

Here's to Health



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DID YOU KNOW?

One in five Americans has experienced some form of mental illness, with one in 25 experiencing serious mental illness, such as bipolar disorder or schizophrenia.

Suicide accounts for over 800,000 deaths globally each year, with over 41,000 in the U.S. alone. It is the second leading cause of death worldwide for 15–29-year-olds.

The rate of mental health disorders doubles for those who have been to war or lived through a major disaster.

People with a mental health issue are generally nonviolent. In fact, only 3-5% of violent acts can be attributed to people with a serious mental illness.

WELLNESS INCENTIVE PAYOUTS

2024 INCENTIVES

- 1st Qtr. - 4/26/2024
- 2nd Qtr. - 7/19/2024
- 3rd Qtr. - 10/25/2024
- 4th 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)

Reminder

Wellness Coaching Opportunities:

- Begin your journey with the My Health Novel Weight management Questionnaire. This triggers the 100% no cost RX benefit for the chronic disease maintenance medications and is the most consistent, quickest way for the BCBS Pharmacy Department to update the Pharmacy Profiles for the 100% benefit.
- Once you take the questionnaire, you are free to select ANY coaching Plan. You are not required to continue with My Health Novel.
- Once you answer the questionnaire, expect 30 - 45 days for the Pharmacy Benefit to update. It depends on the timing of when the questionnaire was taken.
- Members who have already enrolled in a coaching plan will not be required to take the questionnaire at this point.
- There is no required attendance for webinars. These are available to explain the plans in detail and answer questions. The recordings will be posted on UKG.
- There is no specific required number of visits/sessions for the coaching. Some have 0 visits (apps)
- Compliance depends on the individual coaching plan. Communication will be ongoing. We respect that this is your journey, and this is not meant to be punitive or to place barriers in place or intrusive to your private health plans and coaches.

BCBS My Health Novel Journey

- Several platforms, members may select from a specific coaching plan tailored to their individual health condition or maintenance health.
- Involves coaching with varying levels of engagement ranging from an app (passive) to daily coaching contacts (more engagement).
- Contact: Customer Service 866-400-8941

BCBS CareCore+

- Structured, less aggressive coaching plan.
- Members will be expected to touch base with their coach once a month, or according to how the plan is developed with the member.
- Contact: BCBS Health Plan 888-495-9340

Virta Disease Coaching

- Led by Physician
- Structured with a mapped journey for participants.
- Focus primarily on Diabetes reversal or hypertension/weight loss.
- <https://my.virtahealth.com/apply/get-started>

WEBINAR: [BCBS My Health Novel Coaching Webinar](#) - Password: NH24

WEBINAR coming soon, watch for email notification.

WEBINAR: [VIRTA HEALTH FOOD AS MEDICINE WEBINAR](#)



Mental Health Wellness Information

Did you know that your mental health can tie directly into your general physical health?

There over 400 articles and videos to assist you in yours and your families healthy mental wellness journey available to you in Vitality. It's so simple to access, please follow the steps on the next two pages to access them.

The screenshot shows the Vitality website interface. At the top left is the Vitality logo, and next to it is the nuehealth logo. A search bar is located at the top right. The navigation menu includes HOME, HEALTH PROFILE, POINTS, REWARDS, RESOURCES (highlighted with a yellow circle), and COMMUNIT. Below the navigation menu is a breadcrumb trail: Home / Resources / Health Resources. There are four tabs: Health Resources, Benefits and services, Guide to Vitality, and Employer Resources. The main content area is titled HEALTH RESOURCES and includes the subtext: Find the tools and information you need to take better care of yourself. Under the heading Resources that earn points, there are four cards: Nutrition Courses (900 pts), Health FYI Webcasts (600 pts), Vitality Health Review (500 pts), and ActionSets and Decision Points (300 pts). A red arrow points from the 'View All' button to the 'Mental & Behavioral Health' category in the Resources by topic section.

[Home](#) / [Resources](#) / [Health Resources](#) / [Mental and Behavioral Health](#)

Health Resources

Benefits and services

Guide to Vitality

Employer Resources

[< Back to Health Resources](#)

MENTAL AND BEHAVIORAL HEALTH

Many people are affected by mental health problems such as depression or panic disorders. These problems can make it harder to think clearly, manage how you feel, and work with other people. Sometimes you may feel helpless and hopeless. But you're not alone. Talking with others who suffer from these problems may help. And treatment can help you get back in control. Or maybe you're worried about someone else and want to help. Our information can answer your questions.

