

STEP INTO WELLNESS



Diocese of Palm Beach
2023 Healthiest Employers Award Honoree



2025 Have A Healthier You!!!!

January is National Staying Healthy Month!

Chances are you already know the basics for a healthy new year: Get enough sleep, exercise regularly, eat a balanced diet and keep your stress in check. But there's more to well-being than that – plus, even those basics can be hard to practice consistently. So, as a new year dawns, here are some of the most practical and not-always-obvious ways to have a healthy 2025.

Most of what people can do to have a healthy 2025 is not much different than what they could do to have a healthy 2024: exercise; don't smoke; drink alcohol in moderation, if at all; stay engaged; and keep your mind stimulated.

"Be decent in every interaction and seek optimism every day. You may not find something to rejoice about, but you may find something meaningful that may help others and yourself.

Check in with your internal energy just like you approach your phone battery: How charged are you? Do you start the day at 100%? What depletes you, and what energizes you? Lean into the energizing practices and minimize the depleting ones. Tuning into how you moderate your energy permits you to make better choices about how you move through your day. Take pauses and slow down. Life tends to feel loud and fast. Give yourself permission to dial down the volume and speed. Moments of rest allow us to replenish our stores. Focus on the quality of your relationships. Deep, strong, nourishing relationships lead to health and happiness.

Eat a whole-food, plant-based diet as much as possible. The more whole, plant-based foods a person can eat, the healthier they are likely to be because of the high fiber content, antioxidants, anti-inflammatory components and compounds in the foods, along with lower calorie intake and increased satiety. Spend more time with people you care about. There is a lot of data to suggest that when we are alone, our well-being goes down. So, try to spend time with people you love and enjoy spending time with .

<https://newsroom.ucla.edu/stories/8-ucla-health-experts-offer-tips-for-a-healthy-2025>

Make sure to increase awareness of helpful versus unhelpful thoughts, to have access to social support and to give the mind some rest by unplugging from social media and becoming intentional about focusing on present-moment interactions. With the spirit and heart, it is finding and connecting to people, activities, hobbies (and) interests that nourish the soul — anything that brings connection and can foster meaning. It can be spending time with loved ones; connection through music, literature and art; prayer, meditation and connecting to spirituality; or community-based activities.

Focus on managing stress through mindfulness practices, quality sleep, and strong social connections, which can significantly enhance mental health and resilience. This is in addition to maintaining a healthy diet and regular exercise, of course. When it comes to sports and athletics, focus on injury prevention, mix up workouts with cross-training and support the body with proper nutrition and hydration.

"Make time for rest. This means unplugging from time to time and just being rather than constantly doing. Practice gratitude. Even brief moments of recalling things you are grateful for can shift your day from resentment and (feeling overwhelmed) to a sense of peace and appreciation. And savor the joyful moments. In addition to gratitude, there are many moments in the day when we experience joy or pleasure. Don't skip over them. Take a moment to really savor the experience, even for a few seconds. We need to build up our joy resources. When you're stressed out, remember **STOP**: Stop; Take a breath or two; Observe how you're feeling inside; and Proceed with a bit more awareness and calm. Be kind to yourself. We are often so self-judgmental. You are doing the best you can. Try to remember that.

Don't add sugar to anything this year. Your body developed a taste for sugar, so you can unlearn that. If you add sweetener to your coffee, add half as much and try to cut it out entirely in two weeks.

Jan, 2025

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Every Step Counts!!

Most adults should try for at least 150 minutes (2.5 hours) a week of moderate-intensity activity.

Thirty minutes of brisk walking at least five days a week is one way to meet this goal. But what if you're so tight on time that you can't spare a half hour every day?

Then get creative and break up your activity into shorter sessions. For example:

- In the morning, park farther away from the entrance of your building.
- At lunch, walk for 10 minutes around where you work, indoors or outdoors.
- At the end of the day, walk briskly for 10 minutes back to your car .
- After dinner, take a walk around your neighborhood.

And there you have an easy 30-minute daily workout! Remember, exercise is any kind of physical activity that gets your heart rate up.

Budget-Friendly Meal Planning Tips

Dining out may save you a little time in the short term, but it can easily derail your budget. Over time, the added expenses of driving to and from restaurants, paying for meals, and tipping can add up, even if you only dine out occasionally.

Cooking at home can save time and money with proper planning. In some cases, it may even save you thousands. Try these budget-friendly tips to get healthy meals on the table without breaking the bank:

- **Plan ahead.** Planning is key when it comes to sticking to your food budget. Set aside time each week to plan menus and fine-tune your grocery list to get the most for your money.
- **Choose simple recipes.** Recipes with fewer ingredients can help reduce your grocery bill. Look for simple recipes that don't require hard-to-find or expensive ingredients.
- **Stick with staples.** Steer clear of processed, convenience foods and stick to basic ingredients to keep costs lower.
- **Cook in large batches.** Large batches of soups, stews, and casseroles can be pre-portioned into individual servings and frozen for later use.
- **Make substitutions.** Be flexible with your menus and make cost-saving substitutions as needed. If you originally planned for green beans but broccoli is on sale, make a quick substitution.
- **Maximize leftovers.** Leftovers can easily become second or third meals to help cut down on food expenses. Have leftovers for lunch, or designate a "salad night" each week to use up remaining ingredients.
- **Use grocery delivery services.** If you are prone to impulse purchases at the supermarket or have trouble sticking to your list, grocery delivery services may be a good option. While you will pay a little more for delivery fees, you can adjust your order before you click the 'buy' button.

