

Nue Path To Wellness

nueHealth



IN THIS ISSUE

- Benefits Corner
 - Check your Deductions
 - Intellicents Upcoming Webinars
- Vitality
 - Gate Keeper Information
 - Upcoming Challenge for February
- Awareness Month
 - Glaucoma
 - Blood Donation
 - Thyroid Health
- Let's Eat - Stuffed Pepper Soup
- Puzzle
- Coloring Page

ANNOUNCEMENT



WELLNESS INCENTIVE PAYOUTS

2024 INCENTIVES

- 4th Qtr. - 1/17/2025

2025 INCENTIVES

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

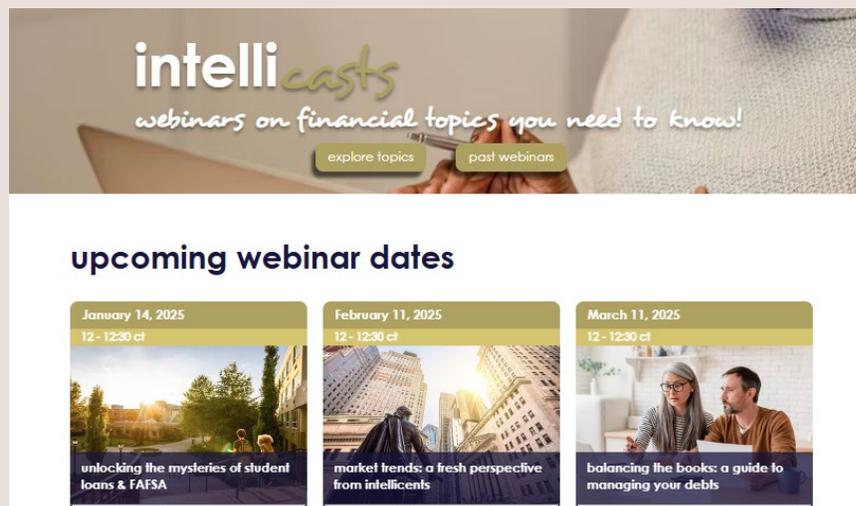
Incentives paid to the HSA accounts are subject to the IRS maximums. It is your responsibility to ensure the combined amount you elect AND the amount you receive as an incentive do NOT surpass the HSA IRS limit. You may manage this by adjusting the amount of your biweekly HSA contribution. You may manage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

Benefits Corner

2025 BENEFIT ENROLLMENT

Now that the 2025 benefits are in place please review your paycheck deductions to ensure your benefits are being deducted correctly. Watch for changes you made on your 401K contributions as well as your H S A contributions and any other voluntary benefits you have elected. If they are not correct contact our Benefit's team immediately at: BenefitsSupport@nuehealth.com

Financial Wellness with Intellicasts:



The graphic features the 'intellcasts' logo in a mix of white and green, with the tagline 'webinars on financial topics you need to know!' in a script font. Below the logo are two buttons: 'explore topics' and 'past webinars'. The main content area is titled 'upcoming webinar dates' and lists three events:

January 14, 2025 12 - 12:30 ct	February 11, 2025 12 - 12:30 ct	March 11, 2025 12 - 12:30 ct
 unlocking the mysteries of student loans & FAFSA	 market trends: a fresh perspective from intellicasts	 balancing the books: a guide to managing your debts

You can register for these intellicasts, and others, by going to [Intellicasts Webinars](#) and selecting the webinars you are interested in attending.



Wellness Incentives for 2025

You have the opportunity to receive monetary incentives up to \$1000 (NueHealth Standard) in your active HSA account. If you don't have an active account, your incentives will be paid through your paycheck and taxed.

Complete the below to qualify for incentives:

GATE KEEPER - \$500

The Gate Keeper must be met by November 14, 2025, for ANY incentives to be awarded.

- **Vitality Check Screening**
Quest Biometric screening make and keep an in person Quest clinic visit
or order a Quest At Home Test Kit
You will be able to schedule your Quest appointment or order the Quest At Home Kit beginning January 1, 2025, through Vitality.
- **and Vitality Health Review** - online with Vitality

If you order an at home test and do not use or return the completed test by 11/14/2025, you will be charged the cost of the Kit \$48.00 per unused/not returned kit.

Gold Status - \$300

Platinum Status - \$200

Gold and Platinum rewards will be forfeited if the Gate Keeper is not met.

Be sure to check the February Wellness Newsletter for the 1st Quarter Vitality Challenge details - **Gratitude Journaling**. This will run from February 1, 2025, through February 28, 2025. You will receive 250 Vitality Points for completing this challenge.

Monthly Wellness Focus:

Glaucoma Awareness

Learn more about a leading cause of vision loss and blindness in the United States. Click link: <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/glaucoma#:~:text=Glaucoma%20is%20a%20group%20of,a%20comprehensive%20dilated%20eye%20exam.>



National Blood Donor Month.

It's time to recognize the generosity of blood donors and to remind people of the importance of donating blood.

To find a donation location click the link below:

<https://americasblood.org/for-donors/find-a-blood-center/>

- In the United States, someone needs blood every two seconds.
- Only 3% of eligible Americans donate blood.
- Blood is needed for emergencies, cancer treatments, surgeries, and transplants.
- Blood donations are used to treat trauma patients, cancer patients, sickle cell patients, and burn unit patients.
- The winter months are often a time of reduced donations and an increased risk for blood shortages.

National Thyroid Health Awareness Month

Learn more by clicking the links to online articles below:

<https://nationaltoday.com/thyroid-awareness-month/>

<https://my.clevelandclinic.org/health/diseases/8541-thyroid-disease>

Let's Eat!

Stuffed Pepper Soup

Inspired by stuffed peppers, this soup is ready faster and with fewer dishes too! Have fun with the toppings, topped here with onion, Cheddar cheese and tortilla chips here, but salsa, sour cream and corn would also make stellar additions.

Active Time:
25 mins

Total Time:
50 mins

Servings:
4

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 large bell peppers, chopped
- 1 poblano pepper, chopped
- 1 medium onion, chopped, plus more for serving
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 4 cups low-sodium chicken broth
- 1 cup quick-cooking brown rice
- ¼ cup chopped fresh cilantro, plus more for serving
- Shredded Cheddar cheese & crushed tortilla chips for serving



Directions

1. Heat oil in a large pot over medium-high heat. Add bell peppers, poblano and onion and cook, stirring often, until starting to soften, about 10 minutes. Push the vegetables to the edges. Add beef, garlic, cumin, coriander, ground pepper and salt to the middle and cook, crumbling the beef with a wooden spoon, until it's no longer pink, 3 to 5 minutes.
2. Stir in broth and rice and bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the rice is tender, 15 to 20 minutes. Remove from heat and stir in cilantro.
3. Serve the soup topped with cheese, corn chips and more onion and cilantro, if desired.

To make ahead

Refrigerate for up to 3 days.

Originally appeared: EatingWell Magazine, October 2021

Blood Donation

Note: Words are hidden in all directions including backwards and diagonally.



Hope	Transfusions	Treatment	Medical
Save	Community	Shortage	Blood Bank
Patients	Count	Eligibility	Humanitarian
Donate	Care	Awareness	Lives
Renewable	Platelets	Motivation	Incentives
Emergency	Impact	Give	Screening
Share	Volunteer	Education	Life