ADD FILTER



[< Previous](#) **1** [2](#) [3](#) [4](#) [5](#) [...](#) [21](#) [22](#) [Next >](#)

Name ▾	Topic	Type	Points Earning
3 Breathing Exercises to Help You Relax	Mental and Behavioral Health	Video	
3 Signs Your Teen Is Struggling	Mental and Behavioral Health	Video	
4 Tips to Encourage Self-Discipline in Kids	Mental and Behavioral Health	Video	
4 Tips to Encourage Self-Discipline in Teens	Mental and Behavioral Health	Video	
5 Tips to Build Healthy Cell Phone Habits	Mental and Behavioral Health	Video	



Mental Health Awareness Week is taking place 13 to 19 May 2024. People severely affected by mental illness are being left behind in the national conversation about mental health. We need to change this.

(This article contains Links in **RED**)

Everyone can feel anxious. But when you live with severe mental illness, anxiety can reach a whole new level.

Stigma. Discrimination. Lack of support. Side effects of medication. Mania. Psychosis. Limited access to housing, employment, and welfare. These are unique anxieties faced daily by those of us experiencing mental illness.

But is that something you hear about often in today's society? No.

For Mental Health Awareness, we wanted to change that. In a survey of 1,300 people, we found:

- 93% of people living with mental illness said there is not enough awareness and understanding about what it means to be severely affected by mental illness
- 85% of people living with mental illness said that symptoms of their condition cause them stress or anxiety
- 76% of people living with mental illness said that their anxiety prevented them from seeing friends/family
- 62% of people living with mental illness said that difficulties with accessing support/treatment has caused them stress or anxiety

Talk about wellbeing and self-care on Mental Health Awareness Week is great, but the 500,000 of us living with severe mental illness in England feel left behind in the conversation.

Some people might find having a bath and lighting candles helpful, but the world is different if you experience a mental illness.

It's time for people to truly understand what it is like to live in our shoes. It's time for a society that truly cares for people living with mental illness.

It's impossible to have a conversation about [health and wellness](#) without talking about mental health. In the United States, [nearly one in five adults](#) have a mental illness or mental health condition. That's nearly 52 million people.

However, mental health isn't just about having or not having a mental illness. [Our well-being](#) is affected by all aspects of our lives, and that, in turn, affects how we experience life, work, and time with our loved ones.

The conversation around mental health awareness has never been as public, as prevalent, or as important. After all, building awareness is a critical ingredient to learning [how to care for your mental health](#).

Understand Yourself Better: *Big 5 Personality Test*

Learn how to leverage your natural strengths to determine your next steps and meet your goals faster.

[Take the 5-min quiz](#)

WHAT IS MENTAL HEALTH AWARENESS?

So what does mental health awareness mean, and how do you promote it?

Mental health awareness is the ongoing effort to [reduce the stigma around mental illness](#) and mental health conditions by sharing our personal experiences.

Often, because of misconceptions about mental health and mental fitness, people often suffer in silence and their conditions go untreated. Mental health awareness is an important social movement to both improve understanding and increase access to healthcare.

HOW CAN MENTAL HEALTH AWARENESS HELP?

Mental health awareness is critical to promoting [mental health treatment and behavioral health](#). It's a necessary and foundational conversation for changing to a more proactive model of mental health.

Right now, we only fill our tanks when they're on "empty." [Developing our awareness](#) helps us start to recognize the signs and symptoms when we're feeling "off" – just as we do with physical illness.

Here are four important benefits of mental health awareness:

1. Helps you understand your symptoms

Sometimes, there is magic in having a diagnosis. Despite the stigma around the term, it's simply a shorthand for a collection of symptoms that occur together.

Especially with mental health conditions, which are difficult to pinpoint – and sometimes impossible to find – on a test, a diagnosis can be incredibly validating. It can help people feel less alone and make it easier to find treatment. Pay attention to your symptoms. For example, you might feel like [your mental health worsens with social media use](#).



2. Starts a conversation

Mental health awareness is an ongoing conversation, but up until recently, it's only been had in whispers. But because a common feature of many moods and anxiety disorders is distorted thinking, talking about it can actually be immensely therapeutic.

Building a support network and [speaking with a licensed mental health professional](#) is critical to alleviating symptoms of many mental health conditions.

Unfortunately, stigma creates silence. It also makes it difficult to [ask for support](#) at work or in other environments that might be made more challenging by a mental health diagnosis.

3. Better education

It's crucial for caregivers, employers, parents, family members, and loved ones to understand the impact that mental health has on daily life. However, while mental health conditions can make daily life more difficult, they also don't have to prevent you from having a [fulfilling and engaging life](#).

When the people in your life understand and prioritize mental health care, it makes it easier to [take the actions you need](#) to do to [take care of yourself and thrive](#).

4. Promotes mental fitness

Many of us have fallen into the trap of thinking of mental health as solely related to mental illness. However, it's possible to have a mental health condition and be mentally fit, and the absence of a mental health condition doesn't necessarily ensure mental fitness.

