

Nue Path To Wellness

nueHealth

The ability to be in
the present moment
is a major component
of mental wellness.

Abraham Maslow

BrainyQuote

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Announcement

Register Now!

**2nd Quarter
Spring Forward
Workout 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

My Health Toolkit - Did you know that you have access to help through our Medical Insurance Plan?

Go to: <https://member.myhealthtoolkitkc.com/web/public/brands/kc/>

Once you log in, click on Wellness & Care Management, choose Mental and Behavioral Health, then click on Mental and Behavioral Health or Behavioral Health Online Programs to begin your Mental Wellness journey.



May is also National Women's Health Month!

Within the My Health Toolkit - My Health Novel, you have access to incredible information to guide you through your own personal Women's Health Journey. <https://member.myhealthtoolkitkc.com/web/public/brands/kc/>

Once you log in, click on Wellness Programs, choose My Health Novel, then click on Women's Health to begin your Wellness journey.



What's Your Top Health Goal?

We're here to help you find the best and most effective programs that truly match your personal needs and lifestyle. We've vetted numerous health coaches, and applications so that you'll get meaningful results.

Lose weight

Get personalized plans, clinically proven to help you create better eating and fitness habits.

Select

Lower stress

Learn meditation and other techniques to lower stress, improve sleep, and boost resilience.

Select

Fitness and physical therapy

Improve your fitness to carry out the activities you want to with ease and without discomfort.

Select

Women's health

Get app-based and expert support for cramps, pelvic pain, heavy periods, fertility, breastfeeding, menopause, and more.

Select

Webinar 5/22/2025

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

Webinar Part 1: Prioritizing Mental Health with Teladoc

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.

Webinar Part 2: Women's Health Journey

A representative from Blue Cross will join us to discuss Women's Health Month and the Women's Health Journey available on **My Health Toolkit - My Health Novel**

Monthly Wellness Focus:

