

Here's to Health



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OLYMPIC ALL AROUND CHALLENGE ENDED

A huge thank you and congratulations to the 67 teammates who completed the **Olympic All Around Challenge** during the period of July 8th through August 11th.

Each of you satisfied the requirement of completing at least three of the five tasks to earn an additional 200 VITALITY Points. Your points were awarded to your account on 8/19/2024.

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

Incentives paid to the HSA accounts are subject to the IRS maximums. It is your responsibility to ensure the combined amount you elect AND the amount you receive as an incentive do NOT surpass the HSA IRS limit. You may manage this by adjusting the amount of your biweekly HSA contribution. You may manage this by adjusting the amount of your biweekly HSA contribution in the benefits UKG system.



Level Up Your Status

Challenge period: September 1, 2024 - November 30, 2024

- Now is the time to push to the next status: by leveling up in the challenge period, you will be entered into a drawing for one of two gift card prizes in each category:
 - Bronze to Silver - \$100 gift card
 - Silver to Gold - \$200 gift card
 - Gold to Platinum* - \$300 gift card

*If you have already reached Platinum Prior to the challenge period, you will be entered into the prize drawing for one of the two \$300 gift cards.



As an extra surprise! We are adding a year-end bonus. We will be awarding the person with the highest total Vitality Points earned beginning January 1, 2024, through November 30, 2024, a Vitality Gift Card Voucher in the amount of \$500.

September is Pain Awareness Month!



National Pain Awareness Month is observed in September every year. Pain professionals and activists from all around the country get together to raise awareness about problems connected to chronic pain during this month. Chronic pain directly impacts millions of people in the United States. Pain Awareness Month aims to make the public aware of how prevalent general pain is, educate them on how to deal with pain, and collect funding for research into the causes and treatment of various forms of pain. Pain sufferers are joining together to enhance therapy and alleviate the agony they are experiencing

History of Pain Awareness Month

Pain Awareness Month was established in 2001 by a consortium of organizations coordinated by the American Chronic Pain Association (A.C.P.A.). These organizations, which included the American Cancer Society and N.A.A.C.P., came together under the auspices of the 'Partners for Understanding Pain initiative.' A launch lunch for the alliance was hosted by the American College of Physicians in 2002 during the International Association for the Study of Pain Conference. By 2003, the Partners for Understanding Pain had grown to include more than 30 member organizations. U.S. Representative Mike Rogers delivered a keynote address during the 2004 conference in Washington, D.C. Additionally, the A.C.P.A. and Partners for Understanding Pain released their first toolkit in 2004, which was developed in collaboration with organizations such as the American Association of Rehabilitation Nurses, the American Academy of Nurse Practitioners, the American Nurses Association, the American Society of Perianesthesia Nurses, and the American Society of Pain Management Nurses. Another toolkit, this one highlighting the role of pharmacists in pain management, was made available in 2005. When the A.C.P.A. and its partners issued three tool kits in 2006, one for nurses, one for pharmacists, and one for older individuals, they were hailed as a success.

After a decade of successful monthly observances, the A.C.P.A. decided to take a more grassroots approach in 2007, collaborating with local facilitators to raise awareness through the media about the causes of pain and to eradicate the stigma attached to seeking medical care.



Pain Awareness Month FAQs

What causes chronic pain?

Chronic pain is often the result of an initial injury, such as muscular strain. Chronic pain arises due to nerve injury, which intensifies and prolongs the agony.


When does pain become chronic?

Chronic pain is defined as pain that lasts for three months or more, and in certain circumstances, the neural system remains hyperactive after the original injury or sickness has healed.

Is it normal to hurt every day?


Aches may also result from daily activities, particularly if you sit, walk, or exercise for extended periods. You may only need rest and home therapy to alleviate your bodily pains. However, some pains, particularly those that persist over an extended period, may indicate the presence of an underlying ailment.

NATIONAL PAIN AWARENESS MONTH



Pain Awareness Month is a time when various organizations work to raise public awareness of issues in the area of chronic pain and pain management.