Expanding our understanding of mental health issues and wellness to incorporate mental fitness, a proactive approach to [emotional health](#), well-being, and [cognitive agility](#). It allows us to live life with more [purpose, clarity, and passion](#). Reducing the stigma around mental health is an important step to [embracing mental fitness](#).

3 TIPS TO PROMOTE MENTAL HEALTH AWARENESS

How can individual people, especially non-clinicians, make a difference in promoting mental health awareness? A big part of it is learning to talk and share about mental health openly.

When we are quiet about mental health and fitness, we allow stigma to continue. That silence makes it harder for people to prioritize their own mental well-being.

Here are several ideas to promote mental health awareness within your community.

Speak up for yourself

How often do you see someone take a mental health day? And how often do you see them being honest about it? Many of us feel like our physical well-being is more important than our mental well-being.

We take a day off when we're sick, but not when we're feeling [emotionally drained](#) or exhausted. The next time you take time off, be honest with your team that you're taking the time for your mental well-being.

When you participate in self-advocacy for your mental health, you're empowering others to do the same. You'll likely inspire others to do the same.

Learn more about mental health

Take the time to learn about [mental health and mental fitness](#). But beyond that, learn how to differentiate the two. Learn about common mental health conditions, [signs of burnout](#), and how to take care of yourself when you're experiencing symptoms.

It can be helpful to keep an eye on your own warning signs to know when you're starting to [get triggered](#) or overwhelmed. If you find resources that may benefit others, share them with those around you.

Talk to a professional

You can get started by accessing our Employee Assistant Program, they will help connect you to a service provider in your area and Insurance network.

[EAP MetLife](#) link or call: [888.319.7819](tel:888.319.7819)

WHY IS MENTAL HEALTH AWARENESS SO IMPORTANT?

Mental health isn't just a conversation for people dealing with mental health disorders. It impacts our social, emotional, physical, and [cognitive well-being](#).

Unfortunately, many people don't receive the treatment that they need because of the stigma associated with mental health. Some don't even realize that treatment is

available. When these people suffer quietly, they feel lonely and disenfranchised. We miss out on their brilliance.

Every year, [suicide is one of the top three causes of death](#) in the United States. And it's been on the rise in recent years. This is true for all economic classes, ethnicities, and genders, although some groups are at a markedly higher risk.

Every suicide is a tragedy. Death by suicide comes at a high cost. Not only does it warrant financial losses it's, more importantly, devastating for the survivors of the person who died.

We never truly know how our actions impact another person, but if raising awareness can save a life, it is a truly worthwhile endeavor.

ADDITIONAL MENTAL HEALTH RESOURCES

You don't have to do it alone. Organizations and resources are here (and waiting) to help. Lean on the mental health providers below for support – or pass them along to a loved one who might be struggling.

- Call the [National Alliance on Mental Illness \(NAMI\) helpline](#): 800-950-NAMI or text "NAMI" to 741471
- Call the [National Suicide Prevention Lifeline](#): 800-273-8455 or dial 988
- Call the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#): 800-662-HELP (4537)

You can also find support groups that might help to [connect with people](#) living with shared experiences. For example, some support groups specialize in certain conditions like schizophrenia, anxiety, [depression](#), and substance use disorders.

As always, consult your doctor or trained mental health professional as well. It's important to keep your medical team informed of how you're feeling. Your overall health and well-being is critically important.



“

**MENTAL HEALTH PROBLEMS
DON'T DEFINE WHO YOU ARE.**

— They are something you experience. —

You walk in the rain, and you feel the rain,

**BUT YOU ARE
NOT THE RAIN.”**

-MATT HAIG



“

IN CASE NO ONE TOLD YOU TODAY:

You're needed.

You're alive for a reason.

You're stronger than you think.

You're gonna get through this.

I'm glad you're here.

DON'T GIVE UP!”



YOUR HEALTHIEST SELF

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

TO BUILD HEALTHY SUPPORT SYSTEMS:

- Build strong relationships with your kids.
- Get active and share good habits with family and friends.
- If you're a family caregiver, ask for help from others.
- Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- Take a class to learn something new.
- Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- Travel to different places and meet new people.

Be Well Cooking Corner

Copycat Taco Bell Mexican Pizza

These copycat Taco Bell Mexican pizzas feature all the flavors and textures of the original, with melted cheese, spiced beef and creamy beans between layers of crispy tortillas. Plus, we added an extra layer of crunchy veggies on top.

