

# Nue Path To Wellness

nueHealth

**A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.**

*~ Tom Stoppard*



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## Announcement

Don't miss out on  
**250 EXTRA  
 BONUS  
 POINTS!**  
 Complete your  
 Vitality Health  
 Review before  
 March 31, 2025

## Wellness Incentive payouts

### 2025 INCENTIVES

- 1<sup>st</sup> Qtr. - 4/25/2025
- 2<sup>nd</sup> Qtr. - 7/18/2025
- 3<sup>rd</sup> Qtr. - 10/24/2025
- 4<sup>th</sup> 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

myHEALTHtoolkit®

### 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](https://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!



### Upcoming Webinar: Prioritizing Mental Health with Teladoc

We're excited to announce an upcoming mental health awareness webinar this May! Join us as we explore the importance of mental well-being, stress management techniques, and how Teladoc's virtual mental health services can support you. This interactive session will feature expert insights, practical self-care strategies, and a live Q&A.

Stay tuned for more details—your mental health matters!

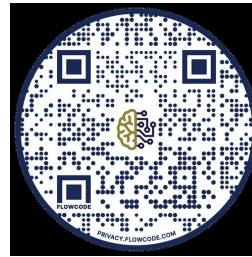
# Join us for our next intellicasts on balancing the books: a comprehensive guide to managing your debts



March 11, 2025  
Tuesday



12-12:30 pm ct



Scan to register

sign up at [intellicents.com/webinars](https://intellicents.com/webinars)

## intellicast presenters



**david busselman**  
CFP®  
financial consultant



**megan holland**  
CPFA®  
financial consultant

Join us for our next intellicast, where we'll cover practical strategies for managing and reducing various types of debt, including credit card balances. Learn how to prioritize payments, lower interest costs, and develop a sustainable plan to achieve financial freedom. Whether you're tackling debt or balancing multiple financial obligations, this session will equip you with tools and insights to help.



800.880.4015



[intellicents.com](https://intellicents.com)



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**Important Deadlines:**

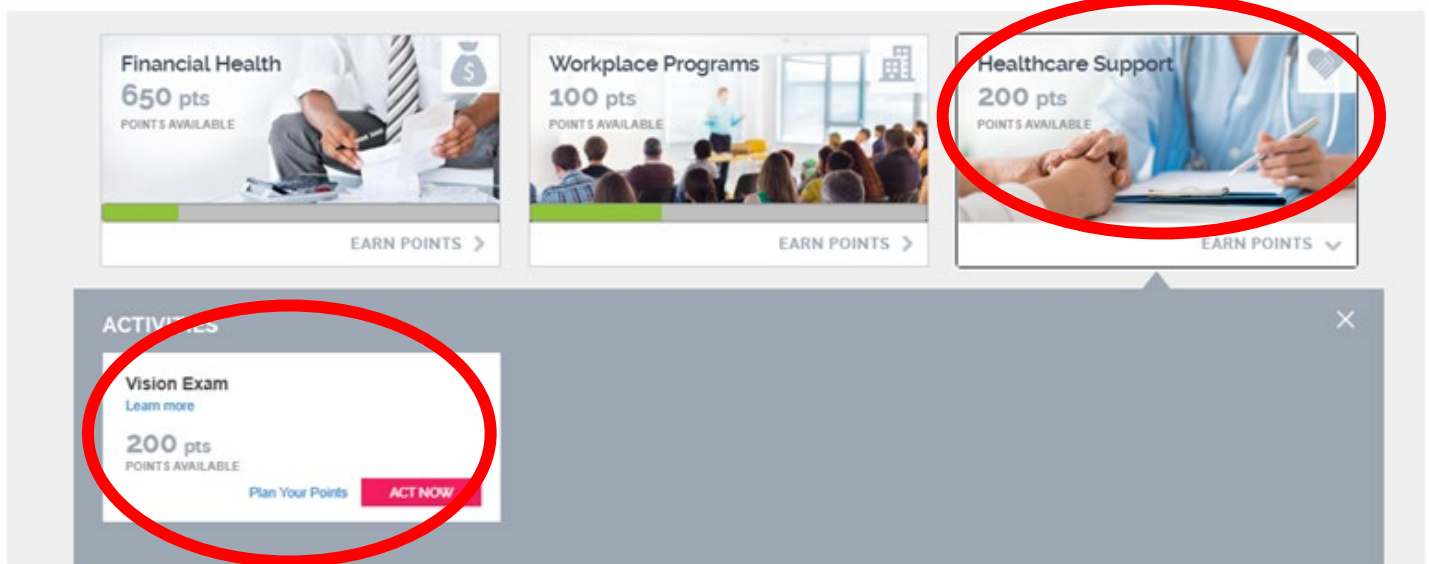
Be sure to complete your Vitality Health Review before March 31, 2025, to receive **250 EXTRA BONUS POINTS!**