100M




QUICK FACTS

- Pain affects nearly 100 million Americans
- 1 in 3 adults live with pain
- There are more Americans living with pain than those affected by cancer, heart disease, and diabetes combined


SEPTEMBER IS NATIONAL PAIN AWARENESS MONTH

GOALS



- Reduce stigma
- Create a greater understanding of chronic pain among healthcare providers, patients, and the community
- Break down the barriers to effective pain management

IN A SURVEY OF CHRONIC PAIN SUFFERERS



77	86	70
percent felt depressed	percent had trouble sleeping	percent had trouble concentrating

Pain is subjective and varies from person to person * Chronic pain persists, whereas acute pain is temporary * Living with chronic pain can lead to feelings of isolation * Pain is recognized as an invisible illness * Each person's pain journey is unique

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1. Chronic pain can cause isolation

Individuals suffering from chronic pain are not unusual to experience emotions of loneliness and their discomfort may prevent them from engaging in social events or doing things they like.

2. Chronic pain can cause insomnia

Chronic pain often has a negative impact on people's sleep and may lead to insomnia in certain situations, making it virtually hard to obtain a decent night's sleep.

3. More women than men suffer

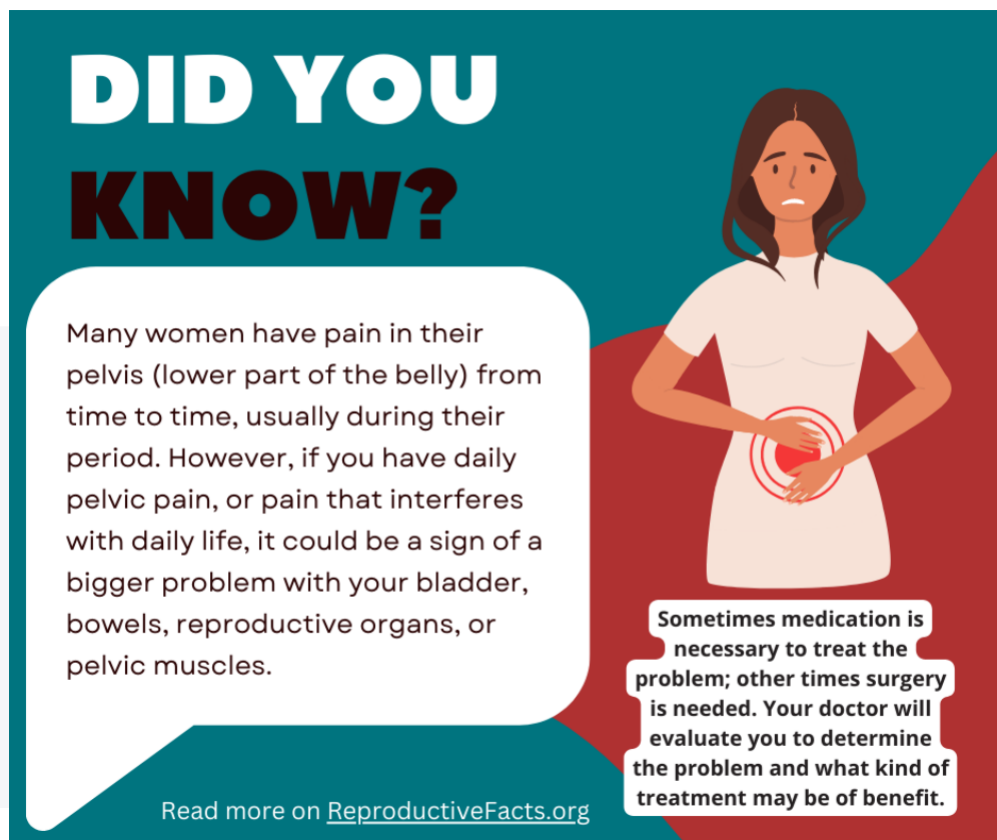
Chronic pain affects more women than men.

4. Diet can alleviate or worsen chronic pain.

Some individuals have discovered that the meals and beverages they consume daily may help or hurt their chronic pain.

5. Chronic pain doesn't have a clear cause

Although there are many possible causes of chronic pain, it's also crucial to highlight that chronic pain sometimes does not have a clear cause.



DID YOU KNOW?

Many women have pain in their pelvis (lower part of the belly) from time to time, usually during their period. However, if you have daily pelvic pain, or pain that interferes with daily life, it could be a sign of a bigger problem with your bladder, bowels, reproductive organs, or pelvic muscles.

Sometimes medication is necessary to treat the problem; other times surgery is needed. Your doctor will evaluate you to determine the problem and what kind of treatment may be of benefit.

