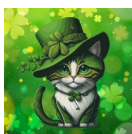


# Here's to Health



## IN THIS ISSUE

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  - Bonus Points available
  - Gym Rebate
  - Virta Disease Management Webinar Opportunity
- National Nutrition Month
- Mental Health Check
- Healthy Recipe
- Coloring Page
- Puzzle



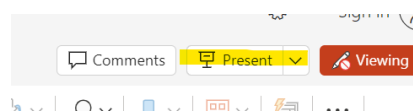
## NEW OFFERING



Protect your fur babies today by providing them with their own health insurance. No payroll deduction, it is direct bill to you, you can enroll or cancel at any time.

Additional information is available on the UKG Home Page. Power Point Link for more information: [link](#)

(When you open link, click the settings wheel, Present and choose 'Start from beginning')



## WELLNESS INCENTIVE PAYOUTS

### 2024 INCENTIVES

- 1<sup>st</sup> Qtr. - 4/26/2024
- 2<sup>nd</sup> Qtr. - 7/19/2024
- 3<sup>rd</sup> Qtr. - 10/25/2024
- 4<sup>th</sup> Qtr. - 1/31/2025

### 2024 VITALITY WELLNESS INCENTIVE CHANGE

We have a new incentive reward structure for 2024. You have the opportunity to earn \$1000. (NueHealth Standard) In order to receive any monetary reward, you must first meet the new Gate Keeper. Only after the Gate Keeper is met will you receive your incentives.

Gate Keeper - \$500 (Complete the Vitality Check Screenings and the Vitality Health Review)



## Vitality Deadlines:

If you complete your Vitality Health Review by 3/30/2024 you will receive an additional **250 Bonus Points**. Don't miss this opportunity to move forward on your path to Silver, Gold, and Platinum Status.

## Gym Rebate

To receive your 2023 Gym Rebate up to \$200 be sure to submit your 100 qualified workouts to Vitality by 3/30/2024.

Log into your Vitality account and in the search bar type Gym Rebate, from there follow the prompts. **If information is NOT submitted by the due date, you will forfeit the rebate.**



**“Virta Disease management is one of our qualified coaching plans that qualifies members for the 100% pharmacy benefit for chronic maintenance medications. Please attend the Virta webinar on Tuesday, 3/19/2024 at 10 am PST: 12 pm CST: 1 pm EST**

## Food as Medicine:

[https://virtahealth.zoom.us/webinar/register/WN\\_jqxwdw86R2ivjqa8wyzOCQ](https://virtahealth.zoom.us/webinar/register/WN_jqxwdw86R2ivjqa8wyzOCQ)

March is

## National Nutrition Month



“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

### HOW TO OBSERVE NATIONAL NUTRITION MONTH

#### 1. MOVE YOUR BODY

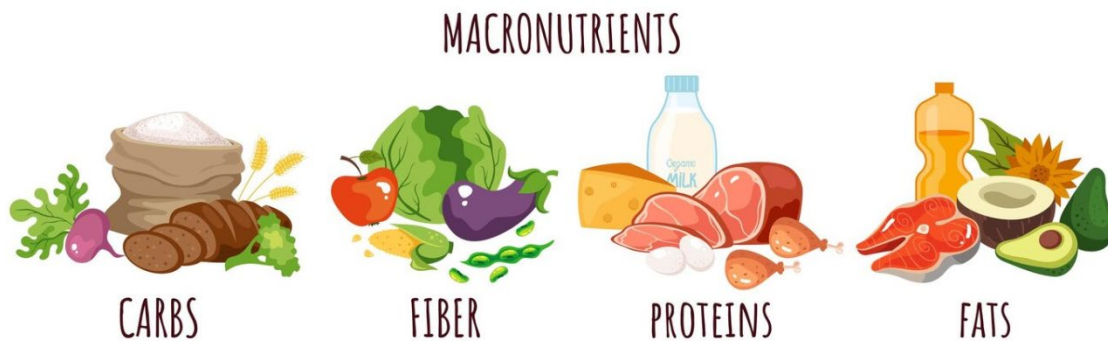
Nutrition doesn't end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.

#### 2. FIND INSPIRATION

Feeling stale in the kitchen? Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!

### 3. MEET WITH A DIETITIAN

They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees. Anyway, a healthier, happier outlook on life is priceless!



## 5 Realistic Ways to Eat Healthier

### 1. GO, GO, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.

### 2. CHOOSE FOOD OVER SUPPLEMENTS

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food – not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

### 3. OPT FOR COLOR

When in doubt, throw some color on your plate – natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

### 4. PACK YOUR LUNCH

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

### 5. SHOP THE PERIMETER

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.



