are experiencing excessive daytime sleepiness, snoring, or "stop breathing" episodes in your sleep, contact your health care professional for a sleep apnea screening.

For more information Sleep Awareness, visit:
<http://www.sleepfoundation.org/>

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Gardening 101

March is the perfect time to start planning to grow your own vegetable garden! Here are some tips to make the growing season a successful one:

Location—Find a flat area in your yard that gets full sun most of the day. Begin breaking up and turning the soil and if possible, incorporate compost (a combination of broken down leaves, grass clippings and table scraps).



Spacing—Figure out how much growing space you have and plant accordingly. For example, lettuce can be grown as close as 4-5 inches; tomatoes need at least 2 feet; and pumpkins and squash plants need almost 4 feet. Growing requirements can be found on the back of the seed packets. No space for a traditional garden? Visit this [link](#) for ideas!



Selection—If you are short on space, choose vegetables that require less room or grow in containers. Lettuce grows well in a pot, as do tomatoes. Plants that climb, such as cucumbers and beans can be trained to grow on a trellis to utilize vertical space. Use herbs and parsley in your flower beds to free up space in your garden.

Scheduling—Planting times should be around the main temperature driven seasons: cool season (spring and fall) and warm season (summer). Visit this [complete list](#) of cool season/warm season crops.

Maintenance—Weed your garden regularly to prevent competition of nutrients. Use a hoe or hand trowel to help with those difficult weeds. Water most vegetables 2-3 times weekly. Leafy vegetables should be watered 3 times per week in the hot summer months.



Try this easy [garden planning tool](#) to design your own garden!

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