Read more on ReproductiveFacts.org

Why Pain Awareness Month is Important

1. It helps raise funds

Pain awareness month helps collect funds for research in pain treatment and management techniques. See what you can do to help on this day, be it donating or volunteering.

2. It helps raise awareness

Pain awareness month helps raise awareness of the importance of healthy living and medical checkouts. Make sure your loved ones get checked out regularly.

3. It helps encourage those affected

When more individuals come out about chronic pain, people who suffer from it realize they are not alone and that a whole community understands and supports them. Half the burden is the stigma and isolation.



What is chronic pain?

Chronic, persistent or long-term pain is pain that continues for longer than 3 months.

It is usually defined as pain that persists **beyond the normal time** that tissues take to heal following an injury.



Chronic pain is a significant global **health burden**



Across the globe **low back pain** causes **more disability** than any other condition

Main causes and conditions of chronic pain



Low back pain



Cervical and thoracic pain



Rheumatoid arthritis



Osteoarthritis



Shoulder pain



Headache disorders



Cancer



Fibromyalgia

Facts about pain

Acute pain alarms us about potential tissue damage and typically comes on suddenly as a result of a specific incident such as surgery, childbirth, a fracture, or trauma.

Chronic pain serves no biologic purpose as it is not related to the threat of tissue damage. Chronic pain can be considered a disease state and can persist for months or years.

Pain persists in response to being overly sensitive to a perceived threat of harm to your body, despite the absence of tissue damage

How physical therapy helps

Physical therapy helps people with chronic pain **develop the skills** they need to manage and take control of their condition, increase their activity and improve their quality of life.

Benefits of exercise for chronic pain



Flexibility
Maintain flexibility and movement



Strength
Helps to build and keep muscle tone



Cardiovascular
Important for cardiovascular health



Mood
Improves mood and general wellbeing

Exercise therapy is included in all guidelines for the treatment of chronic pain
- ask your physical therapist, the exercise expert

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:



GET ACTIVE

How well your body functions affects your ability to accomplish your daily activities. Sedentary behavior—which usually means sitting or lying down while awake—has been linked to a shorter lifespan and a wide range of medical problems. Any time you get up and move, you're improving your chances for good health.

To increase your activity:

- Take the stairs instead of the elevator.
- Have "walking meetings" with colleagues.
- Walk on a treadmill while watching TV or using the computer.
- Set an alarm on your computer to go off every hour and prompt you to move around for a minute or two.
- Try walking as if you're already late.
- Have small weights in your office or home.



MAINTAIN YOUR BODY

Your bones, muscles, and joints all work together to make your body an amazingly movable machine. Like any machine, your body can suffer some wear and tear. It needs regular care and maintenance to keep moving with ease.

To keep your body healthier:

- Maintain a healthy weight.
- Engage in muscle strengthening activities.
- Aim for 150 minutes of moderate intensity activity each week.
- Wear comfortable, properly fitting shoes.
- Eat a well-balanced diet.
- Try to avoid lifting heavy objects.



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:

- Limit "bad" fats. Reduce saturated fats and trans fats like butter, meat fats, and palm oil.
- Cut back on sodium. Choose fresh foods and those that have no added salt or less than 5% of the Daily Value of sodium per serving.
- Choose more complex carbs, like whole-grain breads, cereals, starchy vegetables, and legumes.
- Cut added sugars. Pick food with little or no added sugar.
- Get more fiber. Switch to whole grains and eat more vegetables, beans, nuts, and seeds.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits



continued on next page

YOUR HEALTHIEST SELF | PHYSICAL WELLNESS CHECKLIST

continued

**MIND YOUR METABOLISM**

Your metabolism changes as you get older. You burn fewer calories and break down foods differently. You also lose lean muscle. Unless you exercise more and adjust your diet, the pounds can add up. Middle-age spread can quickly become middle-age sprawl. Carrying those extra pounds may be harming your health.

To combat age-related changes:

- Commit to a healthy diet.
- Limit snacking.
- Drink plenty of water.
- Move more. Take the stairs and add walking breaks to your day.
- Get plenty of sleep.
- Limit alcohol use.
- Avoid tobacco products. When you quit smoking, you may improve many aspects of your health and are likely to add years to your life.