## WHY NATIONAL NUTRITION MONTH IS IMPORTANT

### 1. IT'S AN EXCUSE TO RESET

We hope you're still crushing your wellness-related New Year's resolutions! For the rest of us, this month gives us an opportunity to reflect inward and make tangible changes to our diets or workout regimens. It could be as simple as adding another veggie or fruit to every meal.

## 2. WE'LL LOOK (AND FEEL) BETTER

When we eat real, nourishing foods, we're getting a wealth of vitamins and minerals that support not only healthy internal function, but give skin, hair, and nails an extra glow. Look good, feel good.

## 3. IT FOSTERS A COMMUNITY

From yoga classes to sustainable farming workshops, the opportunities to celebrate this month are endless in cities all across the country.

**If you don't eat your  
food as medicine,  
you will have to eat  
medicine as food in  
future**





## TIP #1 Good Eats!

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**RESEARCH SHOWS THAT THE FOOD WE EAT IS A BIG PART OF YOUR MENTAL HEALTH.**

Healthy foods like fruits, vegetables and whole grains give us the nutrients needed to work your best.

Source: Mental Illness. National Institute of Mental Health. [nimh.nih.gov](https://nimh.nih.gov)

## YOUR HEALTHIEST SELF

# Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



## EAT A HEALTHY DIET

We make dozens of decisions every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart choices. A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods. Find out which foods to add to your diet and which to avoid.

### TO EAT A HEALTHIER DIET:

- Eat a variety of foods**—vegetables, fruits, whole grains, beans, nuts, seeds, lean meat, seafood, eggs, milk, yogurt, and cheese.
- Cut back on sodium.** Limit foods that are low in vitamins and minerals.
- Cut down on sugar.** Pick food with little or no added sugar. Choose packaged foods with less total sugar.
- Get more fiber.** Increase your fiber intake gradually, so your body can get used to it.
- Replace saturated fats in your diet with unsaturated fats.** Use olive, canola, or other vegetable oils instead of butter, meat fats, or shortening.
- Choose more complex carbs.** Eat more complex carbs, like starches and fiber. These are found in whole-grain breads, cereals, starchy vegetables, and legumes.
- Watch out for foods high in salt.** Choose foods with less than 5% of the Daily Value of sodium per serving. Rinse canned foods.



## Be Well Cooking Corner

### Shrimp, Peas and Rice

This quick and easy Shrimp, Peas and Rice dish, can be made with white or brown rice.

PREP TIME: 5 minutes mins

COOK TIME: 25 minutes mins

TOTAL TIME: 30 minutes mins

YIELD: 4 servings

COURSE: Dinner

CUISINE: American



#### EQUIPMENT

- Large Skillet (I swear by this non-stick Le Creuset pan)
- Large Heavy Skillet

#### INGREDIENTS

- 1 tablespoon unsalted butter
- 2 cups low sodium chicken broth (canned or homemade (veggie broth for lent))
- 1/2 cup frozen peas
- 1 cup uncooked converted brown rice
- 4 teaspoons olive oil (divided)
- 1-1/4 pounds peeled and deveined shrimp
- 2 tbsp grated Pecorino Romano cheese
- 1 tbsp chopped parsley (for garnish)