Tested by [EatingWell Test Kitchen](#)

Active Time:

50 mins

Total Time:

50 mins

Nutrition Profile:

[Diabetes-Appropriate](#) [Nut-Free](#) [Soy-Free](#) [High-Fiber](#) [High-Protein](#) [Egg-Free](#) [Gluten-Free](#)



INGREDIENTS

- 8 (6 inch) corn tortillas
- 2 tablespoons canola oil, divided
- 3 tablespoons water
- 1 teaspoon cornstarch
- ¼ cup finely chopped yellow onion
- 8 ounces 90%-lean ground beef
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon chili powder
- ¼ teaspoon salt plus 1/8 teaspoon, divided
- 1 (15 ounce) can no-salt-added black beans, undrained
- ¼ cup salsa, plus more for garnish
- ½ cup shredded Mexican 3-cheese blend
- ¾ cup finely shredded iceberg lettuce
- ¾ cup finely shredded red cabbage
- ¼ cup thinly sliced radish
- ½ cup halved cherry tomatoes
- ¼ cup sliced scallions



DIRECTIONS

1. Preheat oven to 400°F. Line 2 large baking sheets with parchment paper. Divide tortillas evenly among the prepared baking sheets. Using a pastry brush, brush 1 tablespoon oil evenly over the tops of the tortillas. Bake until crispy and slightly browned on the edges, 8 to 10 minutes. Remove from oven and set aside. Do not turn off the oven.
2. Meanwhile, whisk water and cornstarch together in a small bowl. Set aside.
3. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring occasionally, until softened, about 3 minutes. Add ground beef; cook, stirring and breaking up the beef with a wooden spoon, until no longer pink, about 5 minutes. Stir in paprika, garlic powder, onion powder, chili powder and 1/4 teaspoon salt; cook, stirring constantly, until fragrant, about 1 minute. Stir in the cornstarch mixture; cook, stirring constantly, until thickened, about 1 minute. Remove from heat and let cool for 5 minutes.
4. Drain beans, reserving 2 tablespoons liquid from the can (discard remaining liquid). Combine the drained beans, the reserved liquid and the remaining 1/8 teaspoon salt in a food processor; process until mostly smooth. *(Alternatively, combine the drained beans, the reserved liquid and the remaining 1/8 teaspoon salt in a medium bowl. Using a potato masher, mash until mostly smooth.)*
5. Top each of 4 tortillas with 1/4 cup bean mixture and spread evenly. Top each tortilla with 1/4 cup beef mixture and spread evenly. Layer the remaining 4 tortillas over the beef mixture and top each with 1 tablespoon salsa and 2 tablespoons cheese.
6. Bake until the cheese is melted and bubbly and the tortillas are heated through, 6 to 8 minutes.
7. Top the tortilla stacks with lettuce, cabbage, radish, tomatoes and scallions. Garnish with additional salsa, if desired.

NUTRITION FACTS

Per serving: **Serving Size 1 stack** 439 calories; total carbohydrate 43g; dietary fiber 10g; total sugars 5g; protein 23g; total fat 20g; saturated fat 5g; cholesterol 49mg; vitamin a 1027iu; vitamin c 14mg; vitamin d 2iu; vitamin e 2mg; folate 18mcg; vitamin k 17mcg; sodium 517mg; calcium 182mg; iron 3mg; magnesium 68mg; potassium 608mg; zinc 4mg; vitamin b12 1mcg; omega 3 1g



Mental Health Awareness Month

P	S	A	P	A	T	H	E	R	A	P	I	S	T
P	T	P	M	F	S	S	R	G	I	L	S	L	L
S	F	S	E	R	O	U	U	E	H	S	O	E	S
Y	A	E	D	O	I	P	T	O	S	A	B	E	S
C	R	L	I	U	M	P	A	T	R	G	R	P	E
H	C	F	C	T	A	O	N	I	T	A	I	E	N
I	R	S	A	I	Y	R	R	T	R	A	E	O	L
A	U	O	T	N	C	T	A	T	S	I	T	S	U
T	L	O	I	E	S	S	O	Y	I	N	Y	F	F
R	S	T	O	S	S	E	N	L	L	E	W	S	Y
I	Y	H	N	S	P	U	O	R	G	I	T	R	A
S	C	I	S	U	M	L	P	U	N	A	M	I	L
T	L	N	E	D	U	T	I	T	A	R	G	A	P
T	P	G	G	N	I	K	L	A	W	T	S	L	F

- SOBRIETY
- SELF SOOTHING
- CRAFTS
- GROUPS
- PSYCHIATRIST
- ROUTINE
- NATURE
- FAMILY
- SLEEP
- MUSIC
- WELLNESS
- PLAYFULNESS
- GRATITUDE
- MAY
- MEDICATIONS
- SUPPORT
- NAMI
- WALKING
- ART
- THERAPIST

Play this puzzle online at : <https://thewordsearch.com/puzzle/1136506/>

MENTAL HEALTH

IS...

- A part of everyone
- Something to look after
- Real and complex
- Really important
- Something you can change

ISN'T...

- A sign of weakness
- All in your head
- Something you can just snap out of
- Always a negative thing
- Something to be ashamed of