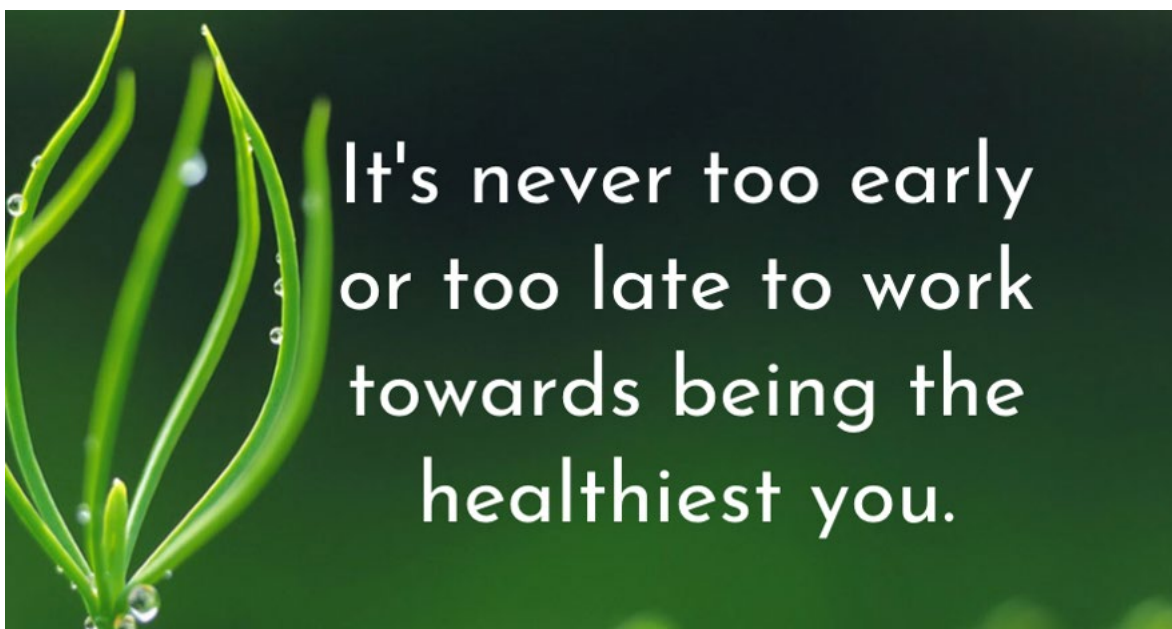


Nue Path To Wellness

nueHealth



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Announcement

NEW!
Men's Health
Screening Challenge
See more information
on the Vitality Page

2nd Quarter
Spring Forward
Workout Challenge
ended 5/31/2025.
Vitality points will be
awarded the week of
6/9/2025.

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

2025 ADULT WELLNESS GUIDELINES

Adult Health — For Ages 18 and Over

Preventive care is important for adults. By making healthier choices, you can improve your overall health and well-being. Some of these positive choices include:

- ◆ Eating a healthy diet.
- ◆ Participating in regular physical activity.
- ◆ Not using tobacco products.
- ◆ Limiting alcohol use.
- ◆ Striving for a healthy weight.
- ◆ Taking medications as prescribed by your doctor.

Adult recommendations for screenings

Physical Exam	Every year or as directed by your doctor
Body Mass Index (BMI)	Every year
Blood Pressure (BP)	At least every two years
Colon Cancer Screening	Screening colonoscopy beginning at age 45 in consultation with your doctor. You have two options for colon cancer screening: a colonoscopy every 10 years or a flexible sigmoidoscopy every five years.
Diabetes Screening	Beginning at age 45 (If you have high blood pressure or high cholesterol, are overweight, or have a close family history of diabetes, you should consider an earlier screening.)
Lung Cancer Screening	For high-risk individuals (Talk with your doctor.)