**Gym Rebate - You must submit your 2024 gym rebate request by March 31, 2025 to receive up to \$200**

[https://www.powerofvitality.com/vitality/your\\_account/forms\\_and\\_waivers#section/wellness\\_rebates](https://www.powerofvitality.com/vitality/your_account/forms_and_waivers#section/wellness_rebates)

# New Points Opportunity!

You can now receive **200 Vitality Points** for your annual Eye Exam! Log into Vitality and go to Points Planner – Healthcare Support tile and Vision Exam to submit your information.



## Monthly Wellness Focus:

**Colorectal cancer** is a cancer that starts in the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early.

<https://colorectalcaner.org/basics-what-colorectal-cancer#:~:text=Colorectal%20cancer%20is%20a%20cancer.Unexplained%20weight%20loss>



**National Developmental Disabilities Awareness Month (D.D.A.M.)**, observed throughout March, is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that those with disabilities face.

More Information available:

<https://nationaltoday.com/national-developmental-disabilities-awareness-month-2/>

**Brain Injury Awareness Month** is a major event in the public health space. There are more than 5.3 million individuals in the United States who are living with a permanent brain injury-related disability. That's one in every 60 people. At least 2.8 million Americans sustain traumatic brain injuries in the United States every year.

<https://biausa.org/public-affairs/public-awareness/brain-injury-awareness>



## Let's Eat!



### Greek Chicken Salad in a Jar

★★★★★

The best healthy Greek-inspired chicken salad loaded with chickpeas, fresh veggies, feta, and kalamata olives. Toss this light and simple Greek chicken salad with a flavorful Greek dressing, layer in a mason jar, or put it in meal prep containers for the perfect weekday lunch!

<b>Course</b>	Gluten Free, Grain Free, Lunch, Meal Prep, Salad
<b>Cuisine</b>	American, Greek
<b>Keyword</b>	greek chicken salad, greek chicken salad in a jar, greek chickpea chicken salad
<b>Prep Time</b>	15 minutes
<b>Total Time</b>	15 minutes
<b>Servings</b>	1 serving
<b>Calories</b>	643cal
<b>Author</b>	Monique Volz of <a href="http://AmbitiousKitchen.com">AmbitiousKitchen.com</a>

#### Ingredients

- 2 tablespoons [Greek dressing\\*](#)
- 1 tomato, diced
- 1/4 cup diced cucumber
- 1/2 cup cooked chickpeas
- 2 tablespoons diced red onion
- 1 cup diced or shredded grilled or baked chicken breasts\* (see notes section for the perfect marinade)
- 1/4 cup pitted kalamata olives
- 2 tablespoons feta crumbles
- 1-2 cups chopped romaine

#### Instructions

1. Make the mason jar salad by adding the ingredients to a 16 ounce mason jar (or equivalent) in the following order: dressing, tomato, cucumber, chickpeas, red onion, olives, feta, chicken breast, romaine. Store in the refrigerator for up to 2-3 days until you're ready to eat. When ready to eat, simply pour ingredients into a bowl or onto a plate and enjoy! Feel free to double the recipe to make 2 mason jar salads.

#### Notes

\*Feel free to use a store-bought greek dressing if you'd like.

\*\*We also recommend marinating your chicken in the [greek dressing](#) before baking or grilling it.

Learn how to grill chicken [here](#), how to bake it [here](#), and see the full post for tons of different ways to customize this salad!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Colon and Rectal Cancer

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 CHEMOTHERAPY  
 DIAGNOSIS  
 COLOSTOMY  
 ANEMIA  
 RECTUM

ABNORMAL STOOLS  
 SIGMOIDCOLON  
 EPITHELIAL  
 MALIGNANT  
 BOWELS  
 TUMOR

DIGESTIVE TRACT  
 COLORECTAL  
 INOPERABLE  
 MICROBIAL  
 POLYPS  
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