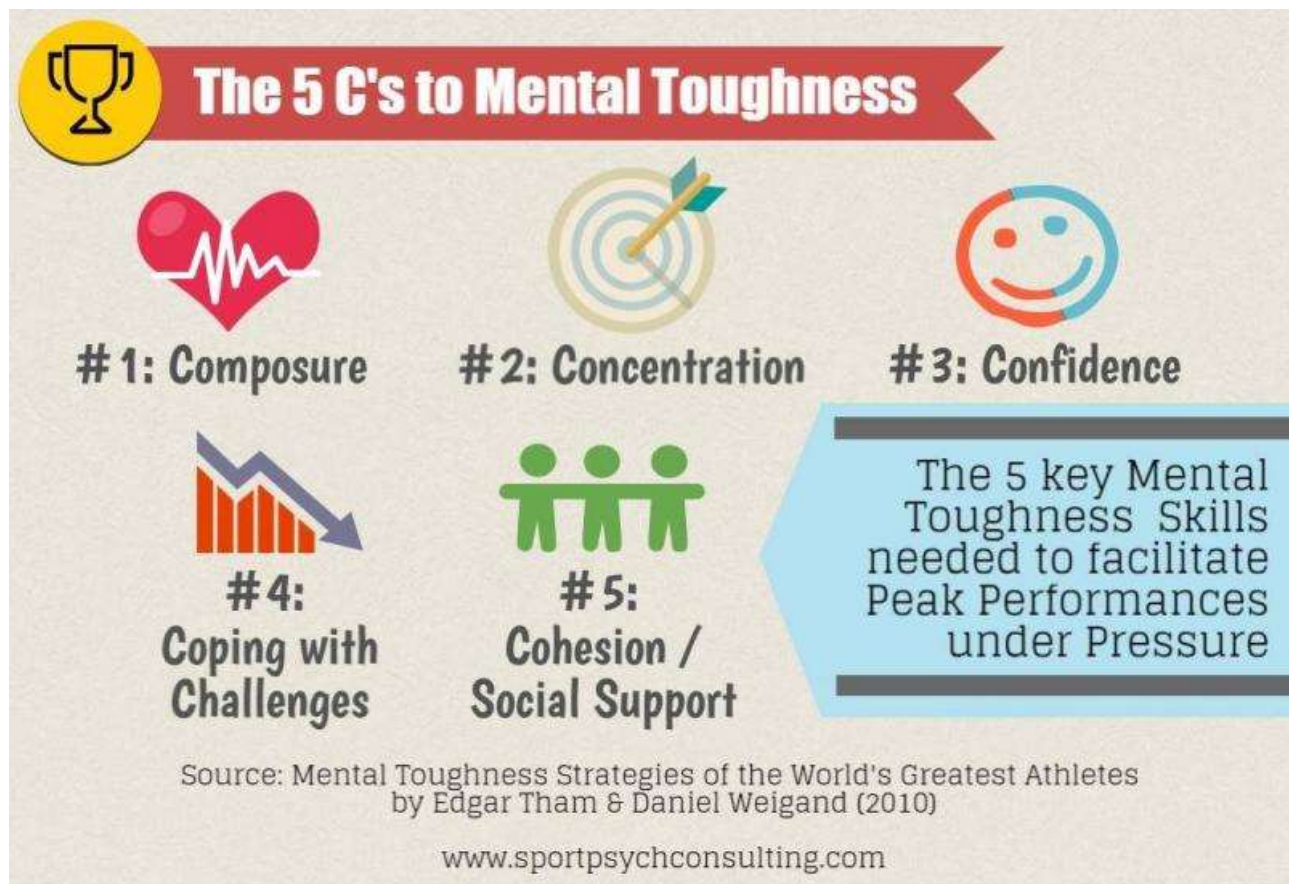


Mental Health Awareness Month has been observed in May in the United States since 1949. The month is observed with media, local events, and film screenings. Mental Health Awareness Month began in the United States in 1949 and was started by Mental Health America.

Our mental health is crucial for overall well-being, influencing how we think, feel, and behave. It affects our ability to cope with stress, maintain relationships, and make decisions. Prioritizing mental health is essential for a fulfilling life and can even positively impact physical health.

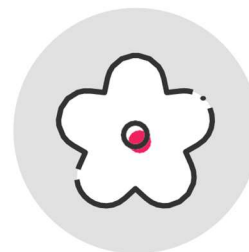
<https://www.thenationalcouncil.org/mental-health-awareness-month/>

<https://www.samhsa.gov/blog/its-okay-not-be-okay-tips-resources-mental-health-awareness-month>





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

Let's Eat!



Damn Good BLT Pasta Salad with Creamy Jalapeño Cashew Dressing

★★★★★

Damn good BLT pasta salad made with fresh corn, tomatoes, romaine lettuce, creamy avocado and crispy bacon. This easy, healthy BLT pasta salad recipe is tossed in an incredible, creamy jalapeño cashew dressing for an unbelievably delicious twist on your favorite sandwich. Perfect for potlucks, BBQ's or enjoying for a healthy lunch or dinner!

Course	Dairy Free, Dinner, Gluten Free, Lunch
Cuisine	American
Keyword	blt pasta salad, dairy free blt pasta salad
Prep Time	2 hours
Cook Time	15 minutes
Total Time	2 hours 15 minutes
Servings	6 servings
Calories	451cal
Author	Monique Volz of AmbitiousKitchen.com

Ingredients

- 1 [batch of jalapeno cashew cream dressing](#)
- **For the pasta salad:**
- 12 ounces bacon
- 10 ounces pasta of choice (I suggest bowties or large shells, gluten free if desired)
- 1 ½ cups corn, grilled, raw or sauteed
- 1 pint cherry tomatoes, halved (I love using heirloom cherry tomatoes for color variety)
- ½ medium red onion, thinly sliced
- 2-4 cups chopped romaine lettuce
- 1 slightly ripe but still firm avocado, diced