Adult recommendations for immunizations

	19 – 21 years	22 – 26 years	27 – 49 years	50 – 64 years	65 and older
Influenza (Flu)*	Once each year				
Respiratory Syncytial Virus (RSV)**					Adults 60 – 74 who are at high risk, all adults 75 and older
Tetanus, Diphtheria and Pertussis (Tdap)*	One dose with a booster every 10 years				
Herpes Zoster (Shingles) — RZV*					Two doses RZV for those 50 and older
Varicella (Chickenpox)*	Two doses				
Pneumococcal (Pneumonia)*					Two doses
Measles, Mumps and Rubella (MMR)*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) — Female*	One or two doses if no evidence of immunity				
Human Papillomavirus (HPV) — Male*	Two or three doses, depending on age at series initiation				
Hepatitis A***	Two or three doses for at-risk adults****				
Hepatitis B***	Three doses for at-risk adults****				
Meningitis***	One to three doses, depending on indication****				
Haemophilus Influenzae Type b (Hib)*	One or three doses, depending on health risks****				

*Recommendations for most adults. **The RSV vaccine is recommended for adults 75 and older, and for adults 60 – 74 who have a higher risk of severe RSV. Risk factors include chronic heart or lung disease, weakened immune system, diabetes, obesity, or living in a nursing home. The best time to get the vaccine is in late summer or early fall. ***Recommended for adults with certain health risks. ****Discuss with your doctor to determine if and when you should get this vaccine.

Women's Health

Women have unique health care needs. To stay well, they should make regular screenings a priority. Women should discuss the recommendations listed on the chart with their doctors.

Women's recommendations	
Mammogram	Every year for women, beginning at age 40*
Cholesterol	Ages 30 – 35 if at high risk, all women ages 45 and over
Pap Test	Pap test every three years for women ages 21 – 65, or Pap test and HPV test every five years for women ages 30 – 65 (Women who have had a hysterectomy or are over age 65 may not need a Pap test.)*
Osteoporosis Screening	Beginning at age 65 or at age 60 if risk factors are present*
Aspirin Use	At ages 50 – 79 (Talk with your doctor about the benefits and risks of aspirin use.)
Pelvic Exam	Every year for ages 21 and over*

Men's Health

Men are encouraged to get yearly wellness exams, even if they don't have symptoms. They should engage in a healthy lifestyle and complete recommended preventive care services. Men should discuss health recommendations in the table with their doctors.

Men's recommendations	
Cholesterol	Ages 20 – 35 if at high risk, all men ages 35 and over
Abdominal Aortic Aneurysm	Once between ages 65 and 75 if you have ever smoked
Aspirin Use	Ages 50 – 79 (Talk with your doctor about the benefits and risks of aspirin use.)

*Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

Sources: American Cancer Society, U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent organizations that offer health information you may find helpful.



Monthly Wellness Focus:

June is Men's Health Month - Why do we acknowledge Men's Health Month?

Men's health is crucial because men face unique health challenges and are at higher risk for serious diseases like heart disease, cancer, and mental health issues. Addressing men's health is vital for promoting a healthier and more fulfilling life, improving overall well-being, and reducing the economic burden of healthcare.

<https://feea.org/2024/06/mens-health-month/>

<https://www.urologyhealth.org/media-center/mens-health-month>

National PTSD Awareness Day is observed on June 27th each year in the United States.

It's a day to raise awareness about the impact of Post-Traumatic Stress Disorder (PTSD) on individuals and their families. PTSD can affect anyone, and recognizing and addressing this mental health condition is crucial for helping those who need it.

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

<https://plushcare.com/blog/ptsd-awareness-month/>

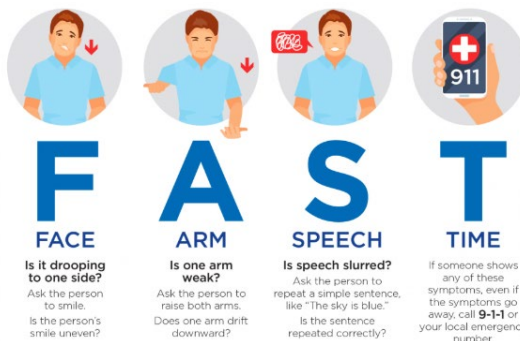
June is also Stroke Awareness Month and involves understanding the signs and symptoms of stroke, recognizing the importance of early intervention, and taking steps to prevent stroke. It's a critical public health issue as stroke is a leading cause of disability and death.

