

Nue Path To Wellness

nueHealth



In this issue

- **Benefits Corner**
 - My Health Toolkit
- **Vitality**
 - Gratitude Challenge
- **Awareness Month**
 - Heart Health
 - Macular Degeneration
 - Cancer Prevention
- **Let's Eat**
 - Buffalo Turkey Burgers
- **Puzzle**
 - Heart Health
- **Coloring Page**

announcement



See Page 3 for the 1st Quarter Vitality Challenge

Wellness Incentive payouts

2025 INCENTIVES

- 1st Qtr. - 4/25/2025
- 2nd Qtr. - 7/18/2025
- 3rd Qtr. - 10/24/2025
- 4th Qtr. - 1/16/2026

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.

Benefits Corner



Navigating Blue Cross Blue Shield MyHealthToolkitKC.com

MyHealthToolkit is a centralized platform to manage your health benefits efficiently.

You can access your insurance information, claims, and wellness resources.

Let MyHealthToolkit simplify your healthcare experience with easy-to-use tools.

Unlock Your Health Benefits with MyHealthToolkitKC.com

1. **Log In:**
 1. Visit MyHealthToolkitKC.com.
 2. Enter your username and password or register if you're a first-time user.
2. **Dashboard Overview:**
 1. View your insurance coverage details and claims status.
 2. Access digital ID cards and find in-network providers.
3. **Wellness Tools:**
 1. Explore personalized health and wellness resources.
 2. Track your progress with fitness and health goals.
4. **Support:**
 1. Use the online chat or contact support for assistance.
 2. Access FAQs and tutorials for additional guidance.

Empower your healthcare journey with MyHealthToolkitKC.com. Navigate your benefits with ease and take charge of your wellness today!





28-DAY Gratitude Challenge

Nuehealth Gratitude Challenge February 1 – 28, 2025

Join the Gratitude Challenge and get in the habit of journaling.

- Create a goal to reflect on why or what you are grateful for.
- Check into that goal with a reflection note at least **3 x per week** (minimum of 12 gratitude entries).
- Earn **250 Vitality Points** for completing the Challenge.

Challenge Dates: February 1 – 28. Register anytime during the challenge period, log in to the Power of Vitality and click the Community > Challenges tab to join.

Did you know that the act of showing gratitude brings health benefits? Here are some you may experience:

Increased happiness and positive mood
More satisfaction with life
Less materialistic
Less likely to experience burnout
Better physical health
Better sleep
Less fatigue
Lower levels of cellular inflammation
Greater resiliency
Encourages the development of patience, humility, and wisdom

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Vitality

Monthly Wellness Focus:

Cancer Prevention Month is observed in February in the United States. It is a time to raise awareness about cancer prevention, early detection, and the importance of healthy lifestyle choices to reduce the risk of developing cancer.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/cancer-prevention/art-20044816>

<https://www.cancer.org/cancer/risk-prevention.html>



American Heart Month is observed annually in February. In 2025, American Heart Month will take place from February 1 to February 28.

This month is dedicated to raising awareness about heart disease, the leading cause of death in the United States. It aims to educate the public about heart health, encourage healthy lifestyle choices, and support research into cardiovascular conditions.

More Information available:

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

<https://www.nia.nih.gov/health/heart-health/heart-health-and-aging>

Age-Related Macular Degeneration (AMD)

Awareness Month is celebrated in February. The American Academy of Ophthalmology (AAO) and Prevent Blindness both designate February as AMD Awareness Month.

During AMD Awareness Month, people can learn more about AMD, a serious eye disease that can lead to vision loss or blindness if left untreated. The AAO encourages people to take steps to reduce their risk of developing AMD, such as: Eating a vitamin-rich diet, Reducing alcohol consumption, and Staying active.

<https://www.macular.org/amdawarenessmonth2024>

Let's Eat!



Buffalo Turkey Burgers

🕒 Total Time Prep/Total Time: 25 Min.