Instructions

1. While the cashews are soaking for your dressing, I suggest chopping all your veggies and having them ready to go. You can also cook your bacon: add bacon to a large skillet or pan and place over medium heat, cook bacon on both sides until crispy and golden brown. If the pan starts to smoke at any point, simply lower the heat. I always cook my bacon on medium low heat. Once bacon is done, blot with a paper towel to absorb excess grease, then chop into bite sized pieces and set aside.
2. Next cook your pasta until al dente, drain and then place in a large bowl. Add all of the jalapeno cashew dressing, then stir together to combine. Next add the chopped bacon, corn (I prefer grilled or sauteed), halved cherry tomatoes, sliced red onion, romaine lettuce and avocado. Gently toss again, then taste and adjust seasonings as necessary, adding more salt and pepper if you'd like. Serves 6, or 4 as a larger meal. Garnish with extra corn, tomatoes, red onion, avocado and bacon.

Notes

This BLT pasta salad will stay fresh covered in the fridge for about 3-4 days. It's delicious made ahead of time, too, so feel free to prep it the night before a picnic or bbq, or prep it for your weekday lunches. I would recommend adding the avocado and romaine on when you're ready to serve so that they stay fresh.

See the full post for delicious, easy ways to customize!

Nutrition

Serving: 1 serving (based on 6) | Calories: 451cal | Carbohydrates: 54.2g | Protein: 18.6g | Fat: 19.5g | Saturated Fat: 3.9g | Fiber: 7.4g | Sugar: 7.3g



Jalapeño Cashew Cream Sauce

★★★★★

Delicious and easy cashew cream sauce with a kick of heat from jalapeño! This wonderful vegan cashew cream sauce is packed with flavor and healthy fats, and is perfect for pasta, grain bowls, tacos and even dipping.

Course Dairy Free, Gluten Free, Grain Free, Paleo, Sauce, Side

Dish, Vegan, Vegetarian

Cuisine American

Keyword cashew cream sauce, vegan cashew cream sauce

Prep Time 2 hours

Cook Time 5 minutes

Total Time 2 hours 5 minutes

Servings 4 servings

Calories 152cal

Author Monique Volz of AmbitiousKitchen.com

Ingredients

- ¾ cup raw cashews*
- 1/3 cup water, plus 2 tablespoons more if necessary
- 1 medium jalapeno, seeded
- 1 clove garlic
- 2 tablespoons fresh lemon juice
- ¾ teaspoon salt
- ½ teaspoon onion powder
- Freshly ground black pepper

Instructions

1. Soak the cashews in 2 cups of warm water for at least 2 hours; otherwise I've found that you can easily speed up the process by adding the raw cashews to a pot with water and placing over high heat. Bring water to a boil, then immediately turn off the heat; let the cashews sit for about 30 minutes in the hot water, then drain.
2. Once the cashews have finished soaking you'll be ready to make the sauce: add drained cashews, fresh water, jalapeno, garlic, fresh lemon juice, salt, onion powder and black pepper to a blender. Blend on high until sauce comes together. If you want a bit of a thinner sauce, add 1-2 tablespoons more water. Makes roughly 1 cup sauce. Serves 4.

Nutrition

Serving: 0.25 of recipe | Calories: 152cal | Carbohydrates: 9.6g | Protein: 4.1g | Fat: 11.9g | Saturated Fat: 2.3g | Fiber: 1g | Sugar: 1.6g

Name: _____ Date: _____

Mental Health Awareness

personality disorder

bipolar disorder

mood stabilizer

antidepressant

hallucinations

mental illness

panic disorder

social anxiety

schizophrenia

dissociation

panic attack

psychiatrist

psychologist

depression

addiction

psychosis

serotonin

anorexia

insomnia

anxiety

bulimia

therapy

phobia

stigma

trauma



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