**BUILD HEALTHY HABITS**

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

To build healthy habits:

- Plan. Set realistic goals.
- Change your surroundings. Remove temptations.
- Ask for support.
- Fill your time with healthy activities.
- Track your progress.
- Imagine the future.
- Reward yourself.
- Be patient. Improvement takes time, and setbacks happen. Focus on progress, not perfection.

**FIND A HEALTHY WEIGHT**

Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes, and certain types of cancer that can result from being overweight or obese. Take charge of your weight and your health.

To reach your weight loss goals:

- Eat smaller portions.
- Eat colorful vegetables each day.
- Choose whole grains.
- Go easy on sugar, fats, and oils.
- Stick with activities you enjoy.
- Go for a brisk walk, ride a bike, or do some gardening.
- Do strengthening activities.
- Get active for just 10 minutes, several times a day. Every little bit counts!
- Keep a food and physical activity diary.
- Be realistic and aim for slow, modest weight loss.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits



Be Well Cooking Corner

Chicken Gnocchi Soup Recipe

Creamy "Marry Me" Chicken Gnocchi Soup is made with chicken breast, sausage, spinach, sun-dried tomatoes, and pillowy soft gnocchi.

Prep Time: 10 minutes mins

Cook Time: 35 minutes mins

Total Time: 45 minutes mins

Yield: 6 servings

Equipment

- Dutch Oven or large pot

Ingredients

Slurry

- 3 tablespoons all purpose flour (or gluten-free flour mix)
- 1/4 cup half and half
- 1 cup cold water (divided)

Soup

- 7 ounces sweet Italian chicken sausage (removed from casings)
- Olive oil spray
- 5 cups reduced sodium chicken broth
- 1 large shallot (diced)
- 6 garlic cloves (minced)
- 2 teaspoons tomato paste
- 1 pound boneless skinless chicken breast
- 1 parmesan cheese rind
- 1/3 cup sundried tomatoes in oil (drained and chopped)
- 1/2 teaspoon dried Italian seasoning
- 16 ounce package gnocchi (or gluten-free gnocchi)
- 4 cups fresh baby spinach leaves (rough chopped)
- 1/4 cup parmesan cheese (grated)



- 2 tbsp fresh basil (optional for garnish)

Instructions

1. Create a slurry by combining 1/2 cup of the cold water, half and half and flour in a small bowl and whisk until well blended. Set aside.
2. Heat a large pot or Dutch oven over medium heat and spray with oil then add the sausage. Cook the sausage, breaking up with a wooden spoon as it cooks, until no longer pink and slightly browned.
3. Add the shallots and garlic and cook until soft, 3 minutes. Add the tomato paste and chicken breast.
4. Pour the remaining 1/2 cup water and chicken broth, parmesan rind, sundried tomatoes, Italian seasoning and bring to a boil. Partially cover and simmer on low until vegetables are soft and the chicken shreds easily, about 25 minutes.
5. Remove the chicken and set aside, shred with 2 forks.
6. Return the chicken to the pot then slowly stir in slurry, stirring well as you add and bring it back to a boil.
7. Add the gnocchi, spinach, parmesan cheese and basil; cook according to package directions for the gnocchi, or until they start to float to the top and soup thickens. Adjust salt and pepper to taste, discard parmesan cheese rind and serve.

Notes

Variations

- **Sausage:** Substitute chicken sausage with turkey.
- **Parmesan Rind:** If you don't have a parmesan rind, it's fine to skip it. However, it adds depth you can't get from grated parmesan. One tip for always having rinds on hand is to store them in a zip-locked bag in the freezer the next time you cut one off a block of parmesan.
- **Shallot:** Swap the shallot with red onion.
- **Italian Seasoning:** If you don't have Italian seasoning, substitute dried basil and oregano.

Nutrition

Serving: 1 1/2 cups, Calories: 341kcal, Carbohydrates: 37g, Protein: 29.5g, Fat: 7.5g, Saturated Fat: 2.5g, Cholesterol: 86mg, Sodium: 790.5mg, Fiber: 2.5g, Sugar: 2.5g

- WW Points: 9



Chronic Pain Won't Stop Me

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

- FORGIVE
- GRATEFUL
- MINDFUL
- DISTRACTION
- LAUGH
- RELAX
- CBT
- CALM
- ADAPT
- PLAN
- HOPE
- BREATHE
- PRIORITIZE
- MODIFY
- PLAY
- WALK
- MUSIC
- ACCEPT