★ ★ ★ ★ ☆

👍 **Test Kitchen Approved**

Celery and blue cheese dressing help tame the hot sauce on this turkey burger recipe. For an even lighter version, pass on the buns and serve the burgers with lettuce leaves, sliced onion and chopped tomato. —Mary Pax-Shiple, Bend, Oregon

Ingredients

- 2 tablespoons Louisiana-style hot sauce, divided
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound lean ground turkey
- 4 whole wheat hamburger buns, split
- 1 cup shredded lettuce
- 2 celery ribs, chopped
- 2 tablespoons fat-free blue cheese salad dressing

Directions

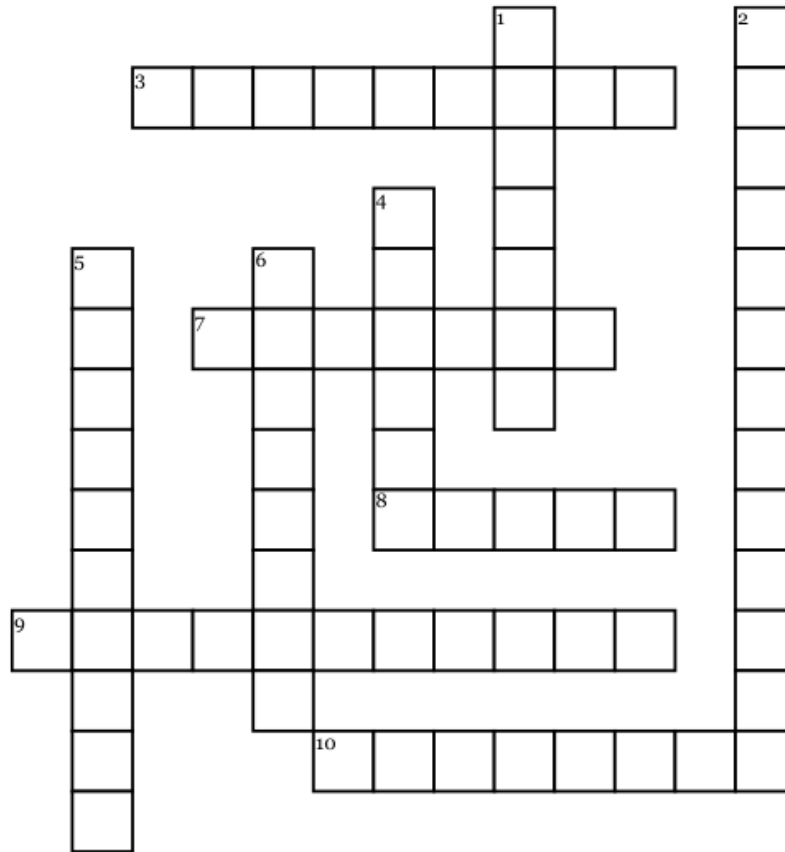
- 1 In a large bowl, combine 1 tablespoon hot sauce with the cumin, chili powder, garlic, salt and pepper. Add turkey; mix lightly but thoroughly. Shape into four 1/2-in.-thick patties.
- 2 In a large nonstick skillet, cook burgers over medium heat 4-6 minutes on each side or until a thermometer reads 165°.
- 3 Serve burgers on buns with lettuce, celery, salad dressing and remaining hot sauce.

Nutrition Facts

1 burger: 312 calories, 12g fat (3g saturated fat), 90mg cholesterol, 734mg sodium, 28g carbohydrate (5g sugars, 5g fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1/2 fat.

Name: _____

Heart Health Crossword Puzzle



Across

- 3.** A common symptom of a heart attack along with shortness of breath, arm or jaw pain
7. Even if you have a family _____ of heart disease, you can take action to reduce your risks
8. Not only senior citizens, but even _____ people can have heart disease
9. Have this blood level checked at least once a year to help manage your risk of heart disease
10. Moderate intensity _____ is beneficial to heart health

Down

- 1.** Heart _____ can cause shortness of breath and swelling of the feet and ankles
2. High _____ is known as a "silent killer"
4. Peripheral _____ Disease causes leg pain as a result of blocked blood vessels
5. Abnormal or irregular heart beat
6. a condition with high blood sugar that increases risk of heart disease

Word Bank

arrhythmia

Exercise

Blood Pressure

Cholesterol

Chest Pain

History

Failure

Artery

Diabetes

young