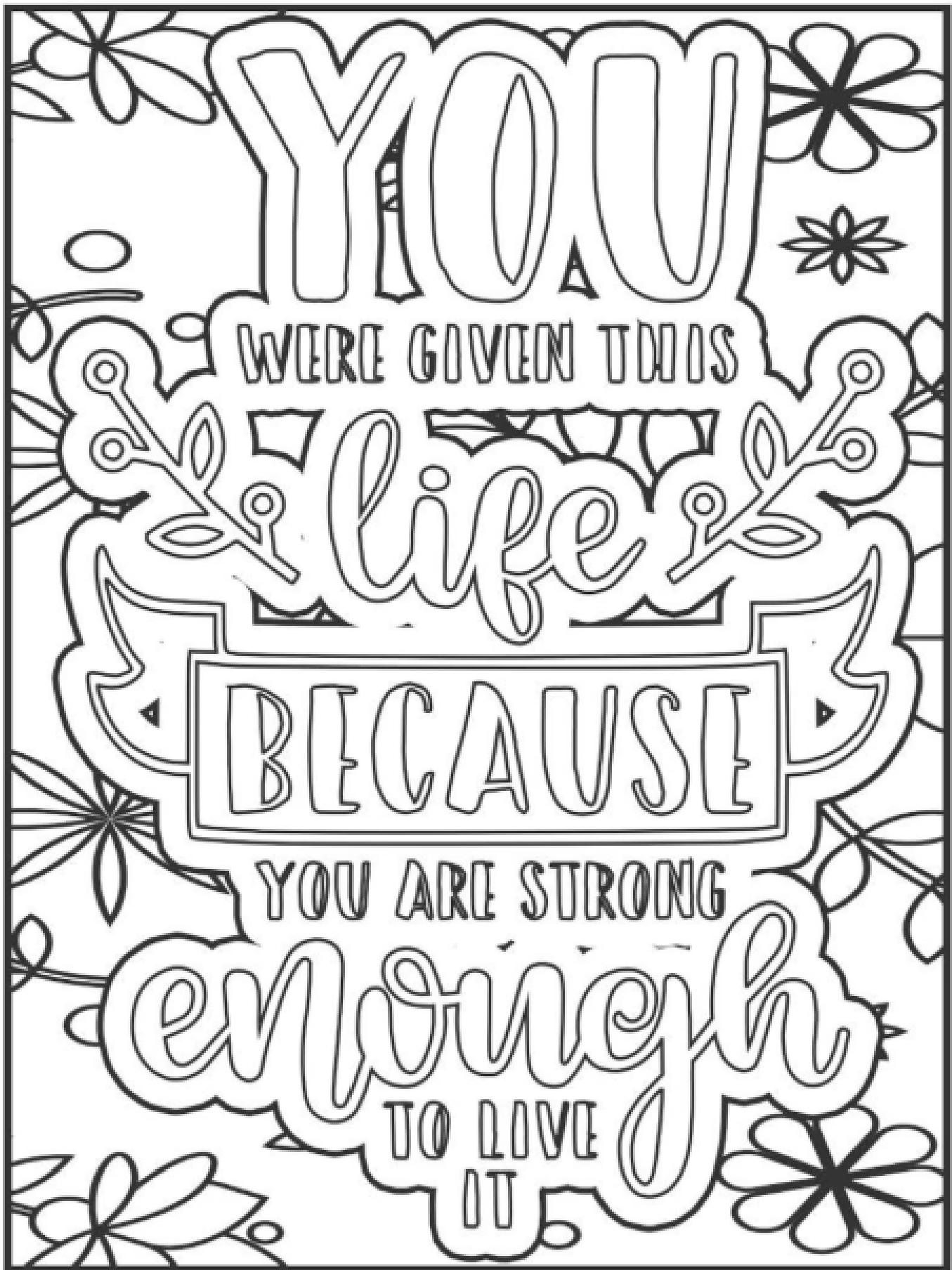


#### INSTRUCTIONS

1. In a large heavy skillet melt the butter over medium heat. Add the rice and saute about 2-3 minutes.
2. Add the chicken broth and peas and bring to a boil. When just about all the liquid is absorbed just skimming the top of the rice, cover and reduce heat to low.
3. Cook, covered on low heat 20 minutes, until rice is cooked through. Shut off and let stand covered 5 minutes.
4. Meanwhile, in second large skillet, heat 2 teaspoons of the olive oil over medium heat until hot.
5. Season shrimp with salt and pepper and add to hot skillet. Cook about 2-3 minutes, until the shrimp is opaque and cooked through. Remove shrimp from pan and set aside.
6. Add the 2 remaining teaspoons of olive oil to the skillet on high heat and add the cooked rice, shrimp, grated cheese and parsley and saute another minute or two to slightly crisp, mixing well.

#### NUTRITION

Serving: 1 1/3 cup, Calories: 346kcal, Carbohydrates: 36g, Protein: 28.5g, Fat: 8g, Saturated Fat: 3g, Cholesterol: 156mg, Sodium: 1000mg, Fiber: 3g, Sugar: 1g





# Vegetable Word Search



LETTUCE	F A S P A R A G U S O C S U P
TOMATO	N R A R D R E L R M U F F O E
CARROT	U H U S R I P O A S M C T N E
ONION	L E T T U C E W A C H A R P S
POTATO	J H N E T R P E N H T B C I C
CUCUMBER	U A P E A O P R I O E B V C U
ZUCCHINI	P R N B W O E E V S V A O E C
PEAS	E V R S O K R A T E E G O X U
PEPPERS	A E C I A S S D E C G E B E M
BROCCOLI	S P I N A C H A T H E T B T B
ASPARAGUS	R T S N C A R R O T T N A R E
CORN	S U N O U M P K I H S I D A R
CABBAGE	C G R N E N O D H S B H L B M
CELERY	I N S E O O C E L E R Y R A E
RADISH	L H O I N I H C C U Z C R B R
OKRA	R A N D E N A D R A Z Z W L B
SPINACH	A O B E M B R O C C O L I H L
BEETS	G G N I R P S T O M A T O L E
GARLIC	

ONESTOPWORDSEARCH