Planning ahead and taking a few simple steps makes it easy to prepare healthy, affordable meals.

1. Reader's Digest. I Meal Plan Every Week—and It Saves Me Thousands of Dollars a Year. Updated Jan. 31, 2023. Accessed Aug 29, 2023.
2. US Department of Agriculture (USDA). MyPlate. Accessed Aug 27, 2023.
3. PrepDish. 10 Tips for Frugal Meal Planning. Published Jul 11, 2023. Accessed Sept 1, 2023.

January Happenings Calendar

Jan 1 - 31	Blood Donor Month
Jan 1 - 31	Radon Awareness Month
Jan 1—31	National Glaucoma Awareness Month
Jan 1—31	National Blood Donor Month
Jan 20	Martin Luther King Day

National Glaucoma Awareness Month

Glaucoma is a leading cause of irreversible blindness in the US. It has no noticeable symptoms in its early stages, and vision loss progresses at such a gradual rate that people affected by the condition are often unaware of it until their sight has already been compromised.

During Glaucoma Awareness Month, the American Academy of Ophthalmology (AAO) advises the public that the best defense against developing glaucoma-related blindness is by having routine, comprehensive eye exams.

For more information, visit:
<https://www.aao.org/>

National Blood Donor Month

January has been designated as National Blood Donor Month to encourage people to give or pledge to give blood at least two or more times a year. Blood is typically in short supply during the winter months, especially January, due to the holidays, travel schedules, inclement weather, and illness. A reduction in donor turnout can cause blood shortages around the country.

For more information, visit:
<https://www.adrp.org/NBDM/>

National Radon Awareness Month

Radon is a gas that can build up to dangerous levels inside homes, schools, and other buildings without anyone knowing it. It also has been found to cause lung cancer. Every home should be tested for radon and fixed if levels are high. This Radon Awareness Month, test your home for radon. Testing is easy and inexpensive, and it could save your life.

For more information, visit:
<https://www.adrp.org/NBDM/>

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

PHARMACY ADVOCATE PROGRAM

WHAT IS IT?

Tria Health's pharmacists are your personal medication experts, working with you and your doctor(s) to make sure your conditions are properly controlled without the risk of medication-related problems.

WHO SHOULD PARTICIPATE?

Members who have the following conditions and/or take multiple medications:

- Diabetes
- Heart Disease
- High Cholesterol
- High Blood Pressure
- Mental Health
- Osteoporosis
- Asthma/COPD
- Migraines

PARTICIPATING MEMBERS CAN SAVE MONEY ON THEIR MEDICATIONS

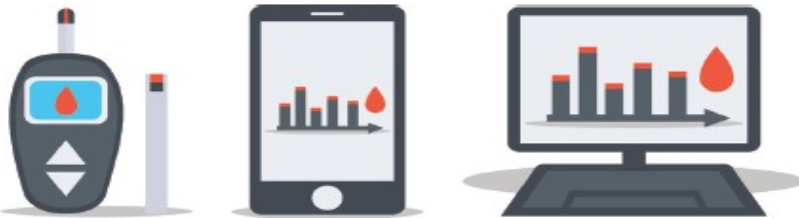
Active participants will receive discounted copays on select medications used to treat targeted chronic conditions. You are not required to change your medications, pharmacy or doctor to receive this benefit. Our goal is to improve your health and save you money!

- Free generics
- 50% off brands, up to \$20

Chronic pain and specialty medications excluded.
Brand copay rates only apply to **Diabetes, Migraine** and **Asthma/COPD** medications.
Migraine medications may not be covered in HDHP plans.

FREE DIABETES TEST STRIPS & WIRELESS METER

Active participants with diabetes will have free access to a wireless blood glucose meter, testing strips and mobile app designed to help better manage your diabetes!



SIGN UP

There are three ways to sign up:
Call 1.888.799.8742 | Visit www.triahealth.com/enroll | Mail your form

You Can Thrive In 2025!!!!



Muscle Building

Balance

Aerobic: Get Your Heart Beating Faster. Aerobic activity can help you do everyday tasks and keep your mind and memory sharp. Try these aerobic activities... Walk around the neighborhood, go for a swim or a bike ride, play a sport with friends (try tennis or pickleball). Shoot for 150 minutes per week.

Muscle: Build Your Muscle Strength. Muscle building activity can make it easier to get up from a chair or open a jar. Try squats, lunges or arm circles, carry groceries or lift weights or fill a jug with water and lift that instead! Aim for two days per week.

Balance: Can help reduce your risk of falls and your risk of injury if you do fall. Try these balance activities. Stand on one leg, walk backwards or sideways.

Feeling unsteady? Try holding on to a chair or wall for support.

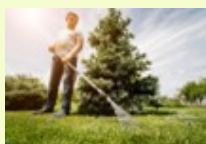
What about stretching? Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

Get a mix of activity types at the same time. For even more health benefits, try something that counts as more than 1 activity type:

Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class



Find tips and videos to help you get moving at:

health.gov/MoveYourWay

Build your weekly activity plan at:

health.gov/MoveYourWay/Activity-Planner