

Nue Path To Wellness

nueHealth



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Announcement

Coming soon

**2nd Quarter
Spring Forward
Wellness Challenge**

**Begins May 1, 2025 -
May 31, 2025
Details on Vitality
page**

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

Intellicents

upcoming webinar dates

April 8, 2025
12 - 1 pm ct



Social Security: a collaborative dialogue with BlackRock experts

sign up!

May 13, 2025
12 - 1 pm ct



cybersecurity assurance: safeguarding your information

sign up!

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

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! Webinar will be held on Thursday, May 22, 2025, at 3:00 PM Central/4:00 PM Eastern. Teams Link will be emailed prior to webinar date.



Vitality

NueHealth Spring Forward Workout Challenge



This spring, give your mind and body the boost they deserve by joining the **Spring Forward Workout Challenge**! Physical activity isn't just great for your body—it's a powerful way to support your mental wellbeing, too.

Participating in the Workout Challenge can lead to increased health and social benefits to include:

1. Short and Long-term improvements in physical activity
2. Reduced risk of mental health conditions
3. Lower risk of premature death
4. Boost in workplace productivity
5. Enhanced innovation and creativity



CHALLENGE DATES (Register under Community > Challenges tab anytime in the month of May and all workouts are retroactive since 5/1)

May 1 – May 31



CHALLENGE GOAL

Complete the amount of workouts listed below



PRIZES

12 workouts = 250 Vitality points
20 workouts = 500 Vitality points

Here's how it works:

- Complete at least 12 light, standard, or advanced workouts during the challenge (avg. 3/week) to earn 250 bonus points
- Complete at least 20 light, standard, or advanced workouts during the challenge (avg. 5/week) to earn an additional 500 bonus points
- Sync your fitness tracker to the Vitality app to capture all your workouts. If you prefer not to wear a tracking device, you may log a self-reported workout or gym workout under the Physical Activity > Workouts section.

VITALITY CUSTOMER CARE

877.224.7117 | M-F | 8 a.m. - 5 p.m. CT



wellness@powerofvitality.com

Your 1st quarter Wellness Incentive will be paid on April 25, 2025. You must have completed the Gatekeeper by March 31, 2025, to be eligible for this reward.

Monthly Wellness Focus:



More Information available:

<https://www.bvhealthsystem.org/expert-health-articles/national-foot-health-awareness-month#:~:text=Did%20you%20know%20that%20April,least%20one%20foot%20problem%20annually.>

National Foot Health Awareness

Month is celebrated in April. The American Podiatric Medical Association (APMA) sponsors this month to promote foot health and well-being.

- Feet are the foundation of the body and can affect the knees, hips, and lower back.
- Foot problems can be a sign of underlying health conditions like diabetes, obesity, or peripheral neuropathy.

Autism Awareness Month - Autism spectrum disorder (ASD) is a developmental disorder that affects a person's communication, behavior, and social interaction. It is a lifelong condition that typically presents in early childhood. It's important to note that ASD is a spectrum disorder, meaning that symptoms can vary widely from person to person. Some individuals may have mild symptoms that can be managed with support, while others may have more severe symptoms that require significant assistance.

<https://www.autismspeaks.org/what-autism>

April is Alcohol Awareness Month - Each April since 1987, the National Council on Alcohol and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

<https://www.niaaa.nih.gov/about-niaaa/directors-page/niaaa-directors-blog/alcohol-awareness-month-raising-awareness-about-dangers-alcohol-use-among-teens>

Let's Eat!



Strawberry Galette

AUTHOR: [TONIA | FEASTING AT HOME](#) PREP TIME: 60 MINS

COOK TIME: 20MINS TOTAL TIME: 1 HOUR 30 MINUTES

YIELD: 10-12 INCH GALETTE

DESCRIPTION

This **Strawberry Galette** is bright, cheery and full of springtime flavor. Lemon and rosemary perfectly complement the sweet strawberries. A rustic flaky rye pastry crust encloses the succulent filling.

INGREDIENTS

Crust

- 1 1/4 cup all-purpose flour, 156 grams
- 1/4 cup rye, 25 grams (or sub more all-purpose flour)
- 1 1/2 tablespoons sugar
- 1 teaspoon salt
- 10 tablespoons butter chilled
- 1/4– 1/3 cup ice water
- optional: 1 egg for egg wash and [coarse sugar](#) for sprinkling

Filling

- 1 1/2 lb strawberries, about 3 pints sliced in half or quarters lengthwise (stem to tip)
- 1 teaspoon lemon zest
- 1 teaspoon rosemary
- 1/2 cup of sugar
- 2 tablespoons cornstarch
- pinch of salt



Cook Mode Prevent your screen from going dark

INSTRUCTIONS

1. Toast the rye flour in a skillet over medium-low heat, stirring until golden, about 5 minutes. Cool.
2. In a [food processor](#), add both the flours, salt, and sugar, pulse to mix. Add the butter and pulse until it is granular and like coarse sand. Turn the food processor on and add the cold water a little at a time, until the dough just comes together and forms a shaggy ball. Do not over-mix.
3. On a piece of floured parchment, shape the dough into a log about 2 inches in diameter. Wrap the log up in the parchment or refrigerate for at least 1 hour or up to 3 days.
4. Preheat oven to 400F degrees. Place the baking sheet in the oven to preheat.

5. Roll out refrigerated dough to roughly a 14" circle. Transfer to a sheet of parchment (you can also roll it out on the parchment if that works well for you). Set aside while you make the filling.
6. In a large bowl, combine the strawberries, lemon zest, and rosemary. In a small bowl, combine sugar, salt and cornstarch. Add to the sliced strawberries, stirring in quickly to avoid clumping.
7. Scoop the strawberry mixture onto the center of the dough circle. Turn the strawberries on the top of the tart cut side down. This is just for looks, it will bake up prettier this way.
8. Working quickly, fold 2 inches of dough over the strawberry filling, crimping every 2 inches.
9. Brush with egg wash (whisk one egg with 1 tablespoon water, cream or milk), sprinkle with coarse sugar if desired.
10. Remove the heated baking sheet from the oven, and transfer the galette over by lifting the edges of the parchment with the galette on it. Place the galette into the lower part of the oven. Bake for 20 minutes.
11. The crust should be golden and the filling should be bubbling in the center. Let rest an hour before serving.

NOTES

Egg Wash: whisk together 1 egg yolk + 1 tablespoon water

Tips for a perfect baked galette crust:

Bake the galette on a preheated baking sheet.

Once the filling goes on the crust, work quickly and bake immediately after assembling.

Bake in the lower part of the oven.

NUTRITION

Serving Size: 1 piece Calories: 306 Sugar: 21.5 g Sodium: 159.5 mg Fat: 15.1 g Saturated Fat: 9 g
Carbohydrates: 46 g Fiber: 4.1 g Protein: 3.6 g Cholesterol: 38.2 mg

Find it online: <https://www.feastingathome.com/rustic-strawberry-galette-with-seeded-rye-crust/>

<https://www.feastingathome.com/rustic-strawberry-galette-with-seeded-rye-crust/print/21717/>



Name: _____ Date: _____

Let's Talk About Feet

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

inspect daily	cotton socks	charcot foot	nephrologist
gentle soap	check daily	podiatrist	wash daily
trim nails	lubricate	exercise	blisters
elevate	callus	nurse	foot
corn			





April