<https://tbrhsc.net/june-is-stroke-awareness-month/>

Suspect Stroke? Minutes Matter!

Do not delay access to stroke care. Recognize FAST.

These simple letters can help you recognize the SUDDEN signs of a stroke and get help right away.





This one's for the fellas!

Register for the Men's Health Screening Challenge in Vitality. Complete the challenge between January 1, 2025, and November 30, 2025, and receive 50 Vitality Points and a \$25.00 gift card voucher to use in the Vitality Mall.

Go to your Points Planner and choose Healthcare Support. This challenge is open to all male employees and male spouses who are enrolled in our Medical Insurance and participate in Vitality. If you previously completed this screening with your healthcare professional, any time on or after January 1, 2025, and up to November 30, 2025, you may submit your proof of exam.

****Gift card voucher must be collected no later than December 30, 2025****

Workplace Programs

100 pts

POINTS AVAILABLE

EARN POINTS >

Healthcare Support

1,800 pts

POINTS AVAILABLE

EARN POINTS v

Prevention

INDIVIDUAL MAXIMUMS APPLY

EARN POINTS >

ACTIVITIES

Vision Exam

[Learn more](#)

200 pts

POINTS AVAILABLE

[Plan Your Points](#) [ACT NOW](#)

Vaccinations

[Learn more](#)

800 pts

POINTS AVAILABLE

[Plan Your Points](#) [ACT NOW](#)

Preventive Screening Visit

[Learn more](#)

800 pts

POINTS AVAILABLE

[Plan Your Points](#) [ACT NOW](#)

Men's Health Screening Challenge

[Learn more](#)

50 pts

POINTS AVAILABLE

[Plan Your Points](#) [ACT NOW](#)

Men's Health Screening Challenge

Prostate cancer is the second leading cause of cancer among adult males in the US after skin cancer. However, it is highly treatable, especially in the early stages. Join the Men's Health Challenge by completing a prostate exam between January 1, 2025 - November 30, 2025. Earn a \$25 voucher to be used in the Vitality Mall and 50 Vitality points. Vouchers will automatically be added to your Mall within 30 days of submission.

Complete the challenge by submitting proof that you completed an exam between 1/1/25 - 11/30/25. Proof may include your appointment confirmation or EOB, no exam results please.

[SUBMIT FOR POINTS](#)

Let's Eat!

Copycat McDonald's Southwest Salad

If you were a fan of the McDonald's Southwest Salad before it left the menu, this copycat recipe brings it all back with a few healthy twists. The creamy dressing keeps saturated fat and calories in check with reduced-fat sour cream combined with salsa to give it its signature spice. We loaded it up with plenty of veggies, but feel free to give it your own spin with chopped avocado or crushed tortilla chips for crunch.

Active Time: 25 mins **Total Time:** 25 mins **Servings:** 4

Ingredients

- ½ cup reduced-fat sour cream
- 3 tablespoons salsa
- 1 tablespoon lime juice
- ¾ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 6 cups chopped romaine lettuce
- 2 cups halved cherry tomatoes
- 2 cups chopped *or* shredded cooked chicken
- 1 cup corn kernels
- 1 cup canned black beans, rinsed
- ⅓ cup slivered red onion
- ¼ cup shredded Colby Jack cheese
- Lime wedges for serving (optional)



Directions

1. Whisk sour cream, salsa, lime juice, cumin, garlic powder, onion powder, salt and pepper together in a large bowl.
2. Add lettuce, tomatoes, chicken, corn, black beans and onion; toss to coat well. Divide among 4 plates and sprinkle with cheese. Serve with lime wedges, if desired.

To make ahead

Refrigerate dressing (Step 1) for up to 3 days.

EatingWell.com, April 2023

Name: _____

Date: _____

PTSD Symptoms

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

emotional distress

hostility

loneliness

blackouts

suicidal

anger

social isolation

flashbacks

Depression

self harm

guilt

fear

panic attacks

behavioral

agression

mistrust

stress

mood

